

# Playtime Exercise Guide

## *Child and Babysitting Safety*

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### **Overview**

This exercise guide provides you with the materials and instructions needed to conduct the CABS class exercise on age-appropriate playtime.

### **Goal**

The goal of the playtime exercise is to encourage students to think of playtime activities that are unique and appropriate for specific age groups of children. Students are also encouraged to think about playtime activities that are not appropriate and why they are not.

### **How to Conduct the Exercise**

Here are the guidelines for conducting the exercise:

- Review the goal provided for the exercise.
- Provide a copy of the CABS Playtime Class Exercise Worksheet to each student and a pen or pencil to use to fill it in.
- Using Student Books for reference, guide the students as a group in a discussion about age-appropriate playtime activities. Encourage students to think of playtime activities they already know from when they were younger, or that siblings/familiar children play.
- Working through the age groups, facilitate discussions about which playtime activities would be appropriate, followed by a discussion about which activities would not be appropriate. Include why activities that are not appropriate should not be used, like if they pose a risk to certain ages/stages of development.
- When you have finished a discussion for a specific age group, ask for and briefly answer any questions.
- Continue until all age groups have been covered.

# Playtime Class Exercise Worksheet

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**Instructions:** Use this worksheet to write down playtime activities that are appropriate and not appropriate for each of the following age groups. If an activity is not appropriate, be prepared to briefly explain why.

**EXAMPLE: Infants (0-1 year)**

Appropriate

Baby Rattle

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Not Appropriate

Making jewelry (small parts, choking hazard)

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**Infants (0-1 year)**

Appropriate

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Not Appropriate

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**Toddlers (1-3 years)**

Appropriate

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Not Appropriate

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**Preschool (4-5 years)**

Appropriate

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Not Appropriate

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**School Age (6-10 years)**

Appropriate

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Not Appropriate

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