

## Exercise | The art of trust Connected to the playplace

PLAY  
PLACE



### Situation

Play in the outdoor area requires professionals and parents to have confidence in children. As a professional/parent, it is at least as important to trust in yourself where you can make a correct assessment of danger.

The outdoor play of children is often prescribed by rules and protocols about what is and is not allowed. These rules and protocols come about as a result of a tension that you experience yourself as a professional / parent. Knowledge about children's play behaviour, how they guard their boundaries and what they need can help to lower these thresholds. Insight into the outdoor space, which game invitations there are in this specific place and what risks this entails with sight ensure that you are aware of the opportunities you want to give to children in this outdoor space.

### Get started | Action

Find out what you do and don't allow (individually)

*I tend to protect children too much/ too little because.....*

Explore your limits/boundaries (individually)

*Checkbox when you intervene in the following situation and explain your choice:*

- “Running fast” because*
- “Fast cycling” because*
- “Smelling flowers/plants” because*
- “Climbing high” because*
- “Frolicking” because*
- “Playing out of sight” because*
- “Playing with branches” because*
- “Grabbing critters” because*

*.....*

## Examine your actions during children's play in the outdoor area (individually)

At what moments do you intervene and why do you do this?

Reflect on your own actions

What would you do differently next time?

I intervene if.....

When I look back on this I find my actions ok/not ok because....

Next time I'm going....

### **Questions | Initiate dialogue**

Put a poster/big piece of paper on the table and divide it into three squares. Put the table in a room so that you can walk around it. Use post-its to walk around the table in silence and write down your thoughts and opinions that come to mind about risk play in the outdoor space. Be inspired by what others write down and supplement.

What is really not allowed in the outdoor area	What my own children are allowed to do outside of me, but not the children I take care of professionally	I encourage this game outside
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When you then notice that there are no more thoughts, the intention is to enter into a dialogue with each other:

- What do you notice?
- What are you curious about?
- How do you as a team want to deal with risks in the outdoor space?

By entering into a dialogue with each other, you get a broader view of the ideas that exist about opportunities and limits of play in the outdoor space.

### **Transfer | other applications**

You can do this exercise entirely on your own as an adult to reflect on your own confidence of play behavior in children in the outdoor space.

You can do this exercise in a team to remove barriers and enter into a dialogue about risks with other professionals, in collaboration with parents, with policy makers, when designing an outdoor space,....

Variant: In a central place outside, everyone gets a bag with red, orange and green ribbons. You will explore this outdoor space. You hang a green ribbon in places and places where you think children can safely come to play behavior. You place an orange ribbon in places where you doubt whether children can come to safe gaming behavior. You place the red ribbons in places where you think children can't play. Then you return to the meeting place and make groups of three or four with colleagues. You walk with each other along the ribbons. Here you enter into a dialogue with each other and discuss why you have chosen a green, an orange or a red ribbon. Do you agree or disagree before? What questions do you not have answers to. Write it down and then continue working on it in the team.