

## What are Forest Schools?

A Forest School is an innovative educational approach to outdoor play and learning.'

The philosophy of Forest Schools is to encourage and inspire individuals of any age through positive outdoor experiences.



Forest Schools has demonstrated success with children of all ages who visit the same local woodlands on a regular basis and through play. Children have the opportunity to learn about the natural environment, how to handle risks and most importantly to use their own initiative to solve problems and co-operate with others.



So Forest Schools will aim to develop:

- Self Awareness
- Self Regulation
- Intrinsic motivation
- Empathy
- Good social communication skills
- Independence
- A positive mental attitude, self-esteem and confidence



By participating in engaging, motivating and achievable tasks and activities in a woodland environment each participant has an opportunity to develop motivation, emotional and social skills. These, through self awareness can be developed to reach personal potential.



Forest School programmes run throughout the year, going to the woods in all weathers (except for high winds). Children use full sized tools, play, learn boundaries of behaviour; both physical and social, establish and grow in confidence, self-esteem and become self motivated.



## Here are some more of the fun activities we do at our Forest School.



Using a selection of different materials, we worked together to create a bug hotel.

We collected and sequenced the 2d shapes to complete our caterpillar's repeating pattern.



I spy with my little eye something beginning with the sound?

Exploring our environment . Who lives on the top of the ground? Who lives under the ground? Looking closely at similarities and differences.

