

## What is Forest School?

Forest school is a unique, outdoor experience that offers all learners the chance to develop their self-esteem, independence, emotional, resilience, co-operation, personal responsibility, autonomy and motivation, as well as a respect for our environment and each other.

Roots to Branches encourages learner-led, play-centred, holistic and experiential adventures. When taking part in our forest school programme a participant is engaging with nature in wild spaces in an exploratory, sensory and physical way.

## The Benefits of Forest School

Forest school offers learning at a natural, relaxed pace using natural resources and imaginations.

Roots to Branches is about reconnecting our children with nature. Getting outdoors in the fresh air promotes confidence and well being; vital to a child's development.

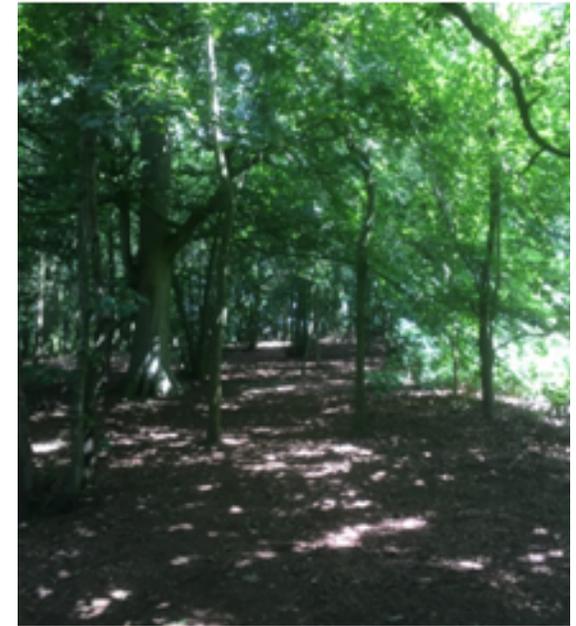
Independence and social skills.

Teaches children about nature and how they can protect it.

Improves co-ordination

Helps children work through practical problems and challenges. This in turn helps them to develop confidence in decision making and take achievable risks.

Encourages children to get a complete sensory approach to the forest and learning through all weathers and seasons.



*greenlyjenna@gmail.com*

*07847313142*

*Facebook: Roots to Branches*

All activities are child-led and therefore appropriate for all ages. As adults, we try to step back, observe and support our children when they need our help.

## 0-2 years

A child's most critical development happens in their first two years. Our outdoor activities will help the children start exploring their surroundings and getting more acquainted with their sensory experiences. We love having them use their hands and feet to touch and feel new sensations. Our play-based learning means that our activities are both developmentally stimulating and just plain fun.

## 2-5 years

Toddlers are now ready to master new skills. Your child will be immersed in the Forest School ethos and will have the space, time and opportunity to play and ignite their desire to learn in a unique and holistic way.

**Nature truly is the ideal, sensory learning environment. No matter the age of your child, being in nature surrounds them with stimulation for all of their senses. It is both calming and stimulating in equal and wonderfully balanced parts. There is no better state for learning than being simultaneously settled and alert.**

**Mini Mudders will be lead by Lisa who is a qualified Forest School Practitioner**

*Forest School Level 3 practitioner  
DBS checked  
Early Years Educator Level 3  
Forest School Level 1  
Safeguarding  
Supporting a Childs Learning and Development Level 2  
Paediatric first aid  
Outdoor First Aid  
Food and Hygiene Level 1*



*Mini Mudders cover all areas of learning within the EYFS*

### Understanding the World

Forest School is a hands-on learning experience of the natural environment. The sessions will teach children respect for the natural environment, animals and other people. At Forest School children explore and make decisions themselves, thereby developing their own scientists mind.

### Physical Development

Gross motor development is developed by digging, climbing, lifting and exploring. Fine motor development is refined with regular use of tools of equipment. Children use real materials and develop practical skills to use every day.

### Communication and Language

Forest School is the perfect environment for the child to use their own voice. The use of role play, imagination and creativity is encouraged to help the child develop. The children's listening and attention skills are developed through following instructions and expressing opinions.

### Literacy Development

Opportunities for mark making  
Story telling  
Children can research plants and animals with resources and books

### Mathematical Development

The Forest School leader introduces games to help children's understanding of shape, quantity and dimension. We encourage the children to evaluate risk and make decisions- both of which are important mathematical tools. Being in the natural environment helps the child develop and refine all the senses.

### Expressive Arts and Design

Children develop their role play and imagination skills. Art activities can be planned to help the children further develop their creativity.