



## Risky play

### Six types of risks within children's play:

- **Heights** – e.g.: climbing trees, climbing on top of a large rock
  - Children gain a bird's-eye view of the world, which offers a different perspective. Feelings of accomplishment can also be experienced.
- **Rapid speeds** – e.g.: swinging on ropes, sliding down a hill
  - Children learn to be aware of and manage their bodies when experiencing the thrill of almost, but not quite, losing control.
- **Dangerous tools** – e.g.: hammer and nails, using knives
  - Children feel great satisfaction in being trusted to handle such tools. There is also excitement in controlling the tools, knowing that a mistake could hurt.
- **Dangerous elements** – e.g.: fire, water
  - Children can understand that deep water or fire pose some danger and learn to treat it with respect.
- **Rough and tumble** (also called “big body play”) – e.g.: chasing, wrestling, play fighting
  - Children learn self-control, compassion, boundaries and about their own abilities compared with other children. Motor skills and self-control develop through big body play.
- **Disappearing/getting lost** – e.g.: secret fort building, hide and seek
  - Children experience the thrill of temporary, scary separation from their companions. Older children venture away from adults, into new territories filled with imagined dangers, including the danger of getting lost.