



### What is Forest School?

Forest school is an ethos-driven approach to learning and development. It aims to support holistic development and build resilience. To do this, qualified practitioners run sessions in a natural woodland environment, in all weathers. Sessions evolve over time, through targeted new opportunities. Play, exploration and creativity underpin every session.

### What activities will my child be doing in Forest School?

As each group and learner will go on a very different, tailored journey within Forest School, it is impossible to pinpoint exactly what will be covered. However, sessions may include:

- Story-telling, Play and Exploration
- Conservation
- Wildlife, Tree and Plant Identification
- Fire-Lighting and Campfire Cooking
- Tool-use
- Arts and Crafts
- Seasonal Activities
- Shelter-Building

### What does my child need to bring to Forest School?

We advise parents send children to school on forest school days with a change of clothes (such as a PE kit, tracksuit or other sturdy outdoor clothing), a water bottle and a change of shoes. School uniform will get muddy and could get damaged in the woods.

We also advise the following:

**For Hot Weather** – Sunhat, sun-cream, a water bottle and supportive comfortable shoes such as trainers or walking boots.

**For Cold Weather** – Warm hat, gloves, layers, winter coat, scarf, trainers or walking boots. Thermals are also fantastic in cold weather.

**For Wet Weather** – Waterproof jacket and trousers, warm layers, a change of clothes and wellies.

**For Dry Weather** – Supportive shoes and layers depending on season

***Continued enjoyment by adapting to changing weather is a key part of building resilience in forest school.***

Forest School takes place **in all weathers** so it cannot be overstated how important appropriate clothing is. Unequipped learners will be unable to get the most out of the learning experiences and activities provided by the changing seasons and weather, and with sessions being at least 90 minutes long, learners without appropriate protection from the weather will be **at risk of harm from exposure to the elements.**

### What if I need to know more?

If you have any questions, queries or concerns please get in touch: [asa.hardy-brownlie@the-aurora-group.com](mailto:asa.hardy-brownlie@the-aurora-group.com) or [ian.sippitt@the-aurora-group.com](mailto:ian.sippitt@the-aurora-group.com)



