



RISKY PLAY PHRASES

As children naturally test their physical boundaries, it is vital that we allow them to. We can support them during this important growth stage by staying mindful of our language, ensuring that it builds up their self awareness and resilience.

HELPING KIDS MAKE OBSERVATIONS AND TUNE INTO THEIR SENSES

"Notice how the heat from the fire reaches me all the way back here? "

"Your friend is in your blood bubble. I'm worried that you might poke them in the eye with your stick. Can you please show your friend how to stay out of your blood bubble?"

"I can see a crack in that tree branch. Do you think it will hold your weight, or break?"

"Let's move this activity to an empty space to keep everyone safe"

"Can you see how sharp the knife is? It cuts through the carrot so easily. See how I only hold the knife by the handle? I never touch the shiny blade."

"You may need more space to play with that stick"

"Before you throw that rock, what do you need to look out for?"

SIMPLE PHRASES TO USE INSTEAD OF "BE CAREFUL!"

- What is your plan?
- What can you use?
- How will you get down once you have reached the top?"
- What is your next move?
- Do you feel safe there?
- Take your time
- I'm here if you need me
- Do you feel stable/balanced?
- Do you need more space?
- Are you all still having fun?
- Can you make sure you can still see me?

SOME OPTIONS TO HELP THEM IF THEY GET STUCK OR RELUCTANT TO HELP THEMSELVES

- Try moving... your foot to that thick branch/your hand onto that rock
- Try using your... arms, feet, legs
- Can you reach that branch?
- Do you think your foot will reach that stone?

USE YOUR OWN EXPERIENCES

"I Remember when I slipped on the rocks crossing this river, can you see the algae over there? Its so slippery!"