

Frome Valley First School Forest School Planning Overview

<p style="text-align: center;">SPIRITUAL DEVELOPMENT</p> <p>-Being outside in nature, learning to respect and enjoy the natural world. - Enjoying the moment – mindfulness activities including sensory experiences, what you can hear, see etc. - Mindfulness watching the fire.</p> <p>Activities:</p> <ul style="list-style-type: none"> ● Fire circle ● Being outside in natural environment 	<p style="text-align: center;">LINGUISTIC DEVELOPMENT</p> <p>- Working together- communication, listening to and following directions/instructions. - Giving instructions and directions to others. - Communicating ideas, wants and needs. - Communicating ideas for risk assessing.</p>	<p style="text-align: center;">COGNITIVE DEVELOPMENT</p> <p>- Problem solving through team games. - Problem solving building dens. - Risk assessing. - Learning about nature and the natural world e.g.: flora and fauna identification.</p> <p>Activities:</p> <ul style="list-style-type: none"> ● Mini-beast hunts and identification, bug hotel building ● Team games e.g. stick tower building, tyre building ● Building dens ● Assessing risk for tree climbing, fire, using tools. ● Organising tools and equipment.
<p style="text-align: center;">SOCIAL AND EMOTIONAL DEVELOPMENT</p> <p>- Working together in teams. - Peer teaching/demonstration of skills. - Self-esteem over coming challenge in teams and individually. - Self-confidence through achieving e.g. tree climbing. - New experiences – self regulation and also resilience.</p> <p>Activities:</p> <ul style="list-style-type: none"> ● Tree climbing ● Sharing resources e.g. tree, fire, tools, den making equipment ● Turn taking for sharing resources ● Resilience for difficult tasks e.g. knots, using tools 		<p style="text-align: center;">PHYSICAL DEVELOPMENT</p> <p>- Being outside, walking, running. - Gross motor development – climbing, running, den building. - Fine motor development – tool handling, knot tying. - Moving safely within an area.</p> <p>Activities:</p> <ul style="list-style-type: none"> ● Tree climbing ● Whittling sticks for making little people ● Moulding mud and clay ● Tying knots, using bungees for dens ● Hammering for den building

FOREST SCHOOL PLANNING

ACTIVITIES FOR HOLISTIC DEVELOPMENT

