

WHAT IS RISKY PLAY?

Outdoor play is a basic childhood need and taking risks is a necessary part of play. Whether jumping in a pile of leaves, climbing a tree, or playing street hockey, children are often happiest when playing. These kinds of experiences are a lot less common for kids today. Our worries and desire to protect our kids can result in setting too many limits on them, which can interfere with healthy development. Risky play can have many different shapes, but always involves the thrill and excitement of testing yourself and finding out what happens. These are some of the ways that children engage in risky play.



Play with heights



Play at high speeds



Play with tools



Play near elements



Play with a chance of getting lost



Rough and tumble play

From outsideplay.ca