

BENEFITS OF RISK, ADVENTURE AND CHALLENGE IN PLAY



PHYSICAL HEALTH

- Promotes physical activity
- Refines fine motor skills
- Improves gross motor skills
- Builds practical skills

COGNITIVE DEVELOPMENT

- Improves focus
- Nurtures imagination
- Supports readiness to learn
- Develops understanding of size, shape and texture
- Enhances language skills



PLAY SKILLS

- Develops skills in risk benefit assessment
- Increases creativity



EMOTIONAL WELLBEING

- Supports children to explore emotions
- Encourages self-advocacy
- Increases empathy
- Provides opportunities for children to negotiate and resolve conflicts

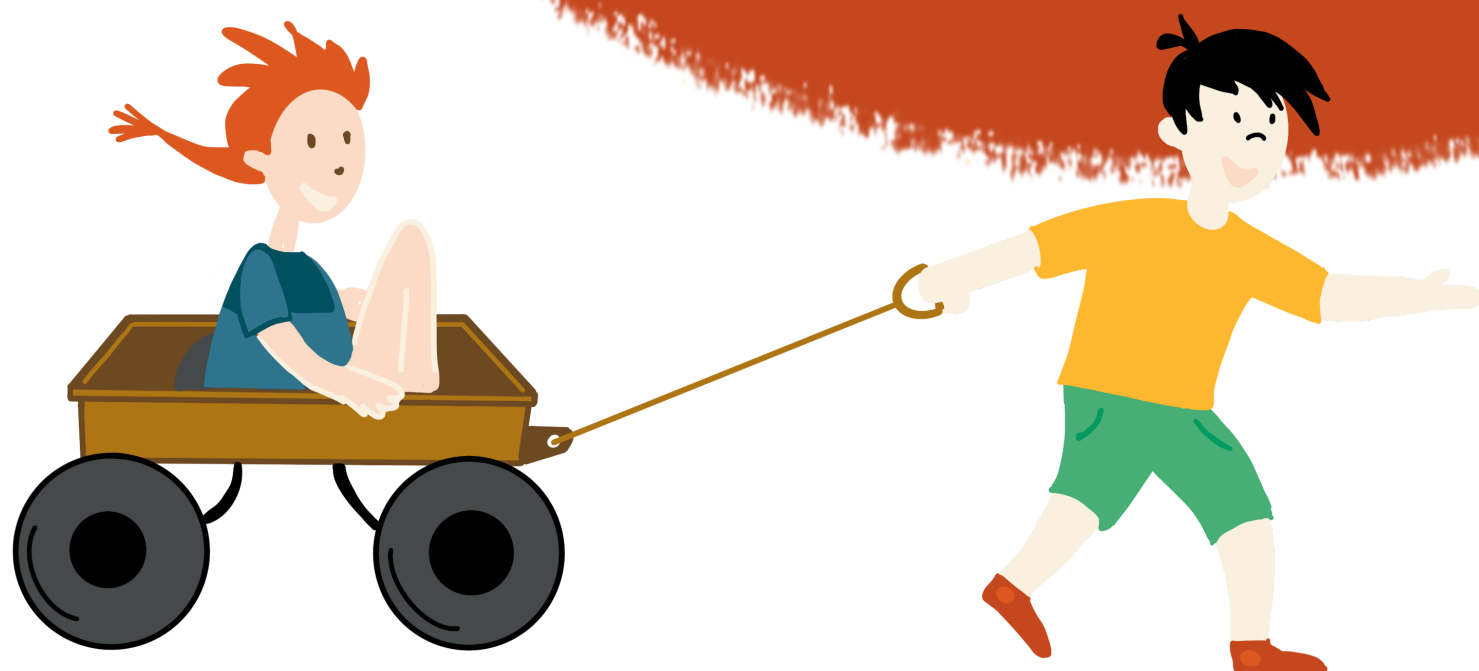


MENTAL HEALTH

- Boosts confidence and self-esteem
- Supports the ability to recover quickly from setbacks
- Helps with overcoming emotional trauma or disturbance
- Grows personal resilience
- Reduces childhood stress and anxiety
- Encourages expression of views, experiences, and frustrations
- Inspires exploration of the world

SOCIAL SKILLS

- Builds ability to cooperate and work in groups
- Develops capacity to receive and respond to feedback
- Grows and nurtures friendships
- Supports development of leadership skills
- Expands the ability to consider others' viewpoints
- Improves decision-making
- Boosts problem-solving skills
- Opportunities to practise different roles



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