



## Risky play

**Whoa, wait a second. Risky play?  
That sounds dangerous!**

It's true; risky play may result in minor injuries. Scrapes, bumps, and bruises are natural consequences that help children to better understand their own limitations, assess cause and effect of their actions, learn how to make smart and healthy decisions, and become resilient. However, children are less likely to get injured during risky play because they pay closer attention to what they are doing and don't do more than their bodies can handle. Nature play provides opportunities for children to engage in and benefit from risky play.