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| FOREST SCHOOL ACTIVITIES | ACTIVITY BENEFITS |
| General Outdoors | * Accessing a woodland environment. * Gaining extra exercise in addition to P.E. * Evaluating and managing risk for themselves. * Building up an appreciation of nature and the outdoors. * Opportunities to participate in a new and positive experiences in a safe environment. |
| Environmental Art | * Identifying and using natural materials * Developing creativity and using imagination * Using appropriate vocabulary to explain their art work |
| Mini-beast hunt | * Extending I.D. knowledge. * Becoming aware of and creating own habitats for mini-beasts. * Building up an appreciation of nature. * Opportunities to carefully and safely explore the environment. |
| Fire lighting and cooking | * Gaining new skills (simple cooking). * Developing an awareness of food hygiene. * Safety awareness of self and others. * Understanding the importance of following rules and instructions. |
| Shelter building | * Gaining new skills (knot tying). * Working as a team. * Developing fine and gross motor skills. * Using imagination and developing various areas of play. |
| Bird feeders | * Extending I.D. knowledge. * Considers seasonal changes and the impact that this has on birds feeding. * Appreciate natural materials and their uses. * Expand knowledge and understanding of birds. |
| Tree climbing | * Evaluating and managing risks for themselves. * Engaging in physical activity. * Building self-confidence. * Recognise own limitations. * Understanding the importance of following instructions and rules. |
| Tool use | * Evaluating and managing risks for themselves. * Gaining new skills. * Opportunities to participate in new and positive experiences in a safe environment. * Safety awareness of self and others. * Understanding the importance of instructions and rules. |
| Throwing games | * Develop spatial awareness. * Safety awareness – in particular the safety of others. * Opportunities to engage in and enjoy an activity not often encouraged – “throwing”. |
| Hammocks | * Gaining new skills (knot tying). * Time to relax/reflect. * Developing social skills * Turn taking * Allowing others space * Improving balance |
| Running and hiding games | * Developing spatial awareness * Developing social skills * Playing fairly * Assisting others * Problem solving |