

Forest School Ideas

The Forest School ethos is very much child led, taking inspiration more from the children's interests and ideas, rather than having a predetermined set of activities. My job is to facilitate and introduce skills needed for them to follow their interests. I do sprinkle in activities though, sometimes seasonal, or linked to the children's learning in school.

Without knowing about everyone's individual circumstances/skills/resources etc, its tricky to suggest specific activities. I'll list a few general things below and also link you to some websites I go to for ideas.

- **Den building** - poles, string, blankets, tarpaulins to make child size dens. Or use twigs, moss, leaves etc to make a den for a toy.



- **Natural art** - easy one this, lots of examples online, just Google image search 'natural art'.



- **Mud** - Make a mud pit, add a few old pots, pans etc. Make some crazy mud models. Make mud faces on trees



- **Growing** - flowers, fruit, veg etc. Now is the time to start preparing the ground for spring planting. You could be choosing a spot and deciding what you want to grow, buying seeds etc.

- **Tools**. Safest options for younger children are 'peeling' sticks with a potato peeler. 'Green' (freshly cut) wood is best for this. Or use a hammer and nails to make some amazing creations.



-**Tree/bird/animal spotting** - knowing the names and a little information about the world around us gives us a greater connection to nature. Go for a walk around your garden or the local area and see what you can find. I use this website for good 'spotter' sheets. There are a lot of resources, so it's worth a good click around the site. As well as ID sheets there are loads of activities etc.

<http://www.treetoolsforschools.org.uk/categorymenu/?cat=activities>

Stick things -a few twigs, some wool, bits and bobs from the garden, and let your imagination run wild.



-Make a journey stick

How to make a journey stick



You will need

- Strong, sturdy stick
- String (or double-sided tape)
- Scissors (if using string)
- Walking shoes

Always respect wildlife NEVER pick wildflowers.

1 Go for a walk, taking your stick and string (or tape).

2 Pick up things that interest you on the way...

Leaves Feathers
Petals Twigs

Remember: always wash your hands thoroughly before eating or drinking.

3 Use your string (or tape) to attach them to your stick.

4 When you get home, you can use your stick to remember your journey.

- **Get knotted** - now is a great time to learn and practice some knots.



This is my go to knot website, it has child friendly animations. 3 really useful knots to learn are a reef knot (also called a square knot) - useful for joining 2 bits of rope together. Lashings (various kinds) - useful for tying sticks together. Clove hitch - used to tie rope onto sticks.

<https://www.animatedknots.com/complete-knot-list>

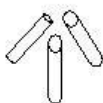
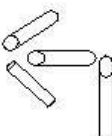
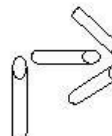
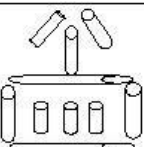
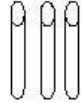
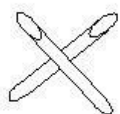
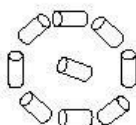





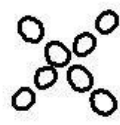
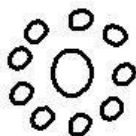



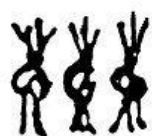






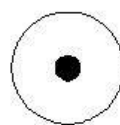
Stone stacking - a Forest School favourite.

A great activity for patience and perseverance.



Tracking activities - set a trail for someone to follow.

Tracking Symbols

	THIS WAY	TURN LEFT	TURN RIGHT	PACES TO A NOTE	DANGER HELP	NOT THIS WAY	I HAVE GONE HOME
STICKS							
STONES							
GRASS							
MARKS					HELP		

REMEMBER - Forest School is about the process, not the product.

Further ideas - Google (and Pinterest) is your friend here. Lots of my ideas come from cruising around the internet. Try image searching and combining words like 'Forest School' 'activities' 'kids' 'nature' 'woodland' 'outside'.

MOST IMPORTANTLY - Have fun!