

Rules! Rules! Rules!



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CHAPTER 1

So Many Rules!

Have you ever thought about all the rules you have to follow? There are so many!

Rules are part of your day from morning to night. You probably have rules . . .

- at school
- at home
- with your friends
- for screen time
- for bedtime
- for all the time—sheesh!

Some rules are easy to understand.

Wear a helmet
when you ride a
bike or scooter.



That makes sense. It keeps you safe!

Some rules you probably do without even thinking.



You've had that rule since you were little. No one has to tell you anymore. It's automatic!

Some rules you are still learning to follow. Maybe you have a pet you help care for. You're learning what they need and the rules for helping out.



Do This. Don't Do That.

All these rules! It can make a person want to scream.

Use your
inside voice.



Of course, you know screaming won't help. In fact, it will probably just make more trouble. What *will* help? Understanding the **reasons** for rules.

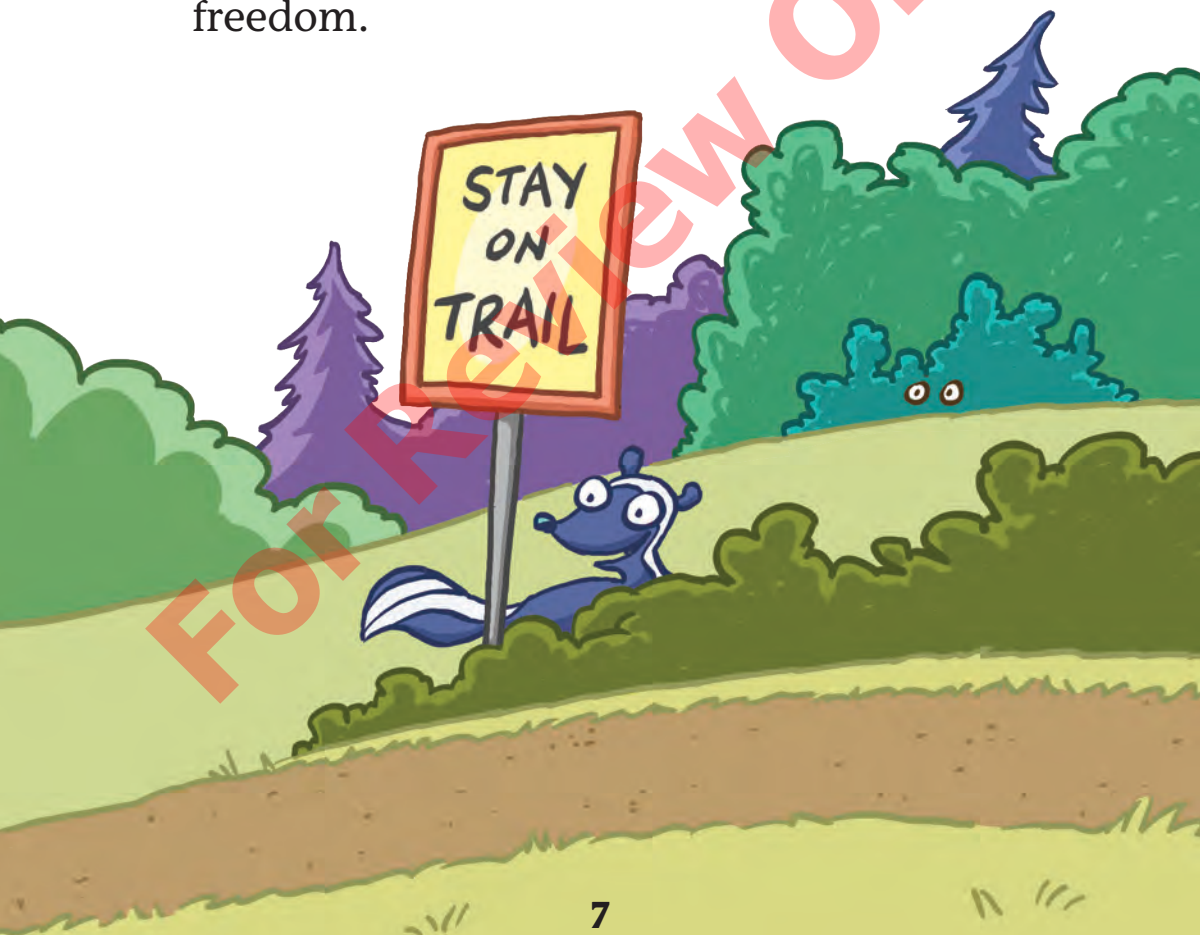


Knowing the reasons for rules can help you remember them. And it can help you feel good about following them. Rules can make life smoother and easier for you—and for other people too.

That's what this book is all about.



And here's a **bonus**. Following rules can also lead to more independence. What does that mean? It means adults will trust you more when you follow the rules. They might even give you more freedom.



Why Are Rules Important?

Have you ever played a game where someone didn't follow the rules? That's no fun. Games have rules so everyone knows what to expect. That way you can play and have a good time. When people break rules, the game gets mixed up. People get upset. It makes things harder for everyone.



Rules are part of life for many of the same reasons. They help people get along. Rules help keep us safe and healthy too.

You're out!

No, I'm not,
it's my birthday!

