

Pinocchio's Children's Nurseries

Forest Schools Initiative

Katrina Weir

‘Forest School enables children, young people and adults to enjoy the outdoors in a supportive environment whilst providing a unique, active learning experience.’ Forest Education Initiative.



What is Forest School and who is it for?

- ▶ Forest School works with a range of people in the outdoors over a period of time, introducing responsible risk-taking.
- ▶ The children and young people are supported in their learning and are encouraged to explore the outdoor environment and appreciate nature and the environment around them.
- ▶ Children have the freedom to explore using multiple senses
- ▶ Forest School is aimed at children and young people from 3 years old to 18.

Forest School in Scotland

- ▶ Forest School is an effective tool for delivering the Curriculum for Excellence
- ▶ **‘To develop young people who are successful learners, confident individuals, who effectively contribute towards the natural environment and are socially and environmentally responsible citizens’**. Forest Education Initiative

Benefits of Forest School

- ▶ Forest school initiative use learning and teaching strategies which:
 - ▶ Raise self -esteem
 - ▶ Develop confidence
 - ▶ Promote independence
 - ▶ Develop language and communication skills
- ▶ Increase levels of physical activity and mental wellbeing

How we have developed Forest Schools in Pinocchio's Children's Nurseries

-
- ▶ We have invested in resources for the garden to allow Forest Schools to be a daily opportunity for the children to be involved in i.e. den building resources and the use of garden equipment.
- ▶ We use various sites in the local community to deliver Forest Schools.
- ▶ Our Lasswade and Eskbank afterschool clubs have formed a very successful adventures club, and they participate in weekly Forest School sessions.

Den building - problem solving and team work



Bark rubbing, identifying trees



Toasting marshmallows around the campfire



Painting with sticks and mud



Risky play - Tree climbing

