

Start Today



Question: What do you like about your community?

Lexile Level: 500-750

Healthy Communities

We are all part of a community.
It is important that it is strong
and healthy.

There are five signs that a
community is strong and
healthy. Let's think about the
first one.



Sports teams are part of your community.



Outdoor spaces are also part of your community.

People are Different

Healthy communities include different people. This can mean people look different.

It can also mean they think differently or like different things. Some people like sports. Other people would rather do crafts.



No one looks exactly alike.



How are you different from your friends?

People Feel Safe

People feel safe in healthy communities. That can mean they trust each other.

It can also mean they know who to go to when they don't feel safe. Everybody needs someone they can trust.



Friends can make us feel safe.



We can help our friends feel safe, too.

People Share

In healthy communities, people share public places. They may share spaces where they live, work and play.

Sharing helps everyone get what they need. Libraries, pools and parks are types of public places.



A library is one place we share.



Many people enjoy public parks.

People Follow Rules

Every community has rules and people need to follow them. Rules make communities work.

Students must follow rules. Raise your hand to talk and no running in the hallways are some examples.



Look at the signs in your community.



What are the rules in your school?

People Are Proud

Belonging to a community helps us know who we are. It is fun to feel proud.

Communities can be proud of a sports team or a new school. People also volunteer to show they are proud.



What are you proud of in your community?



People volunteer time or money.

Your Role

These are the five signs of a healthy community. Who can help make your community strong? You can!

You can help someone feel safe. You can volunteer to help others. You can start today!



Who can help their community?



What are some other ways you can make your community healthy?