

Forest School Lesson 1 – Child led activities

Warm up activity

We start every forest school lesson with our basic fire safety expectations. Introduce fire circle one way system. Stand up and change game. Show fire safety position.

Main Activity

Each session is to have a choice of activities to allow child led activities forest leader to model each activity before allowing children to choose their activity.

<p>1. Whittling</p> <p>Forest leader to model whittling, safety procedures, safety equipment. Discuss uses of whittling, collect wood shavings for fire lighting later in term.</p>	<p>2. Bug Hunting</p> <p>Forest leader to provide bug hunting sheets. Discuss microhabitats best places to find insects.</p>	<p>3. Tree/plant ID</p> <p>Teacher will provide an up-to-date guide of the potential trees/plants that can be found in the school grounds. Variations of the activity can include wildflowers and garden flowers or deciduous and evergreen trees.</p>
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Plenary

Each session should close with a fun forest game allowing children to explore different ways to experience the forest. Before reassembling around the fire circle to debrief or showcase what the children have created during their outdoor learning session.

Forest School Lesson 2 – Woodland Art

Warm up activity

Repeat the basic fire safety expectations through the games we learned in the last session to in bed routines and expectations of the forest. Recap the activities from last session offer these activities in today's session.

Discuss woodland art and allow children 2 mins to forage for anything they may use for woodland art. Teacher to ask why children have chosen particular objects.

Main Activity

Each session to have a choice of activities to allow child led activities forest leader to model each activity before allowing children choose their activity. The overarching topic is woodland art – teacher to model different areas of woodland art listed below before children participate.

<p>1. Forest Art</p> <p>Children make a picture frame using 4 sticks, children can then create a picture of their choice using different materials from the forest, producing as much colour variation as possible.</p>	<p>2. Clay Faces</p> <p>Children take a piece of clay, sticking the clay to a surface (tree/rocks) they then create a face using forest materials.</p>	<p>3. Rubbings</p> <p>Teacher to provide paper pencils/chalk/charcoal – Children can experiment rubbings with any forest materials. (leaves/bark.rocks)</p>
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Plenary

Each session should close with a fun forest game allowing children to explore different ways to experience the forest. Before reassembling around the fire circle to debrief or showcase what the children have created during their outdoor learning session.

Forest School Lesson 3 – Shelters/Den Building – (use fairy garden)

Warm up activity

Reinforce fire safety expectations through the games we learned in the last session to in bed routines and expectations of the forest. Recap of prior learning and offer some of the previous activities in today's session. Note – Children must all be present for demonstrations of lifts and safety procedures for den building.

Teacher to demonstrate safe lifts of pallets and large logs.

Pallets = 4 person lift

Logs = 2 person lift

Model different types of shelters although discuss that children should trial and use what works best for their groups.

Main Activity

Each session to have a choice of 3 activities to allow child led activities forest leader to model each activity before allowing children choose their activity.

1. Den building

Use LTP for an appropriate level of den building for the age group. Allow children to work in small groups to create different style of dens. (people/animals/trolls)

2. Shelters

KS2 appropriate – Use tarpaulin sheets to create shelters to keep you safe in the wild. Using ground pegs, rope, trees, large logs for beams. It is vital that children share their ideas and communicate in order to be successful.

Plenary

Each session should close with a fun forest game allowing children to explore different ways to experience the forest. Before reassembling around the fire circle to debrief or showcase what the children have created during their outdoor learning session.

Forest School Lesson 4 – Habitats

Warm up activity

Reinforce fire safety expectations through the games we learned in the last session to in bed routines and expectations of the forest. Recap of prior learning and offer some of the previous activities in today's session. **Note – den building and shelters need adult supervision to ensure children are demonstrating correct lift procedures.**

Begin the session with very little guidance send into the forest and look for any signs of wildlife. (bugs, birds, mammals, amphibians). Regroup at fire circle share any findings.

Main Activity

Each session has a choice of activities to allow child led activities forest leader to model each activity before allowing children to choose their activity. In this session discuss

1. Bug Hotels	2. Bird nests	3. Ponds
Children forage for forest materials to bring together and create bug hotels. Insects will only be attracted to natural woodland materials please avoid using wood where possible.	Children forage forest materials and create their own birds nest to place in a hedge row.	Use a plant tray/washing up bowl to fill with rainwater. Children can sink the pond into the ground or create ramps in and out of the pond to allow wildlife to access the pond.

Plenary

Each session should close with a fun forest game allowing children to explore different ways to experience the forest. Before reassembling around the fire circle to debrief or showcase what the children have created during their outdoor learning session.

Forest School Lesson 5 – Tools

Warm up activity

Reinforce basic fire safety expectations. Continue with the fire circle one way system. Stand up and change game. Recap fire safety position. Discuss protective clothing when using tools. Recap lifting and discuss forest management and the uses of tools.

Main Activity

Each session to have a choice of activities to allow child led activities forest leader to model each activity before allowing children choose their activity.

1. Drills –	2. Hammers	3. Secateurs/loppers	4. Saws
Children to use palm drills to create holes in sticks to allow for screws for joining and creating forest frames.	Children to practice hammering and removing nails with claw hammers.	Forest lead to discuss forest management. Discuss clearing of invasive plants and the protection of native plant species to allow for a healthy forest floor.	Children practice sawing logs branches to suit their creative ideas.

Plenary

Each session should close with a fun forest game allowing children to explore different ways to experience the forest. Before reassembling around the fire circle to debrief or showcase what the children have created during their outdoor learning session.

Forest School Lesson 6 – Fire

Warm up activity – **Note children are to wear old clothes for this lesson as they will be exposed to smoke from the fire.**

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Main Activity

All children must be supervised during this lesson adhering to the fire safety rules discussed throughout the outdoor learning program.

Children are expected to use the fire responsibly, use teacher judgement of the class to determine the ratio of adults to children at the fire pit. After the children have eaten their foods allow time for them to choose any of their activities learned over the half term. Teacher to supervise children fire striking to light and extinguish their own fires.

1. Fire Pit

Children are invited to the fire pit. Ensuring the fire safety expectations have been adhered to throughout toasting marshmallows. Teacher cook popcorn after marshmallows.

2. Kelly Kettle

Heat water for hot chocolates and marshmallows. Children must sit around the fire circle and enjoy around the campfire. TA – read a story.

Plenary

Each session should close with a fun forest game allowing children to explore different ways to experience the forest. Before reassembling around the fire circle to debrief or showcase what the children have created during their outdoor learning session.