



## WHAT IS A FOREST SCHOOL?

*"An inspirational process that offers all learners regular opportunities to achieve and develop confidence and self esteem through hands on experiences in a woodland or natural environment with trees"*

— Forest School Association



## FOREST SCHOOL PROGRAMS FOCUS ON DEVELOPING SELF-ESTEEM AND EMOTIONAL INTELLIGENCE

Participants are celebrated as equal, unique and valuable and are encouraged to participate in activities that have appropriate risk and challenge and provide opportunity for regular success, increasing self-esteem and confidence. Within small groups participants can work on their social skills developing positive relationships with others. All this is done in the relaxing, healing, natural environment.

## KEY AREAS OF THE FOREST SCHOOL APPROACH

- Participants should feel safe
- Accessible by everyone and should be as inclusive as possible
- Participants are given opportunities to learn through play and exploration
- Each session is flexible and person lead
- Objectives are geared towards emotional intelligence and self esteem and wellbeing
- Participants undertake practical tasks that may involve taking supported risks
- Sessions give opportunities to learn outdoors and help foster an appreciation for the natural world

## BENEFITS FOR PARTICIPANTS

- Resilience
- Confidence
- Independence
- Creativity
- Security
- Selfhood
- Affiliation
- Sense of Mission
- Competence
- Self awareness
- Social skills
- Empathy
- Motivation

## PROGRAM FORMAT & ACTIVITIES

The kinds of activities that might be included in a 6-week program are listed below however sessions are participant lead and should be planned week on week so that they meet the needs of the participants.

- Circle time with a talking stick around the fire circle
- Mindfulness activities
- Natural Arts and crafts
- Shelter building
- Tying Knots
- Fire lighting
- Cooking with a fire
- Furniture making
- Wood craft
- Use of tools: bow saws, loppers, billhooks, and craft knives



The program runs for 6 weekly sessions, 2 hours per session for groups of up to 6 adults. Pricing starts at £360 per program - bespoke program design available on request. Kirsty Hawkes is Level 3 Forest School leader, endorsed by Forest School Birmingham.