What is holistic development?

Holistic development encourages a strong connection between the mind, body and spirit, working on the principle that multiple aspects work together to create a “whole” person. Its concept is that it focuses on **ALL** parts of the learner (e.g. physical, social, emotional) rather than focusing solely on one area. The “S.P.I.C.E.S.” model shown below is often used to plan and implenent holistic learning at Forest School.

Social – e.g. teamwork and sharing.

Physical – e.g. active movement, fine motor skills and gross motor skills.

Intellectual – e.g. problem solving, learning and applying skills.

Communication – e.g. explaining, listening to and following instructions.

Emotional – e.g. dealing with setbacks and forming friendship bonds.

Spirtiual – e.g. feel condifent and “at ease” in the learning environment.

Holistic development works on the understanding that the learner “takes responsibilty” and that we as teachers will guide if necessary but will generally take a “step back” allowing the learner to flourish.