

A photograph of a forest path. The path is a narrow, gravelly trail that winds through a dense forest. The ground is covered in moss and ferns. Large, moss-covered rocks are scattered along the path. The trees are tall and thin, with thick trunks. The overall atmosphere is green and serene.

# Forest Schools

By Lesley Marchant-Hall  
Forest School Leader

# Introduction

- The idea that is known as Forest School has come from Scandinavia. A visit in 1994 to Denmark by the Early Years Department of Bridgewater College in Somerset set the seeds that are still growing today.
- Forest School is an inspirational process that offers regular opportunities for the participants to appreciate and enjoy their local woodland.

# Forest Schools aims

- Forest School aim to develop, Self awareness, self regulation, intrinsic motivation, empathy, good social communication, independence, positive self esteem, confidence and reflective learning.
- The learning is PLAY based and as child - initiated as is possible.
- Forest School is planned with clear beginning and endings.

# Who Forest School targets

- We hope to enable each child to experience the wonder of nature!
- We see free play, creativity, socialisation and emotional stability as being the centre of our Forest School sessions.
- Forest School offers real life experiences that includes visual, auditory and kinaesthetic learning.

# What We Cover

- At Silverdale Forest School we offer a six week programme every Friday Morning from 9.00 -12.00.

## **Week one we:**

- cover introduction and familiarisation when we go to our local woods and look at naming the various leaves and trees.



## **Week two we:**

- Go through Health and Safety
- we go and explore our boundaries.
- Do our 3D maps

## **Week three we:**

- We use bows saws, palm drills and make a variety of wooden objects.
- Also we make mud monsters and the children tell a story.

## **Week four we:**

- It's time for the camp fire and cooking, this is a really good session we have lots of fun.

## **Week five we:**

- We use Kelly kettles and make ourselves a nice hot drink.
- We make nettle bracelets, we do this by stripping the nettle down and separate it into strips then we plait or twist them.

## **Week six we:**

- Invite the adults of the children who attended this programme to share what they have learnt and allow them to teach their parents their skills.

- At the end of this programme we evaluate the child's progress and reward them with a certificate. This lets them know what they have learnt in the past six weeks.



This is an example of what the certificates look like.