Healthy Risk Taking & Challenging Play - 1

Bright Little Stars Nursery

Experiencing Fire

Under careful supervision and strict rules, allow your child to enjoy the magic of fire and toasting marshmallows.



Playground Fun

Use playgrounds as an opportunity for your child to challenge themselves, make new friends, take turns and share.



Show and allow your child how to use knives and other kitchen implements safely.



Tools

Find opportunities for your little one to use **real tools** for **real jobs**. Hammers, screw drivers and pliers etc. Disassembling old ICT equipment can be a real hit!



Healthy Risk Taking & Challenging Play - 2

Water Play

Under careful supervision risky play is an important part in a child's learning. Streams on a hot day provide a plethora of learning opportunities.



Tree Climbing

Learning how to climb a tree should be a milestone for all children. Start low and work to higher trees with appropriate branches.



Stair Climbing

Encourage your child to walk up and down stairs holding the handrails, rather than your hand. Eventually extend this to them carrying something in their other hand too!





Bikes, Trikes & Scooters

Use your garden or the local park to support their balancing and riding skills