

Play - Learn - Grow

Our Forest School

Safe - Outdoors - Fun

What is Forest School?

This is an inspirational process that offers all learners regular opportunities to achieve, develop confidence and self-esteem through hands-on learning experiences in our Forest School site or around the school in the great outdoors. It brings learning to life in the natural environment in a fun and safe way.

Forest School sessions take place once a week over a 6 week period where children develop a wide range of skills which promotes their holistic development and creates resilient, independent and creative learners. Practical activities spark their natural curiosity of the world around them through child-led play and safe risk taking.

Our Forest School sessions run throughout the year whatever the weather and can also support and enrich the National Curriculum, whilst promoting the school value “As children of God, we are nurturing, responsible and courageous”

How does Forest School help each child?

- ✓ They have fun, explore, make things and make choices in a safe environment
- ✓ Sessions are usually child-led so embraces all abilities
- ✓ Their skills and awareness develop which in turn is empowering
- ✓ Sessions help increase their self-esteem and confidence within the group
- ✓ Improves mental and spiritual health, communication skills and social relationships
- ✓ Encourages all to be active and develops both fine and gross motor skills
- ✓ The Forest School experience leads to life-long learning

We are SAFE

Safety is paramount during all sessions. All leaders have a Level 3 Forest School qualification, which covers essential safety training such as the use of a variety of tools, risk assessments and food hygiene.

At the start of every session we sit in a circle as a group and talk about how we can all be safe coming up with, or reminding ourselves, of our 'agreements'. As a result, children learn to assess, appreciate and take risks, making sensible, informed decisions about how to tackle the activities and experiences they encounter.

They learn to be self-sufficient and take care of themselves, which boosts their confidence and self-esteem. Through trial and error they learn to deal with failure and develop the resilience to keep trying.

Some Forest School Activities

Clay Play

Using Tools

Artists Pallets

Scavenger Hunt

Forest Music

Fire Lighting

Tree Climbing

Nature Art

Stickman

Mr J's Café

Drink & Snack

Shelter Building

Teddy Bear Zip Wire

Crawling through the tunnel

Mr J's Science Field Lab

Playing in 'The Den'

Hide & Seek

Hammocks

Foraging

The Gruffalo

Minibeast Hunts

Campfire Cooking

Face Paints

Hobby Horse

Sensory Walks

Mud Club

Dragons!

What are the benefits?

Healthy & Active

Risk Management

Engaging

Improved Mental Health

Relevance

Skills

Building Confidence

Empowering

Risk Awareness

Reflection

Learning by Stealth

Lifelong Learning

Choices

Responsibility

Respect

Independence

Powerful Experiences

Physical Fitness

Empathy for Nature

Review

Empathy for Others

Relationships



*In small groups
or as a class*

Inspirational
Awe and
Wonder

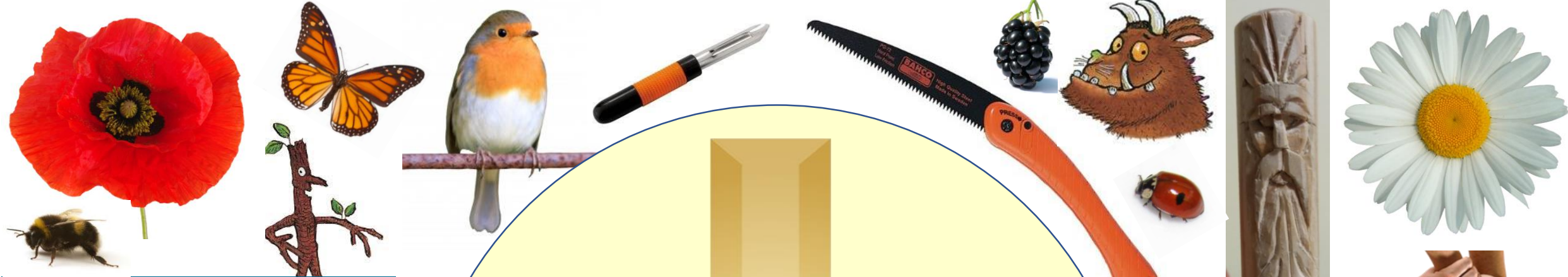
*1 session or
over 6 weeks*

FUNdamentals

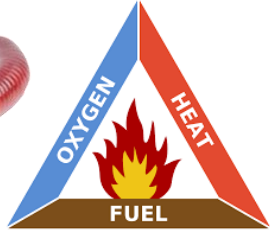
*For all ages
and abilities*

Make, create,
build and
Celebrate!

*Enhancing the
curriculum*



				
SIGHT	TOUCH	HEARING	TASTE	SMELL



The Forest School Year

Autumn

We have fun in the last of the Summer sun
Searching for acorns and conkers to plant
Using Autumn leaves to make crowns and leaf art
Eating blackberries and using their juice as ink
Throwing Sycamore 'helicopter' seeds high in the air
We plant bulbs and trees for the Spring

We're inspired by the book 'Stickman'
Reading and writing are fun
We make our own Stickman to keep, with a home to sleep
Use sticks in other ways, to dig in soil or as picture frame
We have 'clay play' to show how we feel or make our own
woodland creatures with creative features

Nature slows down, the clocks fall back
We brace ourselves for the Winter months ahead
We make dens to protect us from the elements
and we drink hot chocolate around a campfire
Watching animals prepare for the frozen months
We help birds by making seed feeders

The days are getting colder and shorter
Winter Solstice will soon be upon us
Imagining Arctic explorers and how lucky we are
We get excited for Christmas and look for naughty elves
We reflect on the year, what we've achieved and hold dear

Spring

Movement is life!
We wrap up warm and keep active in the Winter months
Playing games in a group shelter out of the cold biting wind
We keep drinking hot chocolate around a campfire
We use face paints to brighten our faces
Then climb bare leaved trees and explore more places

Thawing out we watch Spring finally arrive
Watching plants and trees seemingly come to life
Playing tree, bark and leaf 'eye spy' to help identify
Looking for catkins, pussy willow and sticky buds
Sowing wildflower seeds for the bees and for us to see
We search for snowdrops, daffodils and bluebells

The clocks spring forwards, life is abounding
We're getting ready to celebrate Easter
Embrace Lent with a clear mind to focus on prayer
Watching for signs of wildlife and tracking them
Going on a Easter chick hunt around the site

Enjoying the Cherry Blossom
Watching for Butterflies and bumble Bees
We search in the soil for another world beneath our feet
Looking up for the first swallows on their migration
Carefully using tools safely to make a better place
The Forest School continues to make smiling faces

Summer

Loving the Summer sun
Climbing trees in full leaf and play on the rope swing
The long hot days and the Summer Solstice
Laying on the ground and looking closely at wildflowers
Be inspired to draw our own with pens or chalk
Turning over and watching the clouds go by
Making shapes from them inspires our imagination

A whole class out on a bug hunt
Being amazed by insect diversity and recording data
Inspired to observe and to draw them
Enjoying being in the dappled light under tree
Sending your teddy bear down a zip wire
Making dens to keep cool out of the sun

Being inspired by the 'Gruffalo' book
Taking the Gruffalo toys on a mini adventure
We take care of them and make them new homes
Using creative resources like 'Mud Club' or 'Mr J's Café'
we measure, create, experiment, be safe, have fun!

There is so much awe and wonder for us to see and enjoy
We use our incredible senses to reach to our full potential
In the pond, up a tree, under a rock, the sight of a flower
We celebrate a year in the Forest School then
start again in the Autumn and enjoy the Great Outdoors!