

# WHY OUTDOOR RISKY PLAY MATTERS...AND WHAT YOU CAN DO TO SUPPORT IT!

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CLICK OR SCAN ME



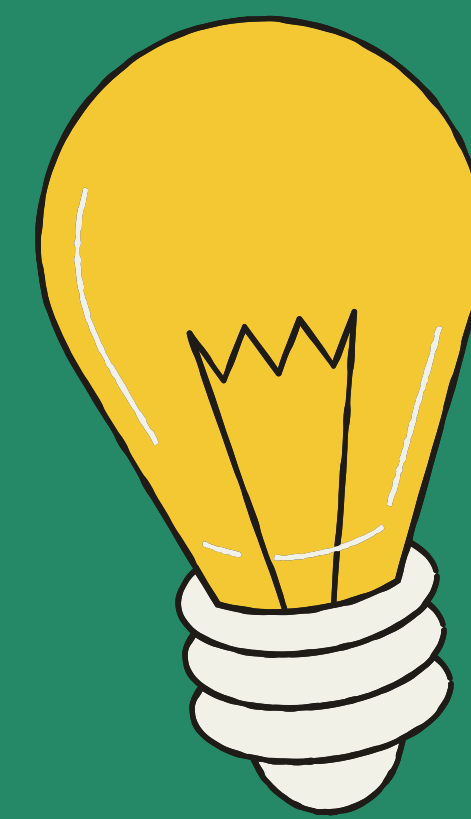
## WHAT'S SO SPECIAL ABOUT OUTDOOR PLAY?

- Autonomy
- Self-determination
- Emotional and behavioural regulation – self and peer
- Physical literacy
- Prosocial skills
- Joyfulness
- Coping with uncertainty and change

## SOCIAL PLAY

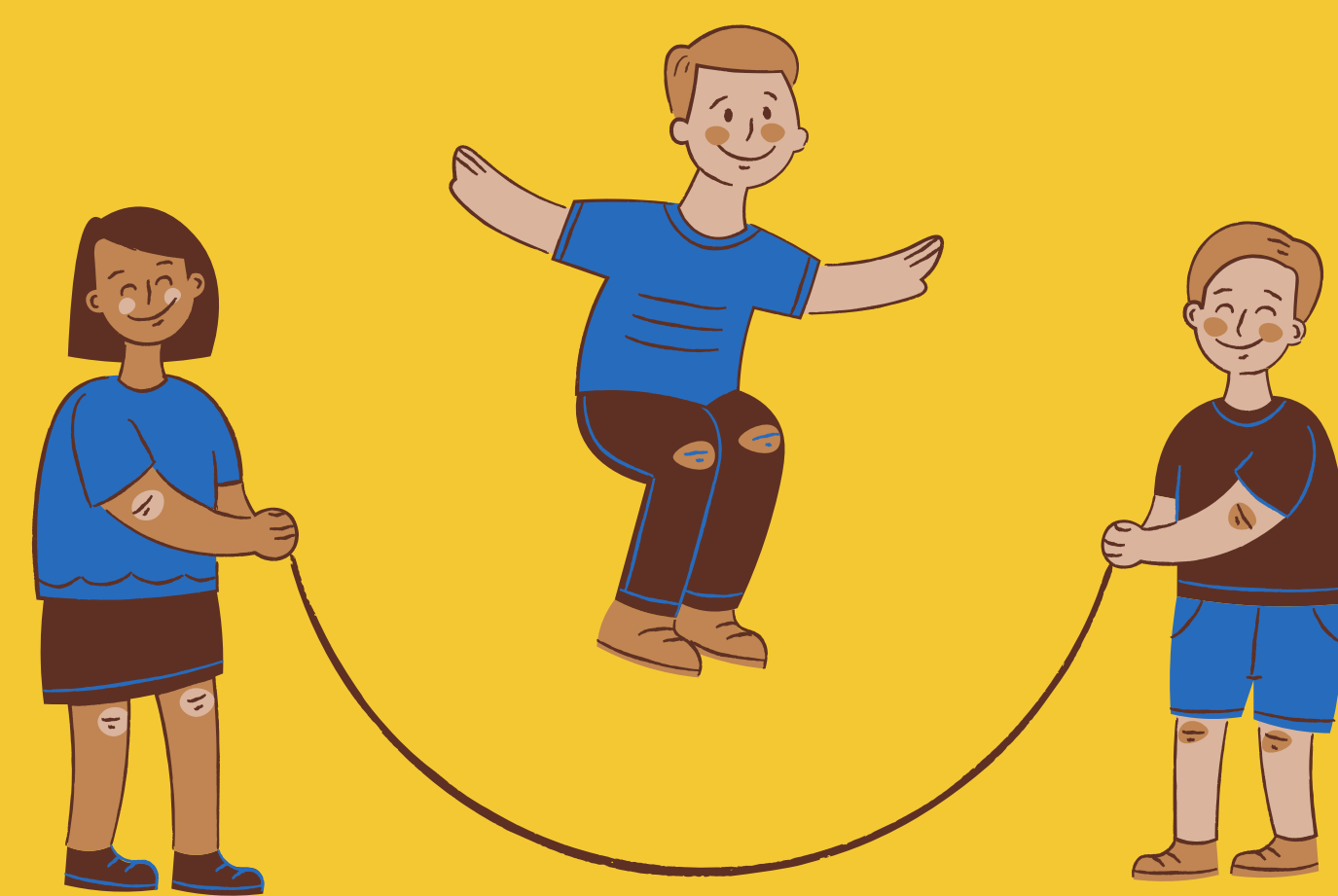
Social connection is linked to wellbeing and mental health!

Social bonds are forged during play with both peers and adults.



## BENEFITS OF OUTDOOR RISKY PLAY

- Clear benefits for physical literacy
- Clear benefits for improving moderate-vigorous physical activity levels
- Emerging evidence of increased co-operative and collaborative behaviour
- Qualitative research evidence of improvements in emotional regulation



## Risk!

Risk looks different for each child.

Risk aversion is common!

Often we focus on immediate, unlikely risks rather than deferred more likely risks

The goal is not to eliminate risk – rather, assess for risks and benefits.

Holistic approach to risk

## WHAT CAN YOU DO?

Reflect on your school or setting.

Think: how can you nurture the possibilities of playtime for your children?

Choose 2 or 3 of the 7 Cs and reflect on changes you can make to improve child experiences of outdoor play in your setting.



outdoor play



mental health problems



## The 7 Cs

Brussoni & Herrington, 2015

**Character** – overall feel of outdoor play spaces

**Context** – how the play space interacts with its surroundings

**Connectivity** – the physical and visual connectedness of the play space

**Change** – range of differently sized spaces designed in the play area and how these spaces change over time

**Challenge** – the physical and cognitive challenges that a play space provides

**The Chance** – the opportunity for children to create, manipulate, and leave an impression on their outdoor play space

**Clarity** – integrates physical and perceptual legibility...play spaces should create enough mystery to promote spontaneous exploration but not confusion that will detract children from investigating the play space