



"When truly present in nature
we do use all our senses at the
same time which is the optimum
state of learning"
Richard Louv

Objectives



-What is Forest School ?

A brief history

Principles of Forest School

-Why do we do it?

-Who takes part in sessions?

A typical session

-What can you do to help?

Forest School

It is not a physical place it is a
concept.



*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.*

Forest School Association.org

The History of Forest School



- Originated in Sweden in the 1950's
- Forest Schools in Denmark 1980's
 - Introduced to the UK in 1995
 - Spread throughout the UK



Principles of Forest Schools



- ❧ A long-term process of regular sessions, rather than a one-off or infrequent visits; the cycle of planning, observation, adaptation and review links each session.
- ❧ Takes place in a woodland or natural environment. This supports the development of a relationship between the learner and the natural world.
- ❧ Aims to promote the holistic development of all those involved, fostering resilient, confident, independent and creative learners.
- ❧ Offers learners the opportunity to take supported risks appropriate to the environment and to themselves.
- ❧ Is run by qualified Forest School practitioners who continuously maintain and develop their professional practice.
- ❧ Forest School uses a range of learner-centered processes to create a community for development and learning. Experiences are tailored to suit the needs, interests and learning of the child.

<https://www.forestschoollassociation.org/full-principles-and-criteria-for-good-practice/>

Strong focus on the following:



- Safety in the outdoor environment
- Pupil led learning.
- Small achievable tasks and challenges.
- Emotional literacy.
- Process not outcome.
- Woodland management.
- Coping strategies for stressful situations.

Forest School Star of Emotional Intelligence



Reasonable Risk Taking



- ❧ Qualified staff at a higher ratio
- ❧ Risk Assessment of site
- ❧ Preparation Forest School Handbook
- ❧ Emergency Action Plan & Prevention Procedures



Who Takes Part?



- Children currently go to Forest School in groups of up to fourteen children
- Sessions are led by Miss Breward- Forest School level 3 leader in training.
- The key person for your child's group supports each session.
- Children stay in these groups permanently in order to nurture relationships within groups.

A Typical Session



- Appropriate clothing/sun cream/sunhats etc.
- Walk to orchard
- Fire circle- welcome song
- Warm up game
- Invitation to take part in an experience
- Child led exploration
- Snack time and reflection
- Game
- Walk back to nursery classroom.



Benefits of forest school

- * Builds independence
- * Curiosity
- * Spatial awareness
- * Social skills
- * Risk management
- * Problem solving
- * Self-discovery
- * Increased self esteem
- * Exploration of senses
- * Motor development
- * Team building
- * Cross- curricular skills
- * Creativity
- * Imagination

What can I do to help?



- Make sure your child has the right clothing for the weather (Forest School waterproof coat and trousers, wellies, sun cream, sun hat, spare clothes etc.)
- Ask your children about their Forest School sessions and feed back to us if you would like to.