
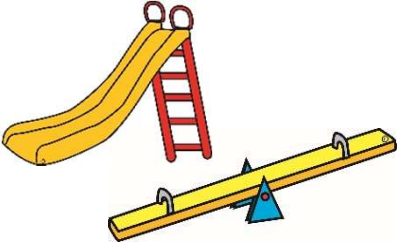
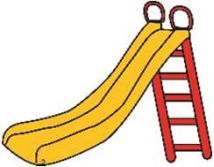
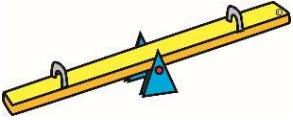
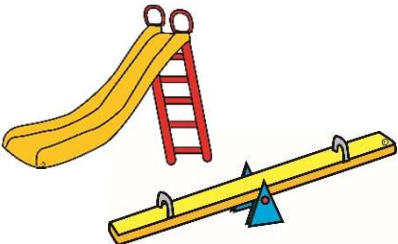
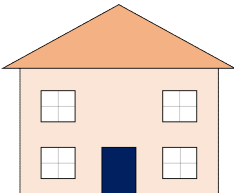


Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 1 – Slides & Seesaws

Sample Routine

	Go to the playground
	Get on the slide / seesaw
	Go down the slide
	Play on the seesaw
	Get off the slide / seesaw
	Go home

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Playgrounds & Illnesses / Injuries

Week 1 – Slides & Seesaws

Essential Vocabulary

Word	Type	Definition	Example
Slide	Noun	Equipment found in a playground, with a steep slope for children to go down.	Would you like to go down the slide first my darling?
To slide	Verb	To move smoothly from one place to another.	Can you slide over here to sit next to me sweetie?
To slide down	Phrasal Verb	To move down something smoothly, from the top to the bottom.	All you have to do is sit on your bottom and slide down!
Seesaw	Noun	A piece of playground equipment made of a long board, balanced on a fixed structure in the middle, with seats for kids at each end.	Look sweetie, when one end of the seesaw goes up, the other end goes down!
Playhouse	Noun	A small, pretend house for kids to play in.	There are lots of children in the playhouse today!
Sandpit	Noun	A hole in the ground, or a box, filled with sand for children to play in.	I brought your bucket and spade for the sandpit.
Zip line	Noun	A piece of playground equipment made of two fixed structures joined together by a cable. A seat hangs from the cable so kids can travel from one end to the other.	Hold on tight! You'll hurt yourself if you fall off the zip line!
Stairs	Noun	Steps that lead from one level or storey to another.	Do you want to go up the stairs or the climbing wall to get to the playhouse?
Handrail	Noun	A long piece of metal or wood, usually found near stairs, for people to hold onto to avoid falling.	Honey, please hold onto the handrail when you go up the stairs.
Fence	Noun	A series of wooden or metallic posts, joined together, that divide two areas.	Please don't climb over the fence!
Bench	Noun	A seat made of wood or metal that more than one person can sit on.	I'm going to sit on the bench. I'll watch you from over there.
Drinking fountain / Water fountain	Noun	A device, often located in places such as parks or schools, which supplies water for people to drink.	If you're thirsty, you can drink from the water fountain.
Rubbish bin / Litter bin / Bin	Noun	A container you put waste and rubbish in.	If you've finished your banana, please throw the skin in the bin.

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Playgrounds & Illnesses / Injuries

Week 1 – Slides & Seesaws

Essential Vocabulary

Word	Type	Definition	Example
Plant	Noun	A living thing that grows in the earth, on water or on other plants/trees and has a stem, leaves, roots and seeds.	Careful you don't throw the ball into the plants!
Bush	Noun	A large tree-like plant that has lots of small branches growing either directly from the ground or from a central stem.	Please come away from there. You're too close to the bushes.
Tree	Noun	A tall plant that has a hard, wooden trunk, branches, and leaves.	It's so windy here today! Look at the trees!
Turn	Noun	The chance to do something at a particular time or in a particular order.	It's your turn to go down the slide sweetie!
Forwards	Adjective	Used to describe a position where you're looking in front of you.	Are you going down the slide forwards?
Backwards	Adjective	Used to describe a position where you're facing the opposite direction to the one you're moving in.	Now how are you going down the slide? Backwards?
Headfirst	Adjective	Used to describe a position where you're lying down, with your head at the front.	Are you going down the slide headfirst? Please be careful!
To get on	Phrasal Verb	An action whereby you move your body to be on top of something.	Do you need help getting on the seesaw?
To get off	Phrasal Verb	An action whereby you move your body to remove yourself from being on top of something.	Come on, time to get off the seesaw now!
To have a go on	Phrasal Verb	To enjoy some time on a specific piece of playground equipment.	Would you like to have a go on the seesaw?

Idioms

Idiom	Definition	Example
To let something slide	To choose to ignore or not take action to correct a situation or mistake, negligently allowing something to deteriorate.	Oh, look sweetie! The supermarket across the road has closed down. They let the business slide for too long.
Child's play	A saying that implies something is very easy or simple.	I can go down the slide backwards too! That's child's play!

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Playgrounds & Illnesses / Injuries

Week 1 – Slides & Seesaws

Sentences

Read through these sentences. Identify which ones fit in best with your daily routine and level of English so you can gradually introduce them into your conversations with your kid (about 3-5 each week). You can “mix and match” sentences from different levels.

SLIDE

ELEMENTARY

1. Do you want to go down the slide?
2. Hold onto the handrail when you go up the stairs.
3. Are you ready? Check that no-one is at the bottom/end of the slide.
4. Wait a second or you'll bump into that little boy/girl.
5. Do you want to go down again?
6. You're supposed to go up the stairs, not climb up the slide.
7. How are you going to slide down? Sitting up or lying down?

INTERMEDIATE

1. Do you fancy a go on the slide?
2. Please hold the handrail tight as you go up the stairs.
3. Come on then, are you ready? Make sure there's no-one at the bottom/end of the slide.
4. Wait a second before sliding down or you'll bump into that little boy/girl
5. Would you like another go on the slide?
6. Sweetie, you're not meant to walk up the slide. Please go up the stairs, it's safer.
7. Which way are you going to slide down? Sitting up, lying down, Headfirst or backwards?

ADVANCED

1. Where are you heading honey? Are you off to the slide?
2. If you don't hold onto the handrail as you go up the stairs you could slip and hurt yourself.
3. Before you slide down, please check it's all clear and no-one's at the end of the slide.
4. Hold on! Wait a sec or you'll bump into that little boy/girl at the end of the slide.
5. Would you like to have another go on the slide or do something else?
6. Sweetie, you're not meant to climb up the slide, you could slip and fall. Please go up the stairs.
7. What's on the "slide menu" today? Are you gonna go down Headfirst or backwards?

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Playgrounds & Illnesses / Injuries

Week 1 – Slides & Seesaws

Sentences

Read through these sentences. Identify which ones fit in best with your daily routine and level of English so you can gradually introduce them into your conversations with your kid (about 3-5 each week). You can “mix and match” sentences from different levels.

SEESAW

ELEMENTARY

1. Do you need help getting on the seesaw?
2. Sit on the seat and hold on tight.
3. I'll sit at the other end.
4. Let's see who can go higher!
5. Are you having fun?
6. Do you want to get off the seesaw?

INTERMEDIATE

1. Honey, do you need a hand getting on the seesaw?
2. Just sit there and don't forget to hold on tight!
3. I'm going to go and sit at the other end so we can play!
4. Who do you think can go higher?! I think I can!
5. Are you enjoying yourself?
6. Have you had enough? Are you ready get off the seesaw?

ADVANCED

1. Oh, you look a bit stuck. Would you like a hand getting on the seesaw?
2. Sit tight and don't let go of the handle!
3. Give me a second, and I'll go and sit at the other end of the seesaw!
4. Who do you reckon can go higher?! I bet I can!
5. Are you having a blast?
6. Are you done with the seesaw? Do you want to get off?

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Playgrounds & Illnesses / Injuries

Week 1 – Slides & Seesaws

In Context: A letter to the local council

This letter, written by a parent to her local council, will help you understand some of the essential vocabulary and sentences provided in context. Make sure to take note of anything important - highlight words, underline expressions, look up definitions, etc...

Ms. D Fountain
12 Park Lane
Bushbury B2 6RT

Mr. Sandy Pit
86 Council Road
Bushbury B1 9TO

28 July 2024

Dear Mr. Pit,

I am writing to ask for your help in improving the three playgrounds located in the centre of our beautiful town.

As I'm sure you already know, these playgrounds were built over 20 years ago, and while they've been carefully maintained, they can no longer be considered safe or modern. I've always taken my children to play in all 3 playgrounds since they were born, but have found myself making excuses to avoid going since January of this year. Why? Because I'm worried they will hurt themselves.

The stairs up to the slides are broken, so children have to skip a step (or fall through the hole). The handrail is coming away from the side and wobbles terribly. And the flooring at the end of the slide is worn out, so everyone lands with a hard "bump".

And as for the seesaw, well it's just a plank of wood that goes up and down to be honest. The seats and handles fell off years ago!

Furthermore, the wooden fence surrounding the park is rotten and there are loads of holes that little kids can get through. Not to mention the leaky drinking fountain that creates a puddle every time someone drinks from it.

I know most families in my area feel the same way I do, and I'm sure they will also write to you in the near future. What we want is for our children to be able to play safely in the playground and enjoy the swings, slides and seesaw.

We also believe that each and every child should be able to have fun at the playground. So please, please, can you add some inclusive equipment too?

I look forward to hearing from you.

Yours sincerely, D. Fountain

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Playgrounds & Illnesses / Injuries

Week 1 – Slides & Seesaws

Exercise 1: Riddles

To complete this exercise, you have to read the following riddles and try to work out what they are referring to. You'll find the answers on the next page.

Riddle	Answer
1. Rest for the exhausted, wood held up at the end and sides; I am a spot in playgrounds where you can rest from the slides. What am I?	
2. Down I go from up so high, a slippery slope under the sky. What am I?	
3. Water dances from my spout, in a playground I really stand out. What am I?	
4. Dispose of refuse, keep things neat, in me your waste takes a seat. What am I?	
5. A space for fun with swings and a slide, I'm a joyful place where kids collide. What am I?	
6. I go up and down, not round and round. In the playground I am usually found. What am I?	
7. Dig, build, and dig again. I'm a bit like a beach. Here you can play with a friend. What am I?	
8. I enclose spaces and split them in two. In England I surround many playgrounds, but in Spain, only a few. What am I?	

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Playgrounds & Illnesses / Injuries

Week 1 – Slides & Seesaws

Exercise 1: Riddles - Answers

To complete this exercise, you have to read the following riddles and try to work out what they are referring to.

Riddle	Answer
1. Rest for the exhausted, wood held up at the end and sides; I am a spot in playgrounds where you can rest from the slides. What am I?	A bench.
2. Down I go from up so high, a slippery slope under the sky. What am I?	A slide.
3. Water dances from my spout, in a playground I really stand out. What am I?	A fountain.
4. Dispose of refuse, keep things neat, in me your waste takes a seat. What am I?	A rubbish bin.
5. A space for fun with swings and a slide, I'm a joyful place where kids collide. What am I?	A playground.
6. I go up and down, not round and round. In the playground I am usually found. What am I?	A seesaw.
7. Dig, build, and dig again. I'm a bit like a beach. Here you can play with a friend. What am I?	A sandpit.
8. I enclose spaces and split them in two. In England I surround many playgrounds, but in Spain, only a few. What am I?	A fence.

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Playgrounds & Illnesses / Injuries

Week 1 - Slides & Seesaws

Exercise 2: Describe the photos

Look at the photos below and describe what equipment you can see and how it should be used. You'll find examples on page 11.



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Instructions for use:

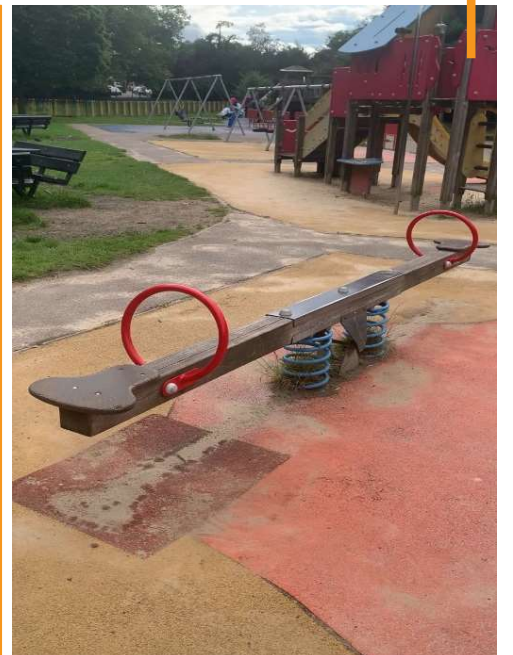


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Playgrounds & Illnesses / Injuries

Week 1 - Slides & Seesaws

Exercise 2: Describe the photos

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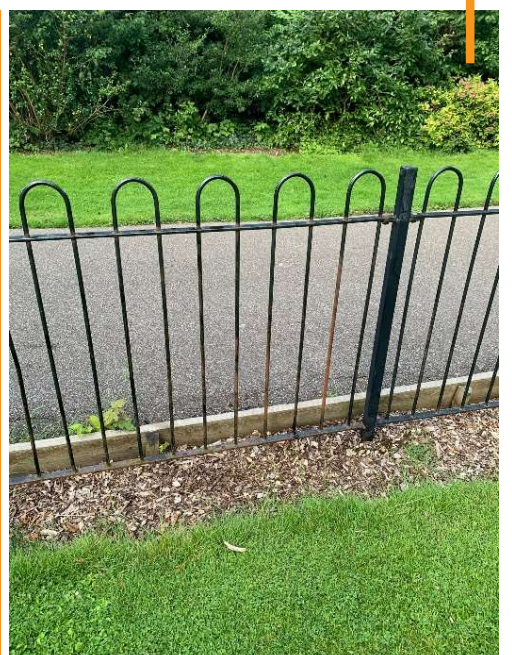


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Instructions for use:



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Playgrounds & Illnesses / Injuries

Week 1 - Slides & Seesaws

Exercise 2: Describe the photos - Examples



This is a: roundabout.

Instructions for use: Place one foot on the roundabout and hold onto the handles. Use your other foot to push yourself round.



These are: stairs & a handrail.

Instructions for use: Climb up the stairs, placing one foot on each step, and holding onto the handrail.



This is a: playhouse.

Instructions for use: Sit or stand inside the playhouse and pretend you are at home / school / a shop...



This is a: bench.

Instructions for use: Sit on the bench to rest.



This is a: slide.

Instructions for use: Use the stairs to go to the top of the slide. Then slide down in a seated position or lying down.



This is a: rubbish bin.

Instructions for use: Place all your rubbish inside the bin to keep the playground clean and tidy.



This is a: seesaw.

Instructions for use: Sit at one end of the seesaw and ask a friend to sit at the other. Hold onto the handle and use your feet to bounce up and down.



This is a: fence.

Instructions for use: A fence separates different areas. You can lean on it to rest, but you should not climb it or try to climb over it.


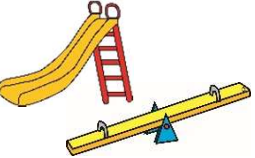
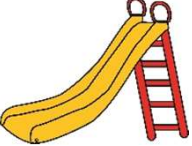
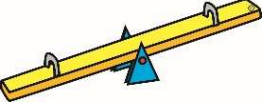
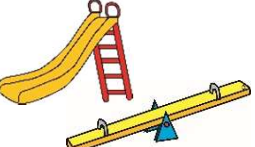
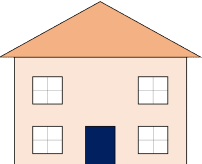
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Playgrounds & Illnesses / Injuries

Week 1 – Slides & Seesaws

Exercise 3: Sentences

1. It's time for you to start preparing the conversations you'll have regarding playground routines, and adapting/personalising everything you've seen this week.
2. Please write 3 to 5 sentences that feel natural to use with your kid for each step of this routine. Use my list of essential vocabulary and sample sentences to help you.
3. Next, select 3 to 5 of these sentences in total to introduce into your daily conversations this week. And write them, alongside any other goals you have for this week, on your calendar
4. Once you've successfully started using these sentences, you can come back to this page and set yourself a new goal of 3-5 more.
5. Make sure to keep track of when you use your target sentences with your kids. Write down anything of interest (how your kid reacted, what s/he said, whether it helped or not...). You should do this daily!

Step		Sentence
	Go to the playground	
	Get on the slide / seesaw	
	Go down the slide	
	Play on the seesaw	
	Get off the slide / seesaw	
	Go home	