

## **Explain how forest School promotes self-esteem and emotional intelligence.**

In Forest School, the journey of learning creates the opportunity for children to know what to do or how to do something, when they don't know how and what to do.

Children who are able to explore different ways to resolve challenges or find out answers for themselves, are the ones who have built their self-esteem and emotional intelligence to the level that gives them the foundations of self-belief and willingness to try, and to explore.

Over a prolonged period of time Forest schools reflective processes help a learner become more independent and embark on a personal journey that is real to them rather than taking direction from others.

**Self Esteem:** Is the behaviour/persona the person puts on, how they verbalise a self-fulfilling proficiency, what empathy they have for others, how they seek attention or point out the actions of others. Physical appearance may also be an indicator of ones self-esteem.

**Emotional Intelligence:** is the ability of a person to understand their own emotional state and the factors that affect that. The ability in which a person can understand emotions of others and manage own feelings in relation to how others act.

In this modern world of social media and gaming, the Forest School environment removes these barriers and enables children and practitioners time to believe in themselves.