



# FREEDOM



**TIP : 17 SECOND RULE: WAIT  
17 SECONDS BEFORE  
INTERVENING TO LET IT  
PLAY OUT**



## STOP

yourself before you respond to, or  
stop children's play



## LOOK & LISTEN

to what is happening. What are the  
children doing?



## THINK

are the children managing the risks?  
What might be the impact of adult  
involvement on children's play?



## ACT

now you can respond in a thoughtful  
way, rather than by reflex



## REFLECT

was your action the correct one?  
What have you learned?



### WHAT CAN YOU DO?

Try implementing a  
Risk-Benefit Assessment:  
**REFLECT BEFORE REFLEX**

**LEARN MORE AT  
[PARACHUTE.CA/PLAYSAFEOUTDOORS](https://parachute.ca/playsafeoutdoors)**

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