



## HELLO PARENTS,

Risky play is when children engage in activities such as sliding, jumping from heights, climbing, balancing or hanging upside down. As parents, these ways of playing might make you nervous but risk taking is crucial for the healthy development of physical and personal qualities in young children. Risk taking enhances physical and emotional health, encourages individualism and self-observation, helps self-confidence and improves social skills. In this newsletter, we provide different activities to encourage your child to take safe risks while playing.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### CRAWLING UP THE STAIRS

##### MATERIALS:

- Stairs
- Favourite toys

##### DIRECTIONS:

- With supervision let your child approach the stairs and explore them.
- Encourage your child to start crawling up the stairs by placing their favourite toys a few steps higher.
- Continue to move the toys higher for a challenge.
- Stand behind your child to protect them from falling.

[Click here](#) for more activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### CLIMBING AND JUMPING

##### MATERIALS:

- Chair
- Stepping stool
- Cushions or pillows

##### DIRECTIONS:

- Place a chair in an open area, making sure your child has enough space to move around and climb on top of it.
- Place cushions or pillows around the chair.
- With supervision let your child use the stepping stool to climb up the chair.
- Let your child jump off the chair into the cushions or pillows.

[Click here](#) for more activities.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### HIGHER UP!

##### MATERIALS:

- Stacking toys (cups, wooden blocks, or Lego)
- Chair
- Pillows

##### DIRECTIONS:

- Join your child in building and stacking with the toys.
- Once the tower crosses the midline of their body, encourage them to stand on a chair to continue building.
- With your supervision, allow your child to put a pillow on the chair to continue building. Use open-ended sentences to describe what they are doing. For example, "I see you had to climb to add more blocks" or "What will happen if you add two more blocks to the tower?"
- Let your child continue stacking and adding to the tower until it falls.

[Click here](#) for more activities.

### JK/SK (4 – 6 YEARS)

#### OBSTACLE COURSE

##### MATERIALS:

- Chairs
- Laundry basket
- Balls
- Books
- Rope
- Hula-Hoop (optional)

##### DIRECTIONS:

- Build stations. Each station contains a different activity, challenge, or movement that the children must complete to move forward.
- Station 1: Crawl under, then walk over a row of chairs.
- Station 2: Crawl under a rope stretched between two chair legs.
- Station 3: Jump in and out of a Hula-Hoop five times (optional).
- Station 4: Throw two balls into a laundry basket.
- Station 5: Walk over a row of chairs while balancing a book on your head.

[Click here](#) for more activities.

### SCHOOL-AGERS (6 – 12 YEARS)

#### MASTER CHEF - MAKING KRAFT DINNER

##### MATERIALS:

- 6 cups of water
- One package (7-1/4 oz.) KRAFT Macaroni & Cheese
- 1/4 cup margarine, cut up
- 1/4 cup milk
- Medium sized saucepan

##### DIRECTIONS:

- With parental supervision turn the stove on and bring water to boil in medium saucepan.
- Add Macaroni; cook 7 to 8 minutes or until tender, stirring occasionally.
- Supervised by your parent, drain the hot water from the macaroni. Do not rinse.
- Return macaroni to pan.
- Add margarine, milk and cheese sauce mix; mix well.
- Enjoy your Kraft Dinner!

[Click here](#) for more activities.

#### A TIP FOR TODAY

- Regularly expose your child to risky play opportunities.
- Be calm while the children are playing. If you are scared, they will believe that what they are doing is scary.
- Be present. Talk them through their play if there is an exceptional risk. Make them aware of what they are doing.
- Allow your child to explore on their own. Be close enough to talk to them, but do not follow too closely.