

Climb a tree

EYFS: Physical development: Improved motor skills: as hand-eye coordination is necessary to grasp handholds and wrap their fingers around them to climb upwards.

You are your child's teacher:

Use descriptive language:
talk about what your child
can see avoid asking ques-
tions.

Let your child explore the
natural environment.

Give your child time to focus

Be warm, supportive, and
encouraging.



Letting your child climb a tree will give them the opportunity to explore the natural world around them. It gives your child the chance to manage and assess the risk, and increases their self-confidence.

It helps your child to improve their decision making skills, and life skills.

Benefits of climbing a tree:

Physical strength

Hand and eye co-ordination

Trees can stimulate their sensors

Gives them the opportunity to manage and assess the risks.

Speak to your child in a calm and reassuring way.

Try not to project your fears about hurting themselves onto your child.

Visit: nottshelpyourself.org.uk



Consider the following:

- Choose a hard wood such as pine or oak.
- Watch out for weak or rotten branches.
- Wet weather will make it slippery.
- A well known tree maybe your child's special place

