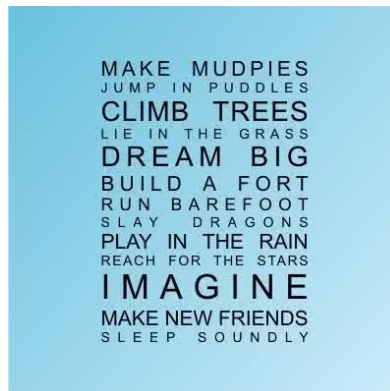




**“The best classroom & the richest cupboard is roofed only by the sky”
Margaret McMillan 1919**

What is Forest School?

A Forest School is a woodland environment which is used to develop children’s confidence, self-esteem and independence by encouraging, inspiring, engaging and motivating them through exploring and experiencing the natural world.



History of Forest Schools

The Forest School concept originated in Denmark in the 1980s. It was found that young children who had attended Forest Schools were arriving at school with excellent social and team working skills, they had high self-esteem and were confident. Forest Schools arrived in the UK in the 1990s and as a result across the country opportunities are being developed for children to access outdoor settings to take part in Forest School activities with trained Forest School Practitioners.

Our Forest School

Our Forest School site is located in our woodland. Through Forest School activities, we aim to provide the children at St Mary's with opportunities to:

- o Develop independence
- o Develop self-confidence and self- esteem
- o Develop relationships with others
- o Understand the needs of others
- o To co-operate and work with peers and adults
- o To take risks within the boundaries of safety
- o Experience the changing seasons and weathers

Activities

Activities for Forest Schools are diverse and numerous, but it should be reminded that we are trying to create independent learners who are inspired to try out their own ideas and explore their own interests.

Activities may include:

- Shelter building
- Fire lighting
- Tool use
- Studying wildlife
- Team games
- Sensory activities
- Tracking games
- Cooking on an open fire

- Rope & string work
- Art & sculpture work
- Woodland & traditional crafts
- Developing stories & drama

Physical movement activities

