

TREE CLIMBING

Growing Strength, Awareness, and Joy in Nature

Tree climbing at TimberNook invites children to connect with nature in the most literal way, by ascending into it!

Each climb builds strength, balance, coordination, and confidence as children learn to judge what feels safe and when to come down.

WHY IT MATTERS



PHYSICAL STRENGTH & BALANCE

Climbing engages every major muscle group, helping children develop coordination and body awareness.



DEVELOPS JUDGEMENT & CONFIDENCE

Choosing where to place a hand or foot helps kids assess risk, trust their instincts, and say, "I can do this!"



SUPPORTS EMOTIONAL REGULATION

Tree climbing helps children navigate excitement and fear in healthy ways.



STIMULATES THE SENSES

Climbing a tree offers rich sensory input. Touch, smell, movement, and sight all work together to support healthy sensory development.

THE ADULT'S ROLE

Resist:

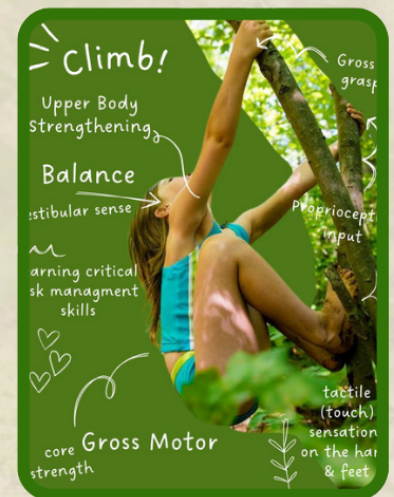
- Lifting kids up
- Saying, "Be careful!"

Encourage:

- Independence
- Problem-solving

Support:

- "What's your plan?"
- "How do you know which branches are best to use?"



SETTING LIMITS

Tree climbing should feel **challenging**. Setting boundaries doesn't remove risk, it keeps experiences meaningful, safe, and confidence-building.

You can balance freedom with thoughtful limits:

- Are they staying near the trunk and testing branches?
- How high are they? What's the real risk if they fall?

IT'S OK TO SET SOME BOUNDARIES:

"Let's see you downclimb."

"That's high enough for today."

