

# RISKY PLAY

What is it and why is it so important for our children?

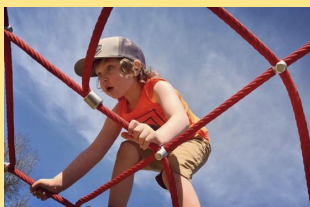
## WHAT IS RISKY PLAY?

It is **THRILLING** and **EXCITING** play

Jumping **HIGHER**, running **FASTER**

Play that encourages children to push their boundaries and take risks **SAFELY**

## WHAT DOES RISKY PLAY LOOK LIKE?



## THE CHALLENGE

Children between the ages of 1 - 5 years should have of daily physical activity

Canadian Society for Exercise Physiologists (CSEP)

**180**  
**MINS**



**9%**

of Canadian children get only 60 mins heart-pumping physical activity

(Participation, 2015)



Our children are not active enough!

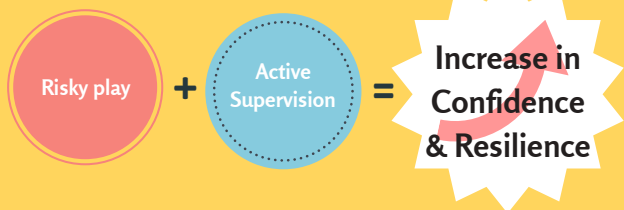
**LEARN MORE ABOUT RISKY PLAY & PHYSICAL LITERACY**

Visit us at [www.earlyyearsphysicalliteracy.com](http://www.earlyyearsphysicalliteracy.com)

Early Years Physical Literacy Research Team

# RISKY PLAY

## WHY RISKY PLAY?



## BENEFITS OF RISKY PLAY

testing and extending limits	enjoyment, excitement & thrill	healthy, holistic development	mastering fundamental movement skills
school readiness	exploring possibilities & boundaries	experiencing success and failure	new learning experiences & accepting risks

## HOW CAN WE HELP OUR CHILDREN?

- Learn more about Risky Play!
- Let your children lead the play - become their co-learner, co-player, and co-imaginer, follow their lead.
- Create environments where children are interested and challenged.
- Active supervision - participate, encourage, challenge.
- Be a role model.
- Teach how to use tools safely with appropriate safety gear such as work gloves, goggles, and hot mitts.

*"A Catch-22: Our desire to see that no harm comes to our kids is causing harm to our kids."* Stephen Marche (2018)

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