

Benefits of Risky Play

What is Risky Play?

Risky play involves kids experimenting and pushing themselves to figure out what will happen, without knowing the exact outcome.



Why is Risky Play Important?

Risky play helps to develop important life skill learnings such as: building resilience, persistence, balance, coordination, awareness of their capabilities and the limits of their own bodies.



These outcomes need to be figured out by the children for themselves. Too often educators and parents don't allow children to figure out these outcomes of risky play, they stop it before it happens and the children never learn the outcomes.



It also allows children to feel in control of their actions, learning and play; they learn boundaries in a safe, secure environment where they can be supported directly or indirectly by educators, parents or practitioners.