

10 week forest school programme

1. Boundaries, ground rules, introductions and discussion of what we plan to do

In this session we will introduce ourselves and each other to the site - we will go over a number of basic rules of forest school and what we hope to achieve over our time in forest school. Together we will discuss what dangers there are outdoors and will collectively decide that we need to respect one another, the environment and ourselves. We will introduce the idea of boundaries and will explore the boundaries of the site we're on, playing various games that allow us to interact with our boundaries in more detail. The session will end with a discussion of what we hope to do over the 10 week programme and what each individual is most excited about doing.

2. Knowledge harvest, what's already known about the outdoor world? Basic Team building games, nature awareness

This session will look at getting a grasp on the type of knowledge the group and individuals have on how the 'natural world' works and where we fit within the 'natural world'. The session will be filled with lots of great team building and fun games to look at what gets each individual excited and involved and how they typically seem to engage. We will finish the session by discussing what we enjoyed and what we plan to do at our next session.

- *This session will lead to a stronger team*
- *will give us some ideas on learning styles of the participants*
- *Invisible learning*
 - o *Team work*
 - o *Collaboration*

3. Fire lighting, cooking and heating water

We will talk about the basic life of fire, talking about its needs and comparing them to our own needs. We will each look in to lighting fires from flint and steel and will explore different methods for getting a fire started, and methods for maintaining a fire. Once this skill has been learnt we will light a fire at all of our consecutive session. We will use the fire to cook food and heat water and will discuss the journey and creation of fire with stories around a fire.

- *This session will allow the participants the ability to understand the necessity for:*
 - o *Understanding of the fire triangle*
 - o *Empowerment of accomplishing one of 'man's' first great developments*
- *Invisible learning*
 - o *Procedure*
 - o *Sequencing*
 - o *Fine motor control*
 - o *Process*
 - o *Story telling*
 - o *Sharing*

4. Tarp hanging and den building

Now the participants have lit a fire we look to another of Maslow's basic hierarchy of needs - shelter - we will explore a number of ways to hang tarps for different situations. Participants will learn various knots, we will play a tight rope game to test our knots and will carry on to

hang various tarps around the site. Leading on from this we will use similar principles and apply them to den building with found materials which can be famously tested with a head inside and a pint of water poured on top for the ultimate test.

- Participants will learn at least 2-3 knots
- How to hang tarps and set up shelters
- How to make dens and shelters from materials found locally
- Invisible learning
 - o Collaboration
 - o Team building
 - o Building techniques
 - o Understanding of dimensions
 - o Load bearing
 - o Trust
 - o Spatial awareness

5. Tools, make a wooden mallet and spinning disks (knives, hammers and saws)

Now we have some of the basics covered which will be used at almost all of our sessions, depending on the weather, we will look to do some basic tool work. We will learn the safe ways to use various tools from knives to bow saws and will each make our own wooden mallet which we can adorn and take away with us from the session. We will also make wood spinning disks in order to cover a wider range of tools.

- *Individuals will learn the safe way to use;*
 - o *Knives*
 - o *Bow saws*
 - o *Pruning saws*
 - o *Bit and brace drills*
- *Will make wooden mallets*
- *Wooden spinners to take away with them*
- *Invisible learning*
 - o *Process*
 - o *Procedure*
 - o *Safe working positions*
 - o *Estimation of depths*
 - o *Co-ordination*
 - o *Communication*
 - o *Sizes*
 - o *Angles*
 - o *Pressure points*

6. Plant id and woodland management

Through this session we will learn about the different layers of woodland and will play various games that encourage our natural inquisition in to nature. We will carry out various plant identification games looking at using different senses in order to investigate our surroundings. This will include blindfold games, gloved games and tree tag style games. We may create tree based art pieces and tree based crafts depending on the learning methods of the participants.

- *Individuals will learn plant and tree identification including:*
 - o *Barks*
 - o *Leaves*
 - o *Flowers*
 - o *Fruits*
 - o *Nuts*

- *Root Systems*
- *The Layers of a forest*
- *How animals, insects, plants and birds interact*
- *Invisible learning*
 - *Picking out differences*
 - *Self-regulation*
 - *Grounding*
 - *Appreciation*
 - *Belonging*
 - *Stamina*
 - *Physical improvement*
 - *Height estimation*
 - *Distance:angle ratios*

7. Tracking

We look at various ways to track animals and will play various games and activities which explore the themes of tracking in different forms and in different surroundings. We will look at different ways to camouflage you and see how this may work again in different environments.

- *Individuals will learn*
 - *What to look for when tracking*
 - *How to identify movement*
 - *The basics of natural camouflage*
- *Invisible learning*
 - *Awareness*
 - *Peripheral vision*
 - *Team work*
 - *Collaboration*
 - *Quiet time*
 - *Self-regulation and control*
 - *Colour systems*

8. Cordage, jewellery and weaving

In this session we will be looking at objects that can be made from plants surrounding us, we will make cordage and thread from various plant based fibres (of which can develop in to making rope collectively or jewellery) we will also look at using certain plants to weave objects together, such as plates, baskets, flowers and animals.

- *Individuals will learn how to*
 - *Extract fibres*
 - *Spin fibres*
 - *Make cordage*
 - *Weave stems*
- *Invisible Learning*
 - *Fine motor skills*
 - *Patience*
 - *Pressures*
 - *Principles of rotation*
 - *Multiples*
 - *Plant id*
 - *Repetition*

9. Ointments and creams

Through this session we will look at the healing aspects that certain plants contain, we will harvest a number of healing plants and will all create our own salves and moisturisers from the plants we've found.

- *We will learn*
 - o *The healing aspects of plants*
 - o *How to make ointments and moisturisers*
 - o *Basic food hygiene*
- *Invisible learning*
 - o *Measurements*
 - o *Weights*
 - o *Ratios*
 - o *Formulas*
 - o *Oil and water contamination*

10. Wild Food session with communal eating

Now we're at our last of these 10 sessions we will celebrate with a communal meal, in which we will find and harvest our own wild plants which we will communally process, cook and eat. We will reflect on what we've learnt over the past 10 sessions and will introduce the idea of sit spots to reflect on the time we've spent together and how we think we might use the skills we've learnt through our future.

- *Participants will learn*
 - o *Basic food hygiene*
 - o *Various edible plants and identification tools*
 - o *Meal preparation*
 - o *Techniques to reflect*
- *Invisible learning*
 - o *Plant id*
 - o *Communication*
 - o *Collaboration*
 - o *Sharing*
 - o *Appreciation*
 - o *Camaraderie*
 - o *Reflection*

Numbers

For this intervention to be as beneficial as possible, 6 participants are advised although we take up to a maximum of 10.

Continuation

The initial 10 sessions provide a valid experiential learning opportunity, but substantive cognitive and behavioural changes are only likely to be achieved over an extended and prolonged period. This is a programme and intervention that has been proven through research to have high impact and it is beneficial for participants to experience changing seasons throughout the whole year.

Costs

Half Day - £250

Full day - £400

Included

Equipment, materials, food, drinks, 1 forest school level 3 trained leader, 1 helper in training.

This can be carried out on your site, if suitable or at our site although travel arrangements are to be made separately.

Insurance and risk assessments provided on enquiry

Accreditation

Accreditation can be incorporated in to the programme for an additional £100 per student

OCN Woodland Skills - Entry level 3/ Level1 Award Skills for Further Learning and Employment

Minimum of 20 hours guided learning

This is a unique Programme and Qualification developed to provide an opportunity for young people to experience the highest standards of provision in the natural environment.

The programme develops personal awareness, social skills as well as environmental skills.



James Wood

Director, Schola Foris