

.....

What to say instead of

BE CAREFUL

.....

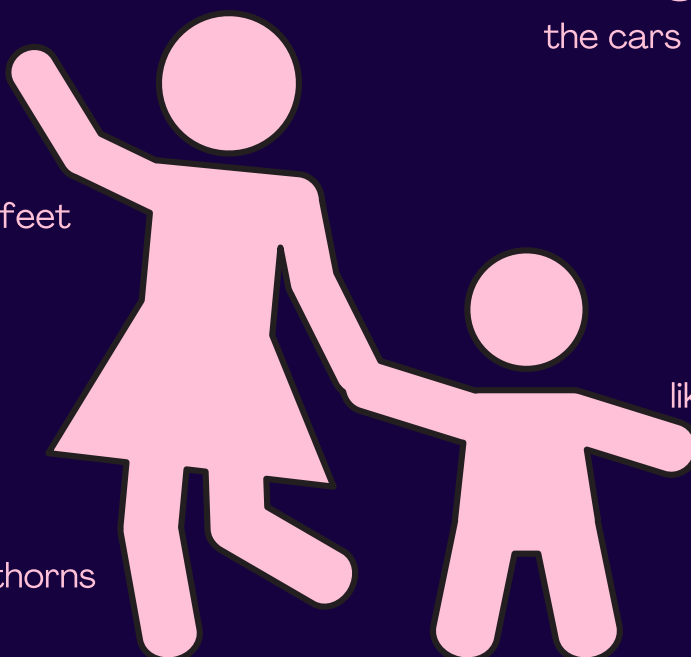
Notice how...

there are lots of sticks on the ground.

Can you hear...
the cars coming down the road

Try using...

Your arms, legs, hands, feet



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

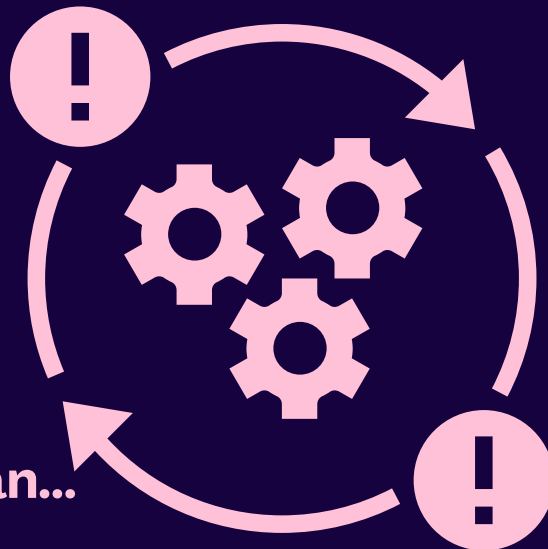
PROBLEM SOLVING

.....

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