



### A typical session:

Forest school sessions are centred and designed to enable pupils to acquire new skills as they become ready for them.

A typical session would include:

- Boundary setting
- Planned activities
- Time for exploring through free play
- Snack time
- Time for reflection



### Why we do Forest School:

British forest schools have developed and adapted from the original concept implemented in Sweden and developed in Denmark in the 1990's. Forest School has been shown to have the obvious benefits of exercise out in the fresh air but other outcomes for children have also been shown which extend back into school.

The forest school movement has been shown to boost pupil's confidence and improve their behaviour and social skills. It has shown to build a sense of independence, high self-esteem and teamwork. During Forest School sessions children investigate, explore and discover in a wild but safe outdoor space.



# The Drumbles Forest School

Forest school is about children and young people building self esteem and independence through exploring and experiencing the natural environment. The programme is tailored to meet the needs of individuals within the group and is continuously developed as the children grow in confidence, skills and understanding.



## Forest School and the Curriculum

### Personal, Social and Emotional

**Development**—The approach that we use in Forest School allows children to direct their own learning and work at their own level / developmental stage. The children's confidence is increased through having the freedom, time and space to learn, grow and make

independent, safe choices by helping them learn to manage their own risks.

**Physical Development**—Awareness of Space, Gross Motor Skills e.g. swinging, climbing & balancing, Fine motor skills e.g. handling tools, mark making, digging, manipulating natural materials.

**Literacy & Communication**—Instructions, new vocabulary, planning and review, stories, drama, speaking & listening.

**Maths**—Shape, space and measures within the woodland, counting and data handling.

**Understanding the world**—Exploring hard and soft materials, sound, pushes and pulls, changing materials, living and growing and animal habitats. Looking at places, map work, navigation, weather and climate, direction and features of the natural landscape.

**Creative**—Allows for fantasy play and provides an excellent setting to explore a range of story scenarios. The children regularly plan sound exploration, investigating how sound can be made and changed. This leads to children creating their own music as they repeat patterns in sound. Using natural materials to create pictures, mobiles and other works of art.