

FOREST SCHOOL

What is Forest School?

Forest School originated in Scandinavia and came to the UK in the early 1990's. Sessions are child led and take place outside to foster independence and to gain the physical and emotional benefits from being in nature. The Forest School ethos aims to promote students' confidence, social skills, sense of self-worth and emotional well-being in an outdoor environment. Forest School is an inspirational process that offers ALL learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment with trees.



What happens at Forest School?

Activities are provided during sessions but the emphasis is on the children choosing what they do with a focus on the processes rather than the end product. Activities may include den building, tree climbing, cooking on the fire, rope swings, mud play and using tools such as knives and bow saws.

The benefits of Forest School include improved coordination and physical health, opportunities to develop imagination and initiative; problem solving and perseverance.

Sessions usually last 2 hours and will take place over a morning or afternoon.

All sessions are led by a qualified Level 3 Forest School Practitioner and hold an up to do First Aid certificate.

'Forest School is the best thing ever!' - Y3

Clothing at Forest School

There is no such thing as bad weather - only inappropriate clothing!

Children are encouraged to get as messy as they like as long as the leader deems it safe. Many children miss out on experiential learning because they are overly concerned with getting dirty or spoiling their clothes. You can help them with this by making sure they wear old clothes that they don't have to worry about getting dirty. Forest School happens in all weathers including snow, hail, rain and heat. With this in mind please dress your child in appropriate clothing and footwear for the weather. In winter, waterproofs, wellies, hats, gloves and plenty of layers are ideal. In summer, sturdy footwear and lightweight clothing will keep limbs protected from stings and scratches and enable ease of movement.