



Little Wins Visual Toolkit: Going to the Playground

Created by:

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 More free tools and printables at:
www.KarenDavisMatthews.com

♥ Coffee-fueled chaos and real-life wins over at:
@LittleWinsWithJimmy

Going to the Playground— Visual Tools for a Smooth Day

Hey there,

This printable pack was created with real families (like mine) in mind — the ones juggling snacks, swings, and sensory overwhelm while still showing up.

Inside, you'll find a printable social story meant to support calm, confident visits to the playground. It's ideal for neurodiverse kiddos, but helpful for any child who thrives on structure, visuals, and a little "what to expect" support.

Take what works for your family, leave what doesn't, and keep showing up the best way you can.

You've got this.

With sunny gratitude,

Karen

Little Wins with Jimmy

☞ www.KarenDavisMatthews.com

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Visual routines & real-life tools for families who thrive with structure.

Follow along on Facebook @LittleWinsWithJimmy

How to Use This Pack (AKA: You Do You, Parent)

Hey there, sunshine ☀️ This Going to the Playground visual card set was created with love, sand, snacks, and neurodiverse needs in mind — but here's the real deal: there is no one-size-fits-all. Every child is different, and so is every day.

Use these cards however works best for your child. Seriously. Clip them to a lanyard, stick them to a visual schedule, lay them out as a choice board, or keep them in your beach bag as a calm-down tool. Mix, match, adapt, toss one out if it doesn't serve you — zero guilt.

A few ways parents have used them:

- Lanyard-style: Punch a hole in each card, attach to a keyring, and flip through on the go.
- Routine Strip: Laminate and use Velcro to show what's coming next (great for easing transitions).
- Choice Board: Let your child pick between two or three options visually.
- Prep Talk: Use them before leaving the house to go over what to expect .

Visuals can help make things feel a little less chaotic — and when your kid feels more secure, that's a big win.

Take what works for you. Leave the rest. You're doing great.



— From one real-life parent to another



Visual routines & real-life tools for families who thrive with structure.

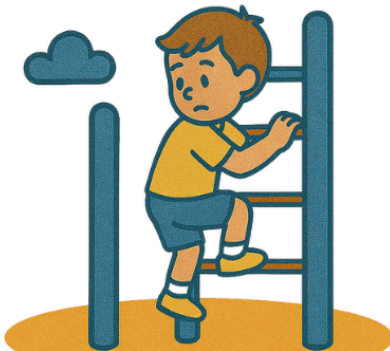
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ask for a turn



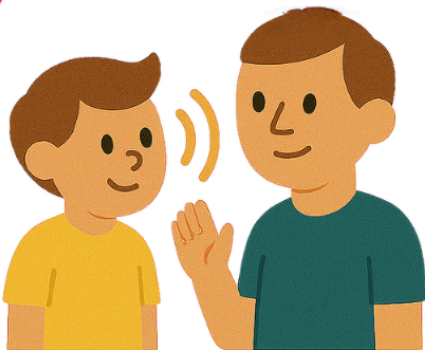
playground



be careful



explore



listen



danger



relax



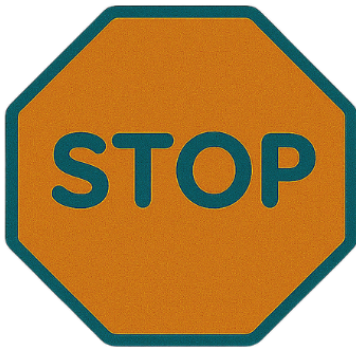
slide



stay close



snack



stop



ask for help



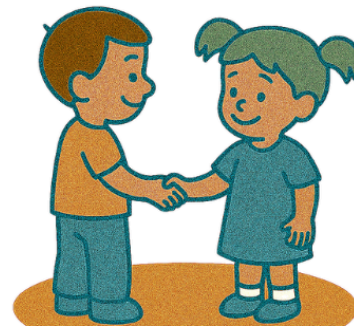
take turns



swing



time to go



use kind words



wait for me



walk together

Little Wins for Grown-ups:

Going to the Playground

Before You Leave:

- Take a breath (or seven whatever you need). It doesn't have to be perfect — just prepared-ish.
- You do not need to bring everything. Just enough to get through. The goal is calm, not Pinterest.
- Wear the comfortable clothes — yes, even the coffee stained shirt

While You're There:

- Drink the water you packed (instead of just handing it out).
- You're not being "too much." You're showing up. If it only lasts 5 minutes — that counts. If it turns into 4 hours — that counts too.
- No one here gets to judge your parenting. Full stop.

After You Get Home:

Say it out loud:

- "We did it." Don't worry about the laundry just yet.
- Take a shower. You deserve to be clean and proud.
- You made memories — even if no one posed for a single picture.

**You are doing a great job — even if today felt like a beautiful mess.
Printables can help... but you're the reason they work. ♥**

Going to the Playground

A social Story



We go to the playground with a grown-up.

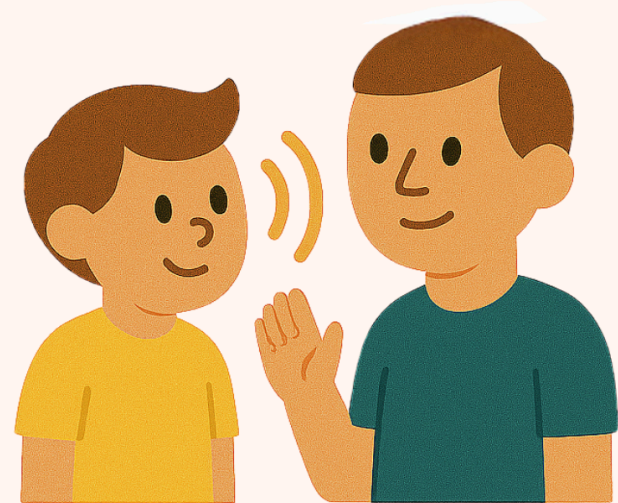
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We walk together and stay close to our grown-up.



The playground is a fun place to explore.



I listen to my grown-up before I play.



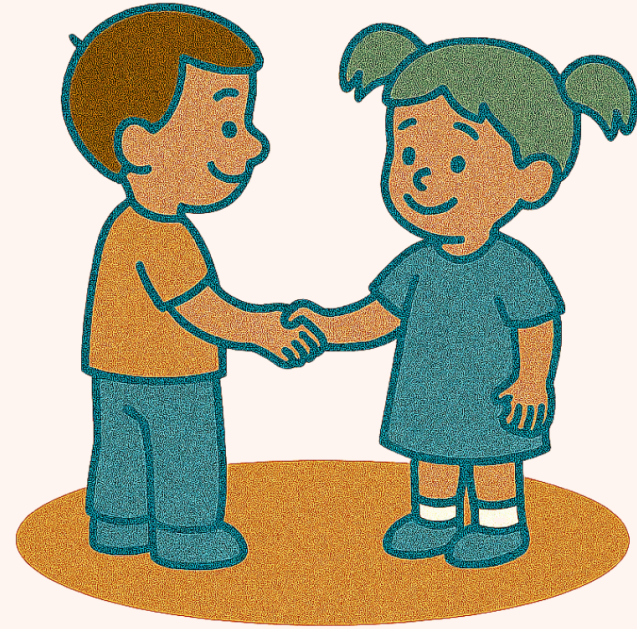
I can explore new things and be careful while I play.



I take turns on the slide, swing, and other fun things.



If someone is using something, I can ask for a turn.



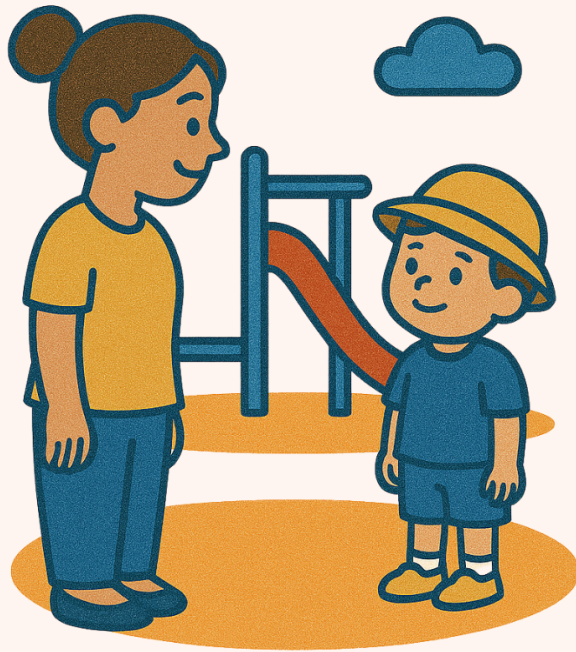
I try to use kind words when I talk to others.



I can go down the slide or swing back and forth.



If I need a break, I can sit in the shade or have a snack.



If something feels hard, I can ask for help.



If I see danger or hear “stop,” I freeze and wait.



When it's time to go, I say goodbye to the playground.

**Today, I tried
something new.**



That's a Little Win.