

Fostering Resilience

- Working with groups and other children - learn how to cope with other peoples ideas and differences, solving conflicts

Activities to support resilience:

- * Non-verbal communication or challenges to work together
- * Mix groups so children don't always work with friends
 - * Give the lead role to different individuals
- * Building dens or lighting fires - requiring trial and error methods

Fostering Confidence

- Belief in themselves and others - built over time through opportunities to practice skills
 - Activities to support confidence:
- Skill work - teaching and perfecting Knots, den building or using tools to create a finished product
- Allow freedom to explore and investigate - activity task cards (mini beast hunt, 'find it.' Make a natural paint brush, mud kitchen recipes etc)
- Child led activities - children will grow in confidence to take the lead.

Forest School Learners

Holistic Development

Fostering Independence

- Working on own or in a small group without an adult leader
 - Activities to support independence:
- Free play activities - e.g hide and seek games, tree climbing, story telling.
 - Allow children to set up their own site
- After competence, use tools and skills without the leader
 - Choices given to select own resources

Fostering Creativity

- Create meaningful new ideas, forms, methods and interpretations
 - Activities to support creativity:
- Opportunities to make up stories - Little peoples village, Where has a tree/leaf come from
- Open ended creativity activities - make your own ..., nature art work
- Encouragement to share ideas, creations with others and be praised for what they have created.