



Forest School is play based and child initiated. Through this unstructured play in a natural environment, children can build many PSED skills, develop the 8 senses in a way the classroom cannot reach, build Fine and Gross Motor skills, encourage talk and communication and language and give the children opportunities to take risks and begin to manage them independently. Building a connection with Nature and the natural world and learning about this and the environment is a fundamental part of the sessions.

Forest School is naturally inclusive to all. We try to focus on looking after the world and the natural environment, how fantastic nature is and how we can help it thrive.

PSED SKILLS	Self-confidence / perseverance / coping skills / team work / turn taking / patience
Gross Motor Skills	Climbing / running / negotiating obstacles / uneven ground / using larger tools such as the bowsaw / jumping up and off/ lifting heavy objects
Fine Motor Skills	Using tools such as the handsaw and peeler / colouring and drawing / manipulating mud and varying materials / picking leaves or plants /
8 Senses	Using the 8 senses - sight (visual), taste (gustatory), touch (tactile), hearing (auditory), and smell (olfactory). The three we're not so familiar with also - are vestibular (balance), proprioceptive (movement) and interoceptive (internal) are all used through movement around the wood in varying play opportunities
Risk taking	Opportunities to take risks such as climbing up trees / jumping from a height / using tools / making own decisions
Nature Connection and learning about the environment	To learn to appreciate the way we can connect with nature and how it can make us feel. During the sessions, we look at the area around us, particularly- seasons, trees and leaves, birds, seeds, looking after our environment and protecting nature.
Creative	Provide opportunities for children to be creative in their own way, providing opportunities for nature crafts and activities as well as valuing different approaches and ideas which may be outside the norm. Within the craft activities we try to embrace sustainability and eco awareness.