

What is Forest School?

Forest School is an inspirational process, which 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.

(Forest School Association)

Where did it all begin?

The original concept for Forest School started in Denmark for children of pre-school age. It was then discovered that these children had developed confidence in what they could achieve, resulting in high self-esteem as well as having the ability to work with others as part of a team using social skills e.g. sharing and turn taking as well as all communication skills. These skills gave the children the tools they required to reach their potential across all areas of development within the curriculum.

How will our children at Chapel Street be involved in Forest School

Children will be selected throughout the nursery to attend Forest School for a morning or afternoon each week for a period of six weeks, five of these sessions will take place on the school premises with a trip to a local park on the remaining one. During these sessions the children will be introduced to lessons especially designed for the outdoor environment which have been planned to ensure learning takes place across the whole curriculum. The lesson plans are based around motivating activities, which any child can access regardless of their abilities. They will be set at the correct level for those children allowing all to achieve. The children will go outside in almost all weathers and will play, learn about boundaries of behaviour and why this is important for their safety, as well as working with tools under supervision. Although some of the lessons maybe working towards a particular result, it is **NOT** the end product that is important but the skills acquired during the process. This will encourage the children to grow in confidence and self-esteem. The children will also be encouraged to care for their environment.

At our Forest School we will encourage your child to:

- Have the confidence to make their own decisions
- Develop their personal and emotional skills
- Help in identifying risks and managing them
- Improve both their gross and fine motor skills
- Develop their own preferred learning style
- Learn new skills
- Embrace new challenges and problem solve
- Have pride in their achievements (however small)
- Use tools safely
- Improve their communication skills including listening and following instructions as well as language.
- Care for the natural environment and the plants and animals found there