

Did you know?



Playing or taking a break at recess or at home helps you **learn better and remember more**.



Swinging, Sliding, and Spinning are good for your balance, coordination, and focus.



Spending time outside helps your body and mind (it's one of the **healthiest** things you can do every day).



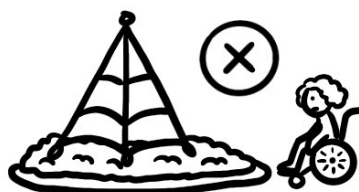
Playing at recess or at the playground is good for everyone, but **everyone plays differently**.



1 out of 4 adults (and 15% of kids!) in the United States has a disability.



Some disabilities are easy to see, such as a friend who uses a wheelchair, but **most are not easy to see**, such as a friend with autism or a friend who cannot hear.



Most playgrounds are **not** designed for people with disabilities.



Magical Bridge Playgrounds are designed so **EVERYONE can play together!**

What is a disability?

A disability is a condition or challenge that makes it more difficult for a person to do certain activities or have equitable access to places or experiences. Disabilities can be:



Cognitive / Developmental

The way our brain works; how we think and learn. This can include people who learn more slowly or cannot easily focus or pay attention (ADHD).



Physical

The way our body functions; how we move. This includes people who use a wheelchair or have limited stamina, difficulty breathing, or getting around.



Sensory (touch, taste, sight, hearing, and smell)

The way we respond to sounds, smells, lights, and textures, etc. This includes blindness (cannot see) and deafness (cannot hear) or sensitivity to loud noises.



Social / Emotional

The way we feel (happy, sad, nervous) and interact with others in different circumstances, such as new or busy environments, or how we make friends.



Autism Spectrum Disorder

A broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech, and nonverbal communication.



SUPER IMPORTANT NOTES:

A person can have **one disability** (such as a broken leg) or a combination of **multiple disabilities** (such as a sensitivity to light *and* nervousness to enter a busy room).

A person can be **born with a disability** (such as a learning disorder) or can **acquire a disability** during their lifetime (such as a brain injury playing a sport).

Disability touches us all

It's likely that all of us know someone who has a disability — or will develop a disability — at some point in life, including ourselves. Whether it's a friend who has autism or a grandparent that is hard of hearing, disability affects everyone.

Imagine...

Now that we've discovered the many different types of disabilities, let's imagine what it would be like to play on the playground if you had a disability. Write down your thoughts or draw a picture in the following scenarios:

Sensory

You are blind and want to go on the swings. What problems might you have? What would make it easier?



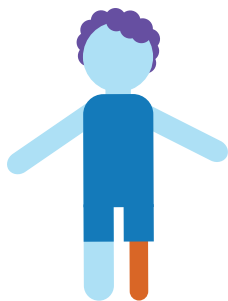
Social / Emotional

The playground is very busy and you are nervous to be around crowds. How might you feel? What would make it easier to play?



Cognitive / Developmental

You have a learning disability that makes your speech sound different. You want to make new friends. What problems might you have? What would make it easier?



Physical

You use a wheelchair and want to go down the slide. What problems might you have in accessing the slide? What would make it easier?

