

FOREST SCHOOL AT CLEDFORD & GAINSBOROUGH



Forest School is a long-term, holistic approach to learning that aims to raise self-awareness and self-esteem in participants. It takes place in a woodland environment where children, young people, families and adults can benefit from learning in the outdoors.

Whilst its roots are planted firmly in our best understanding of the theory of how children learn, Forest School practice puts the learner at the heart of their learning experience. Forest School gives children and young people the opportunity, over repeated visits, to engage with the rich, natural diversity of the woodland environment to help build confidence, sensitivity, resilience and curiosity.

Our Qualified practitioner, trained in child development, self-esteem and learning theory, facilitates sessions to gain personal outcomes for each participant. Our Forest School practice is applied to all age groups and abilities, and is linked to the National Curriculum and Early Years Foundation Stage (EYFS).

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Activities in Forest School examples	Output examples	Short & Medium term outcomes – examples	Longer term outcomes – examples
Building Structures	A shelter	Increased self-confidence	Improved academic performance
Using Tools	Knowledge of tool use		
Learning safety Routines	Awareness of safety issues	Co-operative behaviour	Increased sense of well-being
Making Objects	A handmade dream catcher	Better motivation	Better behaviour
Games	An experience to talk and write about	Environmental awareness	
Small achievable tasks		Pride in the neighbourhood	
Co-operative tasks		Improved skills and knowledge	