

What to say instead of **BE CAREFUL**

Notice how...

there are lots of sticks on the ground.

Try using...

Your arms, legs, hands, feet

Can you hear...

the cars coming down the road

Do you feel...

like your feet are stable

Do you see...

the slippery rocks, the thorns

Try moving...

quickly, strongly, precisely

Are you feeling...

safe, nervous, excited

Work on

PROBLEM SOLVING

Where will you...

put tht down

Who will...

help you, go with you

How will you...

get down, get up

What is your plan...

if you climb that rock

What can you use...

to help you get there

adapted from back woods mama