



What is Forest school?

Our Ethos – Forest school is an innovative, long term educational approach to outdoor play and learning. It focuses on the development of the person and the emotional intelligence development of individuals through observation, reflective practice and clear goal settings. Forest school is a student led session that will boost self-esteem and build confidence as an individual in a team setting.

Whats the point of Forest school?

Our goal is to promote **independence** and support the **holistic** development of our students.



What does this mean?

HOLISTIC means whole, Forest school is about enabling the development of the whole person. This includes:

SOCIAL DEVELOPMENT – Consistent sessions with the same group helps to build trust and social connections with the students. Experiences and goals are shared, the choice to work together or as individuals is always an option.

EMOTIONAL DEVELOPMENT – Periods of reflection are important as part of the forest school sessions and help us to expand their emotional vocabulary and understand how we are feeling. (Emotional intelligence)

SPIRITUAL DEVELOPMENT – This is not necessarily religious, but refers to a sense of belonging to the wider world, being part of something bigger than yourself and the connection with nature.

INTELLECTUAL DEVELOPMENT – The forest school sessions are built around play, play sessions will include Maths, English and Science. However these subjects are not obvious to the student during the session. Eg. Den building – Measuring, verbal/written/non-verbal instructions, fine/gross motor skills, angles etc.

PHYSICAL DEVELOPMENT – Both fine and gross motor skills are developed in the outdoor environment, safe space is provided to allow the student to build on their stamina and experience bad weather.

COMMUNICATION DEVELOPMENT – Working together encourages communication and develops expression of thoughts and ideas as well as the ability to listen to others. Students are able to express their wants and needs in which ever communication style is comfortable for them.

What activities do we offer?



Fire lighting



Den building



Tool work

Forest school craft



Knife, Bowsaw, Axe

Loppers, Flint

And steel



Team building games and more.....