

## Resilient and safe students. Taking risks doesn't have to be hazardous.



**Here's a simple 3-step plan that doesn't use school funds or teachers' time.**

By James Phelps

Schools don't need to pay for a new state-of-the-art playground or roll-out an expensive and convoluted "21st century" program to start building resilience in their students. Just go old school.

It's called a 'junk playground' - and it's free and easy to implement.

For young students to build resilience they need to take risks every day. A junk playground, designed well, allows children to 'go out on a limb' without the branch snapping underneath them.

A junk playground helps students to build resilience by simply, and safely, taking lots of risks. (And the irony in all that risk-taking?... they improve their ability to detect real-life risks!)

### A SIMPLE PLAN

Step 1. Teachers, you must watch this video (and then show it to your school parents!) Brilliant and inspiring. (Thank you Vox!)

<https://www.youtube.com/watch?v=lztEnBFN5zU&feature=youtu.be>

Step 2. Download Sydney University's instruction manual written specifically for implementation in primary schools. This document explains step-by-step how to create a safe junk playground on school grounds. (Thank you Anita Bundy and team!)

<https://www.dropbox.com/s/x88l2ne43knut2t/Junk%20Playground%20Manual%20-%20Anita%20Bundy%20Sydney%20Uni.pdf?dl=0>

Step 3. Give the manual to your school parent group (P&C or P&F) and ask them to implement as per the instructions. (Thank you parents!)

Now stand back and observe the changes in your students.

(Oh, and your students will also become better creative thinkers and problem solvers.)

It's a right-brainer for kids and a no-brainer for teachers and parents!