

## Routine & Example of Games/Activities

At the start of the session we talk through the Rules of Forest School, with the children often telling us why we do / don't do things and we discuss the boundaries. We discuss the activities for the session and then....

- play games for example our Tree Game, or the Porridge Game.
- Once we have warmed up the children have the opportunity to choose an activity or explore the woods.
- We then have our snack. In the winter this is around the fire and the children are able to cook their own S'mores with the Forest School Leader if they wish. In the summer it is around the Fire Pit, but without the Fire. This is also the time we might read or retell a story.
- The children then have the opportunity for free play, tree climbing or game playing.
- Lunch time, with the opportunity for the children to reflect on what they done / learnt.
- Back to Pips for 1pm.



## Chirton Pips Pre-school CIO A Forest School



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## Forest School

Forest School aims to connect children with nature. It was developed in the UK in the 1990s as an approach to early years learning, initially inspired by the play-based, nature-centred pedagogy of Scandinavia. The Forest School Association, an independent body representing Forest School in the UK has provided the following definition:

**‘Forest School is an inspirational process that offers all learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment with trees.’**

Forest School has an ethos of therapeutic educational learning that aims to maximize social, emotional and developmental potential by allowing children to manage risk, have more independence in guiding their own learning, achieve goals, be active, play and learn through direct experience with nature.

Children are curious and have a strong desire to play and explore the world around them. Forest School gives them the opportunity to make their own choices which helps to drive their own learning and development. Free play gives children space and independence and a chance to imagine and learn social skills, whilst adult-guided activities help the children learn new skills.

## Our Sessions

Our Forest School sessions run on a Friday morning. We leave pre-school at 9.15am and return after lunch at 1pm, unless it is too cold then we will have our lunch back at pre-school. We will tell you what is happening at the beginning of the session.

Forest School continues throughout the year. The only weather we do not go out in is Windy Weather. If the children are getting too cold we will return early, but this is a decision for the Forest School Leader to make.

## What to wear

It is essential that children have their legs and arms covered as there are deer that use the woods and we would like the children to be protected from Ticks.



In the Spring and beginning of Autumn please wear long sleeve t-shirts, long trousers, waterproof coats, trousers and boots. It may be chilly enough to wear a vest and or fleece.

In Summer, if it is hot enough then we suggest long trousers and long sleeve t-shirts with either a fleece or waterproof coat. It is colder under the tree canopy than it is outside in the meadows / fields. If the children get hot they are able to take off a layer, but it is better to go prepared.

In the Winter please layer your children up. Thermal base layers, long sleeve t-shirts and fleeces and or jumper with waterproof trousers and coats and two or three pairs of socks with boots.

We ask that children bring gloves throughout the year, not only to keep their hands warm but in case we want to investigate plants that may irritate their skin. Please can the children wear hats, warm hats or sun hats depending on the weather.

