

What to Say to Kids Instead of "Be Careful!"

FOR PARENTS:

The Importance of Risky Play

<https://wehavekids.com/parenting/The-Importance-of-Risky-Play-in-Early-Childhood>

Raising our Girls to be Perfect and Our Boys to be Brave ~ Reshma Saujani

https://www.ted.com/talks/reshma_saujani_teach_girls_bravery_not_perfection

Are Dystopian Novels a Call to Action...?

<https://www.oeregister.com/2017/09/05/are-dystopian-novels-a-call-to-action-for-millennials-csuf-student-sees-a-brave-new-world/>

Help Your Child Foster Awareness by Saying:

- **Notice how...** these rocks are slippery, that branch is strong...
- **Do you see...** the poison ivy, your friends nearby?
- **Try moving...** your feet carefully, your quickly, strongly.
- **Try using your...** hands, feet, arms, legs.
- **Can you hear...** the rushing water, the singing birds, the wind?
- **Do you feel...** stable on that rock, the heat from the fire?
- **Are you feeling...** scared, excited, tired, safe?

Help Your Child Problem Solve by Saying:

- **What's your plan...** if you climb that boulder, cross that log?
- **What can you use...** to get across, for your adventure?
- **Where will you...** put that rock, climb that tree, dig that hole?
- **How will you...** get down, go up, get across?
- **Who will...** be with you, go with you, help you if?

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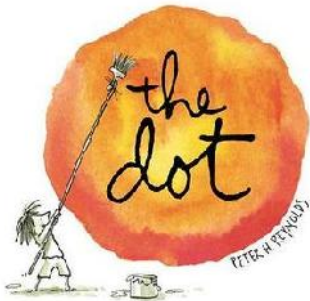


FOR KIDS:

The Dot by Peter H Reynolds

Also check out the song by Emily Arrow: https://www.youtube.com/watch?v=r_I43cxDQ-o

Does fear of not being able to do something ever stop you from trying? What can you learn from trying something you aren't good at? What can we learn from failing or even losing?



FOR YOUTH - Try one of these series:

- **The Hunger Games by Suzanne Collins**
- **Divergent by Veronica Roth**
- **The Uglies by Scott Westerfeld**

What similarities do you see between the imaginary world in the book and our real world? In these books, youth take extreme risks to change their world. What acceptable risks can you take that could change the world around you? What would you like to see different about our society?

FOR FAMILIES:

Over Spring Break, try learning a new skill together that might be difficult, scary or challenging. What was the experience like? How did you feel before/during/after? What did you learn? What did you gain?

A truly good book teaches me better than to read it. I must soon lay it down, and commence living on its hint. What I began by reading, I must finish by acting.

Henry David Thoreau

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