

# Language to Support Risky Play

Overusing phrases, such as 'be careful' can inhibit healthy risk taking, increase anxiety and affect confidence. Try to tune children into the potential risk while encouraging children to figure out how to behave, respond and adapt their play.

Here are some useful phrases to use when supporting risky play instead of saying 'be careful'.

## During Risky Play

Where would be safe to put your hand/foot next?

What are you planning on doing next?

Do you feel balanced/ safe?

That log looks heavy. Can you manage it?

Take your time.

Keep in mind how often and how much you are talking to children during risky play, as it can be distracting.

## Preparing for Risky Play

How could you keep yourself safe?

What are you planning on doing?

It is slippery/frosty/dry today, how shall we move around?

Remember to watch out for other people and give each other space.

Before you go off to explore, what do we need to check for?

How will you get up, get down or get across the \_\_\_?

I'm here if you need support.



## Reviewing Risky Play

How do you think that went?

You held on so well. How do you feel?

Did you like what you did?

What would you do the same/differently next time?