



# Introduction

- Forest Schools first began in Denmark.
- Children experiencing the natural world and learning outdoors.
- Children learning from first hand experiences, developing skills like perseverance, independence and responsibility.
- Children building self-esteem and confidence helping to improve classroom and life-long learning.

# Forest School in Action

What we are aiming for.....

<https://www.youtube.com/watch?v=FHQKX3gl6bU>

(In this video Forest School is well established and the children have been visiting this woodland on a regular basis throughout the school year).

# Forest School Activities

- ▶ Earlier sessions focus on core skills and safety; establishing boundaries and routines.
- ▶ Children will learn how to cook on an open fire, use tools, make dens, leave trails, go on scavenger hunts, make environmental art, mud sculptures and lots more.
- ▶ At the beginning of the session children sit together in the log circle and discuss what they are going to do. The Forest School Leader reminds the children of the boundaries and does any safety talks before the children start their activities.
- ▶ Children have snack- an opportunity to refuel and reflect on how the activities are going.
- ▶ There will be time to play games and be active before regrouping in the log circle to discuss what we have learnt and plan for future sessions.

# Health and Safety

- ▶ The health and safety of all participants is central to everything within a Forest School programme.
- ▶ Forest school leaders are fully trained in emergency first aid and risk assessment.
- ▶ The site and activities are carefully assessed and children are given detailed training.
- ▶ There will be a ratio of 1 adult to 6 children when working with tools and the Forest School Leader will support the children working with tools.
- ▶ By allowing children to take risks, we help prepare them for making choices and teach them to be actively responsible for themselves, their choices and actions.

# What will the children need?

- ▶ “There is no such thing as bad weather only unsuitable clothing.”
- ▶ Come to school in warm trousers e.g. jogging bottoms or jeans (school t-shirt, cardigan or jumper as normal).
- ▶ Bring plenty of layers e.g. extra pair of socks, extra jumper or fleece, warm hat, 2 pairs of gloves, coat/waterproofs, wellington boots or walking boots.(All items should be named and in a named bag that fits on your child’s peg if possible).
- ▶ Sun hat and sun cream (if appropriate).
- ▶ **Spare set of clothes to change into if required.**
- ▶ **(Alternative activities will be provided if it is too windy.)**

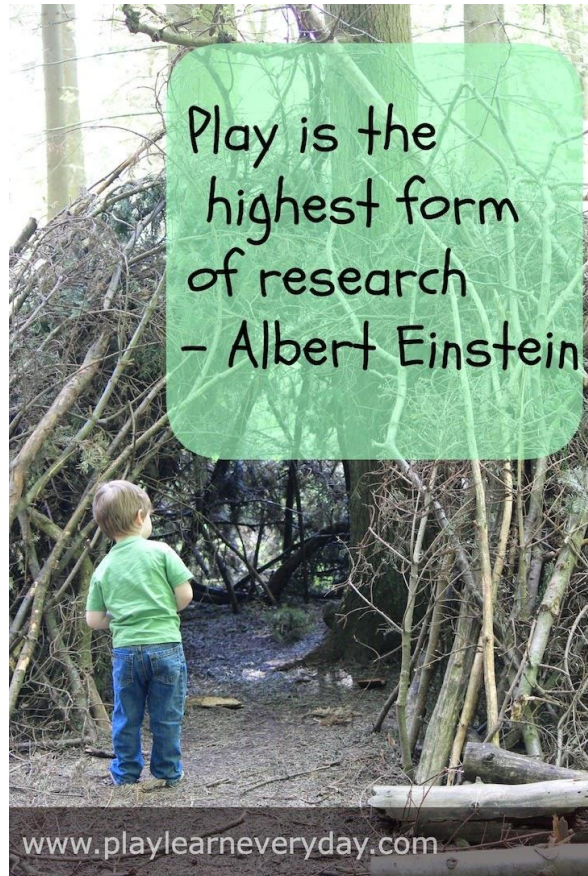
# Benefits

- ▶ Health and Fitness – being active outdoors.
- ▶ Emotional well being – being outdoors and among nature
- ▶ Social skills – communicating, sharing, negotiating, problem solving, increased confidence.
- ▶ Physical Skills – fine and gross motor.
- ▶ First hand experience of the weather, seasons, plants and animals.
- ▶ Forest School supports learning across the curriculum.
- ▶ **It's fun!**



# Any Questions?

(Please come and speak to Mrs Alder)



**"No one will protect what they don't care about and no one will care about what they have never experienced."**

Sir David  
Attenborough