Schema's

A theorist named Piaget theorised that schema's are an important part of how children learn and develop. Being aware of schemas allows us to ensure we provide opportunities in Forest School sessions for children to engage in and explore their schematic behaviour.

Some Schema's used in Forest School sessions:

- **Transporting**- giving children the responsibility of collecting, organising, and moving resources using wheelbarrows, buckets, jars, etc.
- **Enveloping**- Activities that involve camouflaging themselves or hiding objects. Playing games such as "1,2,3 Where are you?"
- **Trajectory**- using natural materials to build dens, see saws, swings, etc. To be able to climb using physical strength.
- **Transforming**- providing opportunities to play with and mix different natural materials such as leaves, mud, water. To encourage the children to make mud pies or cooking with these materials.

Important information

- Rather than removing stinging nettles, mushrooms, and other living pieces of nature, we leave them in place as an opportunity to educate the children about them. We hope this will protect the children when on walks to the park or visits to the woods, etc. not to touch or pick them.
- We have a pond with fish, we teach the children boundaries and have rules in place to keep the children safe and educate them on situations or dangers they may come into contact with in natural environments.

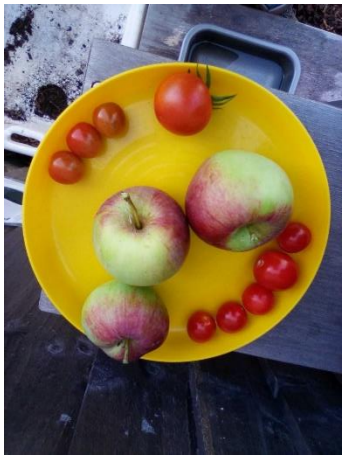
Clothing for Sessions

All Children need to come prepared for their Forest School sessions bringing:

- A named pair of wellington boots in a drawstring bag (not plastic) that can stay on their peg.
- Weather suitable clothing, e.g., sun hat and cream applied in warmer weathers, layers for colder.
- Waterproofs are supplied but old clothes that can get dirty are preferred for underneath as sometimes dirt and water leak through.

Ladybird Forest Pre-School

All About Forest School



What is Forest School?

Forest School encourages children to explore and develop through 'risky play'. Children are given opportunities to take managed risks to learn and develop their own self-confidence and self-esteem through hands-on experiences.

Children are encouraged to make their own choices and decisions independently within a nature-based environment.

Trained Forest School leaders model behaviours and allow children to explore and discover, nurturing meaningful experiences for positive lifelong impacts.

Forest School allows children to engage and take risks in a controlled and safe environment, allowing them to initiate their own learning.

Benefits of Forest School

- Independence
- Resilience
- Communication, language, and social skills
- Child-centred
- Team building
- Creativity
- Children can relax and learn in an outdoor environment allowing them to thrive
- Physical development
- Sensory experiences stimulate the brain and intellect
- Risk taking to promote confidence and self-esteem
- Promotes a deeper understanding of the natural world and how different aspects can affect our natural environment
- Spiritual connection to nature
- Forest School reflects the EYFS holistic development approach- developing the whole child not just focusing on one area.
- Promoting physical and mental health and wellbeing.

Forest School Leaders

Our Forest School mascots Hermie and Wormie.

Children exploring and engaging with knives and fire can sound scary to adults however, safety is paramount during Forest School sessions.

All Forest School Leaders must have a Level 3 Forest School qualification which covers essential safety training such as how to use tools safely and how to assess and manage risks.

Children are encouraged to take risks, but these are managed risks with close adult guidance and support. Tool usage is managed 1:1 with a qualified member of staff and appropriate PPE.

The richness of our Forest area reconnects the wilderness of our world and our sensitivity to life by expanding our sensory awareness.