

Active and Risky Play



SECD
SCIENCE OF EARLY
CHILD DEVELOPMENT

SELF-STUDY SERIES

WHAT IS SECD?

AECENL provides open access to the online resource, The Science of Early Child Development (SECD), for all citizens of Newfoundland and Labrador. This initiative is funded through the Canada-Wide Early Learning and Child Care Agreement between the federal and provincial government.

Visit SECD online here: www.scienceofecd.com

HOW DO I USE THIS SELF-STUDY UNIT TO GAIN PL HOURS?

Step 1:

Visit section 2.6, Play Coping and Competence from SECD and start reading midway through the page at Active and Risky Play. Read until the end of the page, including supplementary articles. Watch the videos. Link to SECD here:

2.6 [Play, Coping and Competence](#)

*Note: If you are directed to the verification-of-residency page and this link does not lead you directly to section 2.6, verify your location and then return to this document and re-visit the SECD link above. This should take you directly to the section.

Step 2:

Reflect on the material and answer the questions included in this document. Responses must be in paragraph form and more than 2-3 sentences long.

Step 3:

Submit completed cover sheet and answers to registrare@aecenl.ca for verification.

Self-Study Series Cover Page

Learner Information (please fill out all fields)

Name:

Date:

Email:

Phone Number:

Certification #:

Name of self-study unit:

How to Receive PL Hours Towards Certification

Fill out this cover page and complete the following fillable pdf pages with your reflective answers.

Save a copy for your files. You may submit your saved pdf copy via email to registrare@aecenl.ca. If answers are original and adequately reflect the learning materials of the course, the learner will be awarded 2.5 PL hours that can be used towards child care services certification.

OR

Mail a handwritten copy to:

C/O The Registrar

AECENL

P.O. Box 8657

St. John's, NL

A1B 4N1

Handwriting must be legible to verify pl hours.

Question 1: Give a brief overview of the content related to Active and Risky Play. Include references to the articles and videos provided by SECD. What spoke to you about the material and why?

Answer 1:



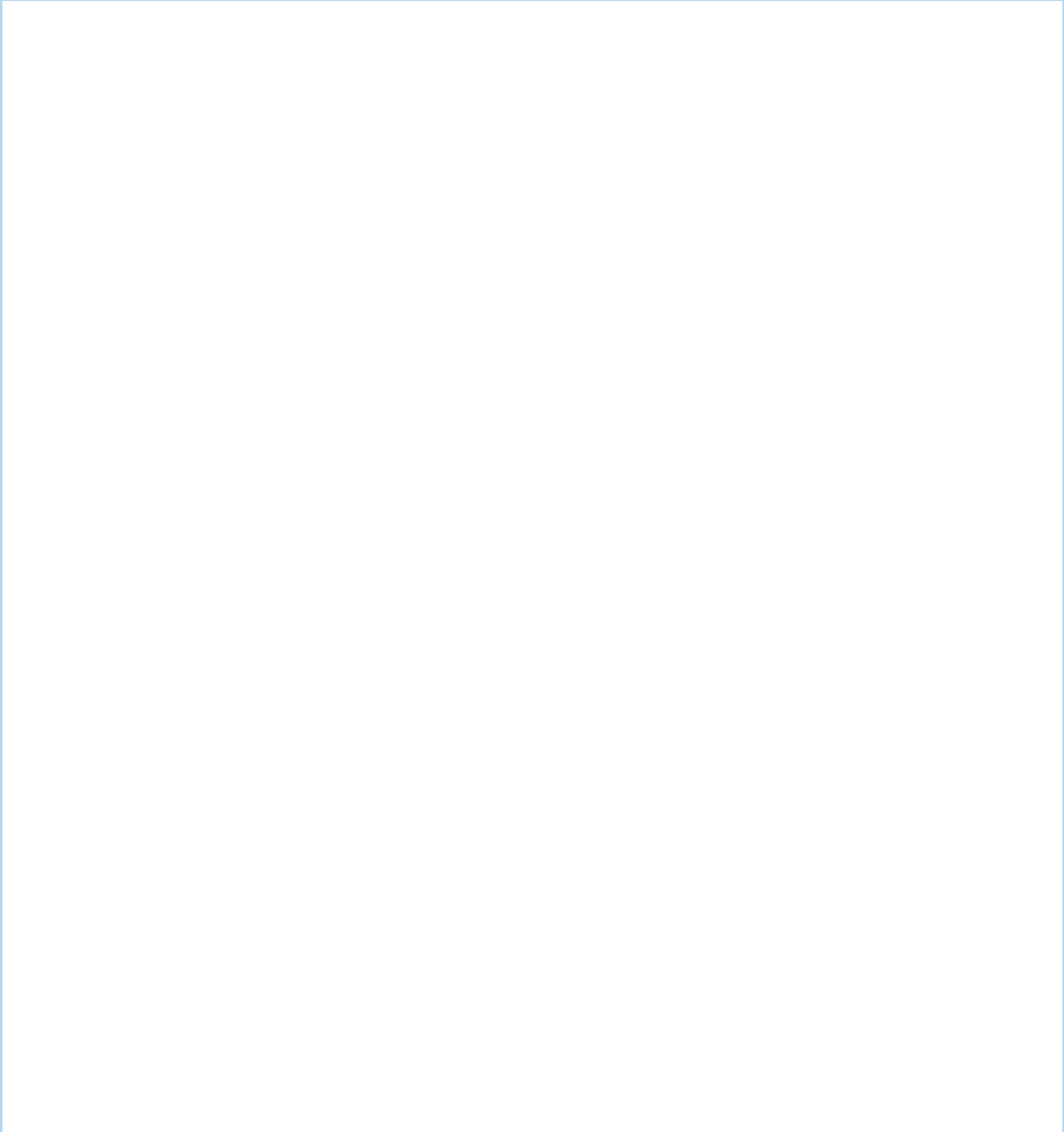
Question 2: Outline the Canadian 24-hour movement guidelines and discuss which aspects of your current or past child care practices have lined up with these recommendations. In what ways could your practice help to further contribute to these recommendations? Give examples of specific ways to get children moving.

Answer 2:



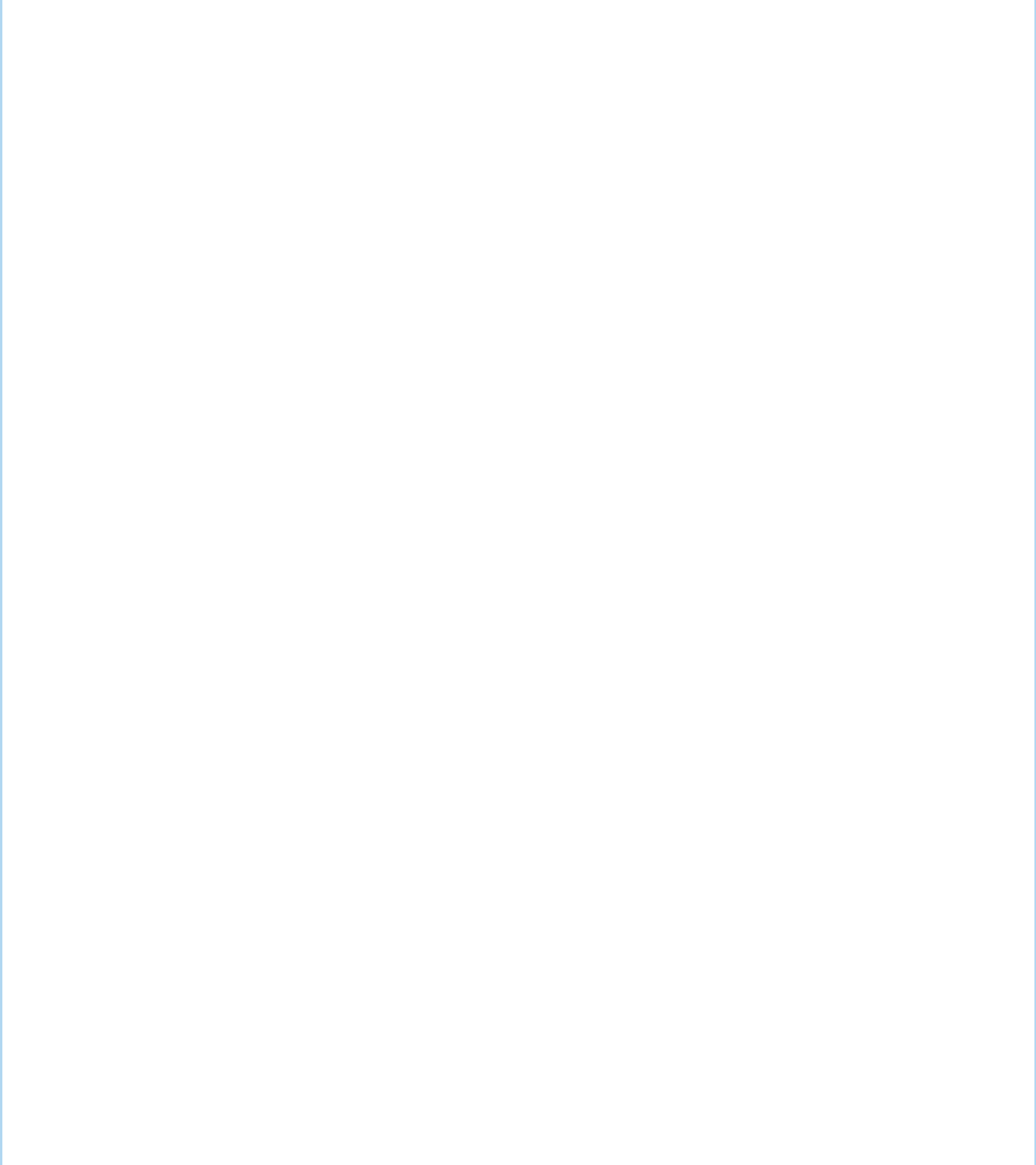
Question 3: What is the definition Battle and Walden give of Risky Play in the video Risky Play Defined? Describe your own experiences with active and risky play. Include details about the six categories of risky play and what aspects of risky play you feel comfortable or uncomfortable with as an educator. Reflect on why.

Answer 3:



Question 4: What are three actions you can implement in your early childhood practice that support risky play? Give examples of how you'll implement these actions and what outcomes you hope to achieve through these actions.

Answer 4:



Question 5: Brussoni says "We have a society that's really engaged in what I call anxiety-based caregiving". How does she back up this statement? Do children in your neighbourhood have access to potentially risky outdoor play and nature play? Give specific examples.

Answer 5:



Need more space? Feel free to keep adding to your answers here or attach additional pages to this PDF.



Did you enjoy this self-study unit? Visit www.aecenl.ca for the rest of the series!