

# WOOD AND WILD



## What is Forest School?

Forest Schools are based on outdoor nature schools in Denmark. In Forest Schools, children learn and play outdoors in a natural space. The children will visit the outdoor setting regularly over weeks and months and this aims to promote a relationship with nature through personal experiences.

## What will the children do?

Forest School is child led, which allows each individual to participate in what they are most interested in.

Activities can include:

- Making crafts from natural resources
- Whittling sticks
- Nature awareness games, which develop fine and gross motor skills
- Using imagination: playing pretend with things that the children find
- Investigating the flora and fauna in their special space
- Learn safely how to use hand tools such as peelers, palm drills and bow saws.
- Cook and eat as a group
- Climbing and jumping off logs
- Tying knots to make things work
- Making dens and tracking animals
- Jumping in puddles and mud

- Making fire using matches and fire steels
- **What are the benefits?**
- Health and Fitness – taking part in regular physical activity
- Social Development - Through an increased awareness of consequences of actions on other people, children acquire the ability to undertake activities with others, either by sharing tools and tasks or by taking part in cooperative play.
- Language and communication – working on challenges with adults and other children helps to develop communication skills, learn new words and enhance the ability to explain things
- Skills development – Forest School enhances coordination and helps to develop fine and gross motor skills through the use of tools, structure building and free movement
- Risk taking – Enable children to take risks and help them manage these risks in a safe and secure environment. This is shown to enhance creativity and help build relationships.
- Increased self esteem – The children have the ability to choose the activities they want to do; independence is always encouraged.
- Building confidence – Children know that they CAN do new things. They have time, space and freedom.
- Motivation and concentration – Children become keen to participate in exploratory, learning and play activities. They focus on specific tasks, concentrating for extended periods of time.
- Curriculum links – Forest School supports many areas of the Early Years Foundation Stage framework and the National curriculum. Children are encouraged to lead their own learning.





### What do the children need to wear?

It is really important that all children have appropriate clothing suitable for all weather conditions. Forest School aims to get outdoors in a variety of weather.

#### Winter

- Vest or T-shirt
- Long sleeved top
- Waterproof jacket
- Trousers
- Waterproof trousers
- Wellington boots

- Hat, gloves and scarf.
- Hooded top, fleece or thick jumper
- Thick socks (thermal or two pairs of thin ones)

#### Summer

- Long sleeved T-shirt or top
- Light trousers (Arms and legs must be covered in the woodland)
- Socks
- Trainers, shoes or Wellington boots (Sandals and flip-flops are not suitable.)
- Sunhat
- Sunglasses (if required)
- Sunscreen



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Find your strength