

# FOREVER WILD

FOREST SCHOOL

## BRANWOOD PREPARATORY SCHOOL INFORMATION PACK

Forever Wild Forest School  
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[www.foreverwildforestschool.co.uk](http://www.foreverwildforestschool.co.uk)





## FOREVER WILD FOREST SCHOOL PROGRAMMES

**Branwood Preparatory School's Forest School area provides a stimulating outdoor environment, where children can discover, explore and connect with nature.**

Through team challenges and games, by encouraging free play with a range of materials and by offering nature crafts and hands-on learning opportunities, appropriate to each child's stage of development, our programme enables all children to enjoy the benefits of fresh air and exercise, while learning about the world around them.

Each session offers the opportunity to take part in structured activity, as well as allowing children the time to follow their own interests and ideas, and to become engrossed in what they are doing, ensuring that every session is unique. Children are encouraged to learn through play and to understand the need to take risks in order to be creative and to learn. Through these experiences, children will learn about wildlife, seasons and weather and develop a lasting respect for nature.





## OUR TEAM

Forever Wild Forest School programmes are devised and delivered by experienced and qualified forest school practitioners, supported by an inspiring and enthusiastic team.



## OUR AIMS AND OBJECTIVES:

- To provide participants with experiences that encourage an appreciation, awareness and connection with the natural environment
- To offer a holistic approach to learning and development, supporting children to fulfil their potential as naturally active explorers

## OUR LEADERS ARE:

- Qualified Level 3 Forest School Practitioners
- Experienced in working with children
- Insured and hold an Enhanced DBS
- Qualified in outdoor first aid





## ABOUT FOREST SCHOOL

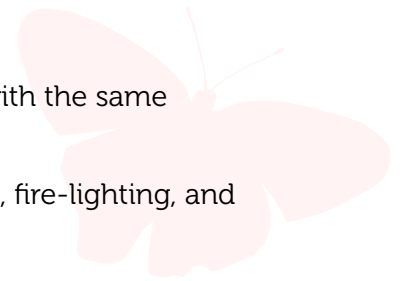
We closely follow the principles of Forest School to foster meaningful outdoor experiences.

Originating in Scandinavia, Forest Schools are now well established throughout the UK.

The defining features of a Forest School are:

- It takes place entirely outside, all year round, in all weather (except for dangerous weather conditions like high winds or thunderstorms)
- It supports the holistic development and needs of the participants
- It includes time for free exploration and play
- It involves regular and frequent visits, preferably to the same area with the same group of people
- It promotes age-appropriate levels of risk-taking, like climbing trees, fire-lighting, and using tools

More details are available at <http://www.forestschoolassociation.org>.





## OUR APPROACH

Forever Wild Forest School provides a year-round programme that offers an exciting blend of creative nature art and craft opportunities, outdoor skills, and woodland adventure offering a holistic approach to learning and development. It is organised around nature and the seasons to encourage an appreciation, awareness, and connection with the natural world.

Forest School is a child led process meaning that progress will depend on the interests, mood, maturity and age of the children involved. Participating children are not expected to engage in every activity offered. Anything children do achieve will be through their choice and becomes a more powerful and valuable experience, allowing a greater sense of accomplishment because of this.

Broad expectations of how children engage and behave during sessions and the amount of independence and responsibility given to the children will develop as they progress. Our 'Skills Development Plan' aims to establish a broad framework for the delivery and development of Forest School skills to support all children to gain the full benefits from the process.

Themes, activities and experiences are made available for the children to access as desired, and expectations, rules and routines are established. Over time, children become more confident to interpret suggestion and lead their own journeys of discovery and learning.

The inspirational Forest School process can benefit children's social, emotional, spiritual and physical wellbeing. It can also support children to learn how to handle risk safely, as well as problem solving and team building opportunities.

Our Forest school sessions can also contribute to other whole school priorities as required, such as particular celebrations, British Values or Eco- Schools agendas for example, which we are always happy to discuss.





## TOOLS AND FIRE-LIGHTING

During our sessions, children participate in a variety of activities that cater for all ability levels. They are taught a variety of woodland skills through practical hands-on activities. Using a range of tools an important part of our work as it enables participants to develop new practical skills that help develop self-confidence. Forever Wild Leaders aim to ensure that all children participating in sessions with tools do so safely and with as little risk as possible. Tools that may be used where age appropriate include potato peelers, bow saws, mallets or hammers, loppers, secateurs and hand drills depending of age and experience of participants.

Children may also learn how to light fires safely, where age appropriate. This is tightly supervised and introduced gradually in small steps. Children are encouraged to listen attentively to instructions and to take responsibility for their actions.

## CAMPFIRE SNACK

During most sessions, we cook items such as popcorn, crumpets or marshmallows over the fire. It is therefore really important that we have all up-to-date information about any food choices, intolerances or allergies. In addition, because some children have severe allergies, we stress that children don't share any food they are offered. Children are encouraged to wipe or wash their hands before snack time, at the hand washing station.





## CLOTHING

To ensure that the children are sufficiently protected from the weather and the forest environment we require children to be wearing appropriate clothing and footwear. Clothing will get muddy, and is to be expected. We require children to have long sleeves and long trousers in both winter and summer. This is particularly important in the summer to protect from insect bites, sun-burn, stinging nettles and thorns. Sturdy footwear and waterproofs are essential.

### Winter Clothing

Warm hat

Gloves

Vest

Long sleeved t-shirt/shirt

Jumper/fleece

Waterproof coat

Waterproof trousers

Wellies with warm socks/walking boots

Thermal underwear

### Summer Clothing

Sun hat

Sun cream applied before session

Light top

Light long trousers

Wellies or enclosed shoes/boots  
(no sandals)





## LEARNING AND DEVELOPMENTAL BENEFITS

The Forever Wild Forest School programme complements the educational opportunities provided in the whole school environment, further supporting the holistic development of each child.

## EXAMPLES OF LEARNING WITHIN OUR FOREST SCHOOL PROGRAMMES

### PHYSICAL DEVELOPMENT:

Helping to develop childrens' fine and gross motor skills.

- Den building, knot tying, shelter making and construction
- Exercise, playing and moving in the fresh air
- Exploring the woodland, developing agility, climbing trees, balancing on logs
- Making structures, moving tyres and pallets, carrying branches using physical strength
- Using the hammock or rope swing for core muscles and spacial awareness
- Creating nature Art and Craft, using a variety of materials
- Mixing potions and mud pies, physical, scientific and sensory experimenting
- Following treasure hunts and trails through the space
- Practical skills, fire lighting, cooking on the campfire and using tools

### LINGUISTIC DEVELOPMENT:

Children's communication skills are extended through discussions with their peers, through games and age-appropriate tasks.

- Storytelling, songs and rhymes
- Following instructions
- Mark-making or written reflections
- Learning names of spring flowers, insects, trees, woodland birds
- Sharing ideas and observations at the log circle







## EXAMPLES OF LEARNING WITHIN OUR FOREST SCHOOL PROGRAMMES

### EMOTIONAL DEVELOPMENT:

Individual skills, self-esteem, self-confidence and children's ability to empathise are heightened through activities.

- Shelter building, hide and seek, tool skills etc.
- Developing problem solving skills
- Caring for living things in the environment and developing empathy
- Belonging and connectedness around the campfire
- Nurture and comfort during snack time

### SOCIAL DEVELOPMENT:

Building positive relationships and developing teamwork skills through games, challenges and activities.

- Small group work such as building nests with peers and sharing ideas and observations
- Practicing conflict resolution through interactive challenges such as team den challenges or whole group 'river crossing'
- Sharing and taking turns during activities and campfire snack
- Respecting others, expressing ideas or listening at the log circle

### INTELLECTUAL DEVELOPMENT:

Gaining a greater knowledge and understanding of the natural world, having opportunities to judge and manage risk for themselves and to problem solve.

- Understanding of safety outdoors
- Noticing changes in the world around us, observing and comparing
- Opportunities to judge and manage risk through tool skills, fire lighting, tree climbing
- Mini-beast identification
- Habitat hunting and creating
- Use of magnifying glasses to notice detail in plants and insects
- Recording wildlife, trees, mini-beasts
- Sorting, counting or patterns eg with loose, natural objects
- Exploring weight, shape and size eg with pulleys or containers
- Investigating and measuring eg with containers or comparisons





## OUR REVIEWS

We strive to ensure that every child benefits from their Forest School experience. Below is some feedback that we have received from schools and parents:

*Absolutely brilliant from start to finish! So creative and thoughtful. Such a special completely immersive time.*

*The details & imagination in all the activities, crafts, mud, campfire, trails, the list is endless. It was fabulous, the care & love shows & the children loved it!*

*The children are challenged, encouraged to co-operate and respect everyone's needs. Practical problem solving is high on the list too.*

*My son loves being outside and learning alongside nature. It is so incredibly well organised and so many lovely activities.*

*Just fantastic. Each session at Forever Wild is just so well thought out and delivered. It's the highlight of our week!*

*This was a great way for children to connect with nature and all the wonderful mental health benefits it offers.*



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