

Have Fun and Play Safe

at the  
**Playground**

**Teaching Guide**

Preschool - SK



**OPTIMIST**

*Bringing out the best in kids!*  
Riverside & Roseville Fountainbleu



**HEALTH UNIT**

Unité sanitaire  
de Windsor-comté d'Essex

WINDSOR • ESSEX • LEAMINGTON  
[www.wehealthunit.org](http://www.wehealthunit.org)

# Have Fun <sup>and</sup> Play Safe at the **Playground**

## Preschool - SK

### Goals and Objectives

**Goal:**

Reduce the incidence of playground injuries.

**Objectives:**

- Teachers will use the *Have Fun and Play Safe at the Playground* Teaching Guide to teach and reinforce safe play at the playground.
- Children will play safely while being active at the playground.
- Children will identify and practise simple playground safety rules.
- Children will talk about safe and unsafe situations at the playground.

### Items Included in the Teaching Guide

1. Letter of Introduction
2. *Have Fun and Play Safe at the Playground* DVD
3. *Have Fun and Play Safe at the Playground* Teaching Guide
  - a. Goals and Objectives
  - b. Activities For the Classroom, the Playground, and Home
  - c. Appendix A – The Safety Spelling Song
  - d. Appendix B – Additional Safety Rules
  - e. Appendix C – Classroom Activity Sheets
  - f. Appendix D – Preschool – SK Parent Activity Guide
4. Stickers

# Have Fun and Play Safe at the **Playground**

## Preschool - SK

### **Classroom Activity:**

Teach simple playground safety rules.

### **Items needed for classroom activities:**

- DVD
- DVD player
- Classroom Activity Sheets

### **Activities:**

1. DVD:
  - a. Use the song from the DVD to teach the children simple playground safety rules (see Appendix A).
  - b. Ask the children to recall the safety messages in the song.
2. Classroom Activity Sheets:
  - a. Use the pictures (swing, slide) to teach the safety rules that apply to the specific playground equipment (see Appendix B).
  - b. Use other activity sheets to reinforce the safety messages.
    - i. Draw a Picture
    - ii. Girl on Swing: Colouring Page
    - iii. Girl on Swing: Hidden Picture Letters
    - iv. Girl on Swing: Hidden Picture Numbers
    - v. Mother and Child on Slide: Colouring Page
    - vi. The Safety Spelling Song: Trace the Outlined Words
  - c. Encourage the children to show the activities to their parents and tell their parents about the safety rules they learned.

# Have Fun <sup>and</sup> Play Safe at the **Playground**

## Preschool - SK

### **Playground Activity:**

Reward children for following simple playground safety rules.

This activity can be done during Daily Physical Activity (DPA), gym time, or recess.

### **Items needed for playground activity:**

- Stickers

### **Activities:**

1. Choose a day to give out the stickers.
2. Review the safety rules with the children before going outside to play.
3. Pay close attention to the children while they are playing and give out a sticker to those who are following the rules.
4. Consider doing this activity weekly or monthly to reinforce the safety messages.

### **Optional Home Activity:**

Encourage parents to reinforce the safety messages at home.

### **Item needed for home activity:**

- Preschool - SK Parent Activity Guide

### **Activity:**

1. Send home the Parent Activity Guide and encourage the children to do the activities with their parents.

# Have Fun and Play Safe at the **Playground**

**Preschool - SK**

## The Safety Spelling Song - Written by Leonora Teresa Cummings

**Intro** (spoken decrescendo to crescendo)  
Have fun, play safe, have fun, play safe!  
HAVE FUN, PLAY SAFE...on the playground.

**Chorus** We can have f-u-n FUN,  
When we play s-a-f-e, (3x)  
We can have f-u-n FUN,  
When we play s-a-f-e, (2x)  
When we play SAFE!

**Verse 1** I will w-a-i-t, wait my turn, won't p-u-s-h, push, I will wait my turn.  
I will s-l-i-d-e, slide feet down first. Won't go down on my tummy,  
so I won't get hurt.

**Chorus** (Repeat from above)

**Verse 2** I will h-o-l-d, hold, hold onto railings, when I'm climbing up, when  
I'm climbing down.  
I will h-o-l-d, hold, hold onto railings, won't jump from way up high...  
I'll think, "SAFETY FIRST!"

**Bridge** SAFETY FIRST! SAFETY FIRST! WATCH FOR DANGER!  
Moving swings, bottom of slides.  
Broken things, glass that hides.  
No strings, no scarves, no helmets, no ropes...  
NO BARE FEET PLEASE!  
SAFETY FIRST, SAFETY FIRST! WATCH FOR DANGER!

**Chorus** (Repeat from above)

**Outro** (spoken decrescendo to crescendo)  
Have fun, play safe, have fun, play safe!  
HAVE FUN, PLAY SAFE...on the playground.

# Have Fun and Play Safe at the **Playground**

## Preschool - SK

### Additional Safety Rules

#### Safety Rules For Slides

- Wait your turn.
- Use the stairs.
- Hold onto railings when climbing the stairs.
- Sit down.
- Slide down feet first.
- Don't jump off slides.
- Stay away from the bottom of slides.

#### Safety Rules For Climbers

- Wait your turn.
- Use both hands except when moving to the next bar.
- Move only in one direction.
- No pushing or shoving.
- No racing.
- To drop down land on feet with knees bent.

#### Safety Rules For Swings

- Only one person on the swing at a time.
- Sit down in the middle of the swing seat.
- Hold on with both hands.
- No standing or kneeling.
- No twirling.
- Don't jump off.
- Keep away from moving swings.

#### Other Safety Rules

- Don't wear hoods, hats, or jackets with drawstrings.
- Wear a neck warmer not a scarf.
- Remove your helmet before playing on the equipment.
- Always wear shoes. No bare feet.
- Never attach things like pet leashes or skipping ropes to play equipment.
- Watch for dangers, such as:
  - Glass.
  - Broken slides.
  - Broken swings.
  - Water at the bottom of slides.
  - Garbage.
  - Other things not usually found at the playground.

Have Fun *and* Play Safe  
at the  
**Playground**

**Preschool - SK**

**Classroom Activity Sheets**

1. Draw a Picture
2. Girl on Swing: Colouring Page
3. Girl on Swing: Hidden Picture Letters
4. Girl on Swing: Hidden Picture Numbers
5. Mother and Child on Slide: Colouring Page
6. The Safety Spelling Song: Trace the Outlined Words

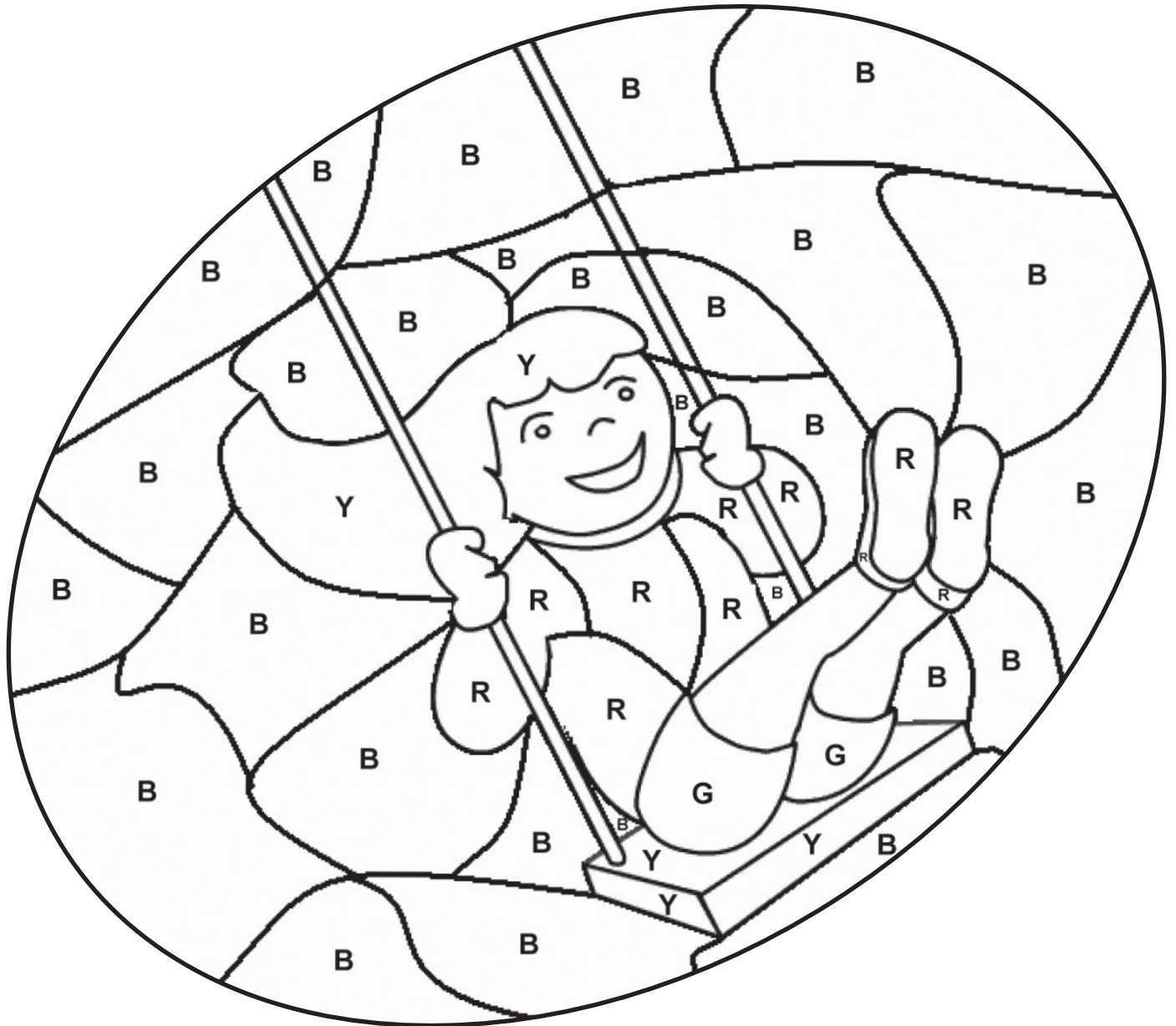
# Have Fun and Play Safe

**Draw a picture.**

# Have Fun and Play Safe



# Have Fun and Play Safe



**B - Blue**

**G - Green**

**R - Red**

**Y - Yellow**

# Have Fun and Play Safe



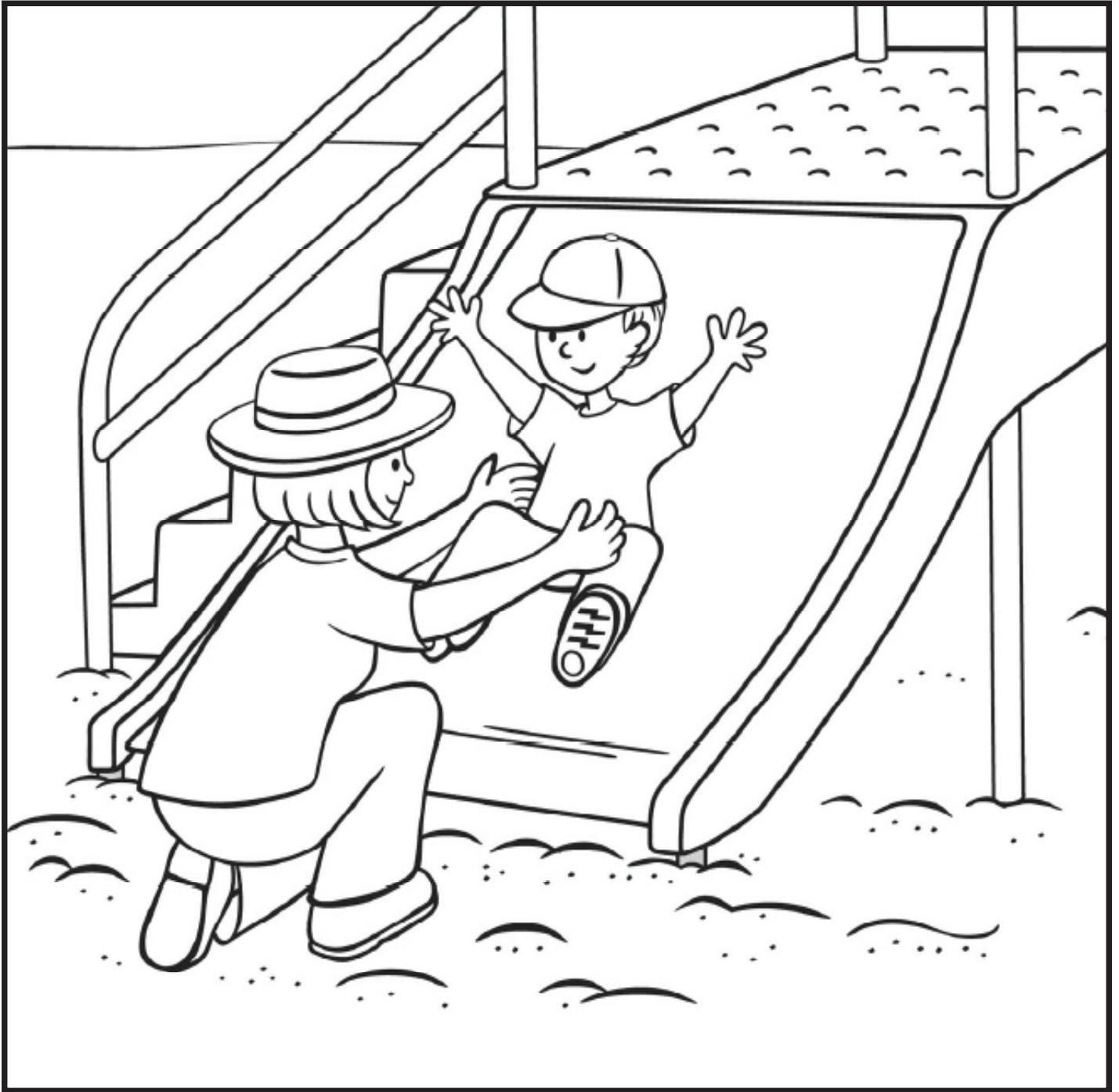
**1 - Blue**

**2 - Red**

**3 - Green**

**4 - Yellow**

# Have Fun and Play Safe



# The Safety Spelling Song

Trace the outlined words.

**We can have** f u n **fun,**

**when we play** s a f e,

**when we play** s a f e,

**when we play** s a f e!

**We can have** f u n **fun,**

**when we play** s a f e,

**when we play** s a f e,

**when we play** **SAFE!**

# The Safety Spelling Song

Trace the outlined words.

**We can have** f u n **fun.**

**I will** w a i t **my turn.**

**I will not** p u s h.

**I will** s l i d e **feet down**  
**first.**

**I will** h o l d **onto railings.**