



# FOREST SCHOOL

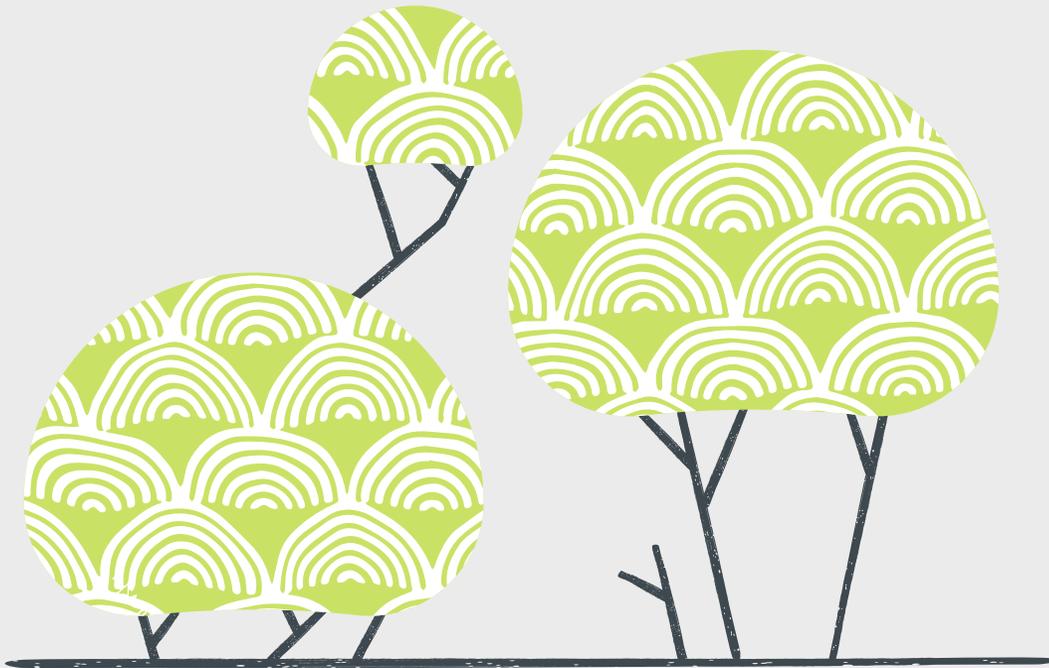
- scandinavian educational concept -



PATRICIA  
A PLACE TO GROW

# Welcome to our outdoor class where...

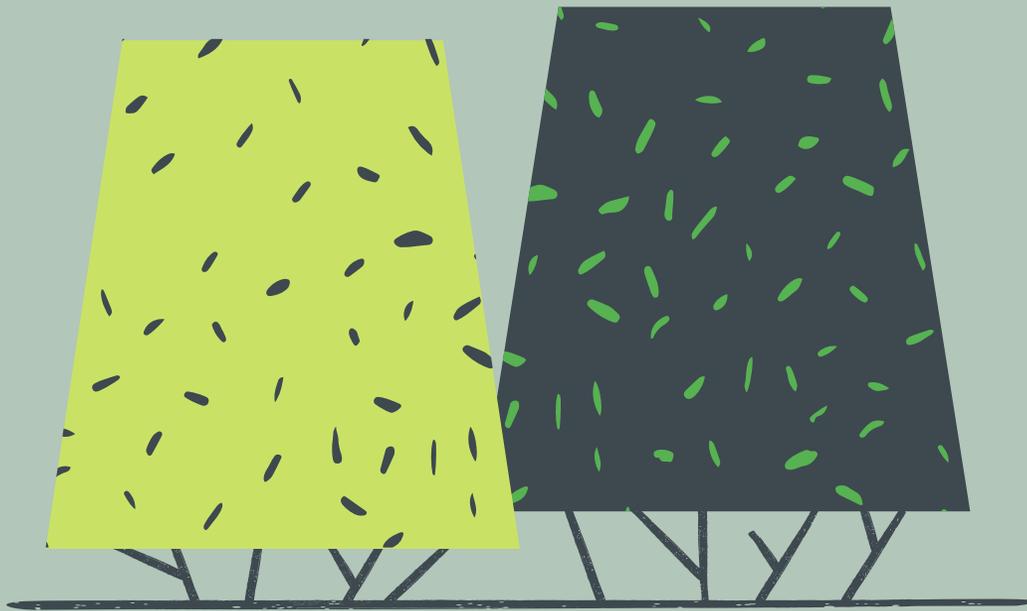
Spending time in nature is essential for cognitive development. Nature play stimulates creativity and problem solving skills integral to executive function development.



- Children's confidence is developed by them having the freedom, time and space to learn and demonstrate independence.
- Social and emotional skills are increased by children gaining an awareness of the consequences of their actions on peers through team and paired activities that involve sharing, negotiating and turn-taking.
- Children's communication and language development is increased through sensory experiences and using natural materials.
- Motivation and concentration is developed by children's fascination with nature; they are more attentive, have better powers of memory and are less easily distracted.
- Physical skills are improved by children being outdoors, illustrated by evidence of better balance, agility and strength.
- Children's health and immunity is strengthened through being outdoors regularly; they, along with practitioners, seem to be ill less often.

# These are just some of the top benefits:

- Building confidence and independence.
- Improved performance
- Feeling empathy for others and nature.
- Engaged learning
- Physical fitness.
- Boost children's health
- Health benefits.
- Improved mental health.
- Learning by experience.
- Exposure to manageable risk.
- Good social skills
- Better sleep and mood.
- Learning about spiritual meaning.



# About our forest school.

## 1 Forest School Aims:

We provide an opportunity for individuals to develop, to learn and to enjoy themselves. We provide a safe and non-threatening environment in which children can take risks, make choices and initiate their own learning. We help children understand, appreciate and care for the natural environment.

## 2

## Curriculum and Philosophy

Forest school curriculum is child-directed and play-based. The forest school allows learners the time and space to develop their interests, skills, and understanding through practical, hands-on experiences  
Grown Through: The ability to choose their own activities, allowing them to creatively use the woodland. ... Fostering the Forest School ethos, no idea/ interpretation is a bad one, allowing people to share their work, others can learn to be creative through watching those around them and hearing their ideas.

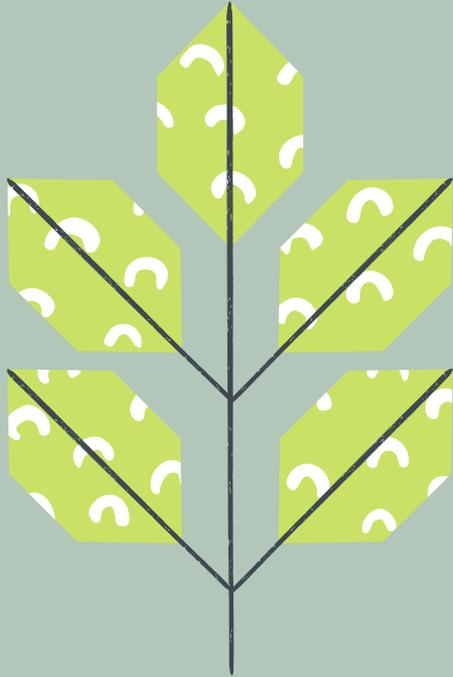
## 3

## Methods

Within these six areas pedagogues must facilitate four learning processes: 'to be able', 'to experience', 'to enjoy' and 'to understand'.  
Forest Schools are nature-based communities where trained practitioners nurture learner-led exploration and discovery, nurturing meaningful experiences for positive lifelong impacts.



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## For more information, contact us.

" Must we always teach our children with books? Let them look at the mountains and the stars up above. Let them look at the beauty of the waters and the trees and flowers on earth. They will then begin to think, and to think is the beginning of a real education." David Polis