



RISKY PLAY PHRASES

As children continue to develop and test their physical boundaries, we must be mindful of the role our language plays in building their self awareness and resilience.

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?
- Is there a way out/down from there?

HELPING KIDS MAKE OBSERVATIONS AND TUNE INTO THEIR SENSES

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

"Can you hear that rush of water? We need to keep an eye on those waves"

"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?"

USE YOUR OWN EXPERIENCES

"I remember when I slipped on the rocks when I was exploring the rockpools. Can you see the black algae there? It's so slippery!"