

# The benefits of risk taking

Sometimes we are risk adverse because we, understandably, don't want children to be injured. However safe and supported risky play can be very beneficial for children's development.



## Problem solving

By engaging with risky play children develop problem solving skills as they work out how to be successful without incident. Risky play does not need to be overly dangerous to achieve this, it just needs to challenge a child beyond their current capabilities.



## Resilience and perseverance

Often the reason play is risky comes from the likelihood of failure. By engaging with risky play children learn coping skills to overcome barriers and learn from their attempts instead of giving up out of frustration. This builds resilience and perseverance which are crucial life skills.



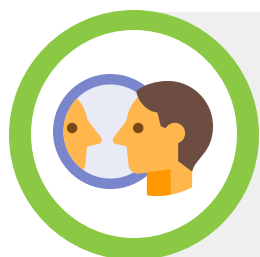
## Social skills

Risky play shows children the importance of working together to successfully complete tasks, and through this type of play children learn to ask for help, support each other, and learn from observing others to see how they are successful.



## Meaningful skill development

Risky play supports children to learn a range of skills, physical, social and cognitive, through engaging with meaningful experiences. The more meaningful an experience is the more likely children are to retain their new skills and knowledge due to the positive emotional connection.



## Increased self-awareness

The more challenges children are exposed to (in safe and supportive ways) the more they get to learn about themselves. What they like, what they don't like, what they are capable of, how they can achieve many things, how to regulate their emotions, just to name a few.