

# Forest School

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.



## The Forest School Principles:

- Forest school is 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.
- Forest school takes place in a woodland or natural environment to support the development of a relationship between the learner and the natural world.
- Forest school aims to promote the holistic development of all those involved, fostering resilient, confident, independent and creative learners.
- Forest school offers learners the opportunity to take supported risks appropriate to the environment and to themselves.
- Forest school is run by qualified Forest School practitioners who continuously maintain and develop their professional practice.
- Forest School uses a range of learner-centred processes to create a community for development and learning.

## Forest School Activities

- Camp Fires
- Cooking
- Singing
- Woodland games
- Shelter building
- Using tools
- Woodland crafts
- Imaginative play
- Wildlife identification

