

Blackford Forest School



What things do we get up to in the forest?

- Den building
- Games
- Use tools
- Outdoor cooking
- Learn about nature
- Scavenger hunts
- Make puppets
- Create natural art
- Make music
- Tree planting
- Make bug hotels
- And lots more.

Forest Schools is rooted in the ethos of motivating people to learn holistically by engaging with nature over an extended period of time. Children are inspired and motivated by the woodland environment and learn how to assess risk, experience and deal with a healthy range of emotions, work independently and co-operatively and also learn many life skills. Most importantly, Forest Schools programmes are fun!

Children may learn a variety of practical skills, such as fire lighting, tool use and shelter building. They are then encouraged to use these skills in meaningful contexts. Combined with learning about the forest, social skills and independence, the potential for growth, development and exciting projects at Forest School is HUGE!

For more information about Forest Schools visit:

www.forestschoollsscotland.co.uk.

www.forestschools.co.uk.

www.foresteducation.org.uk



What to wear

Warm weather
Wellies or boots
Trousers
Long sleeved top
Waterproof jacket

Cold weather
As above but add in
Warm waterproof jacket
Lots of socks
Lots of layers
Hat
Waterproof gloves

Also bring a rucksack with
A drink
A snack
Midge repellent

Please do not wear school uniform /shoes as they are not designed for the woods and will get wet and muddy and your child will be cold and miserable!



What happens at a session

The children walk up to woods with school staff / parent helpers. Once they arrive they generally play a few games and then participate in the main activity. All activities are open ended, allowing the children to work in their own way. Some activities involve working in teams or pairs while others will allow children to work alone. We always stop for hot chocolate (a highlight of the session) and a snack. We usually carry out a review at the end of the session before the children head back down to school. While we have a loose idea of the programme in advance it is very much led by the children's interests. So we very often end up in a very different place from where we planned to be!

Recording what we do

We have tried various different ways of recording what we do in the woods so it can be integrated into the children's overall learning at school and also shared with parents and carers. We are currently experimenting with movie making and hope to share these with you.

Qualifications.

The Forest School is run by Karen Yearsley and Helen Lynn. Karen is a qualified Forest School Practitioner and first aider. Both Karen and Helen are fully CRB checked.

"In every walk with nature one receives far more than he seeks" John Muir