

## List of things we do at Forest School

### Games

1-2-3 where are you?

Dragon's treasure

Mammoth, caveman, mouse

40-40

Capture the flag

Wide game

Water pistols

Hide and seek

Echo location game

Going for a walk leading someone that has their eyes shut

Identify trees with our eyes shut

Which tree did I take you to? Eyes closed game.

### Tools

Sheath knife

Bow saw

Billhook

Loppers

Secateurs

Panel saw

Two-man-saw

Froe

## List of things we do at Forest School

Auger

### Things to make with tools

Tent peg

Chopping Board

Spoon

Spatula

Mallet

Rolling pin

Net

Stargazing chair

Stool

Three legged table

Christmas candle holder

Wooden reindeer

Bullroarer

Whistle

Glockenspiels

Tea chest drum

Claves - tuned tapping sticks

Corrugaphones made from corrugated tubing

Flowerpot bells

Tin can drums

Hollow wood zither or box zither

Balloon zither

## List of things we do at Forest School

Advanced zither

12 sting fishing line zither

Floating bowls

Sandpaper rasps

Shakers

Balloon shakers

Scrap wood xylophone

Bamboo wood blocks

Tubular chimes (made from metal pipes)

Wind chimes

Stamping tubes (made from carpet roll tubes)

Mailing tube lute (cardboard tube & empty squash bottle)

Bamboo pan pipes

### First Aid

Sending for help

Open airway position

CPR

Use of defibrillator

Cleaning your own cuts

Applying plasters to yourself

Helping with someone else's cuts

Sprains and strains

Choking

Dealing with a bleeding nose

List of things we do at Forest School

Head injuries

The school emergency procedure

Slings

Bandaging arms

Bandaging legs

### **Fires & Cooking**

Setting out the fire pit area

Entering and leaving the fire pit

The respect position

Lighting fires

Putting fires out

Dealing with minor burns yourself

More serious burns

School emergency procedure

Cooking and hygiene.

- Marshmallows
- Hotdogs
- Hot drinks
- Toast
- Soup
- Stews
- Own recipes

Caring for the cooking pots and utensils

Dealing with waste

### **Knots**

Friendship bracelets

## List of things we do at Forest School

Plaiting

Making nets

Granny knot

Square knots

Clove hitch

Shear lashing

Square lashing

Figure of eight

Bowline

Tension knot

Double fishermen's

### Shelters

Whittle shelter

One man shelter for hide and seek

Two man play camp

Group shelter

Using tarps

Free standing wooden frame using knots

Free standing wooden frame using knots and tarps.

### Wildlife and environment

Maintenance of paths and steps

Log stacks

List of things we do at Forest School

Regeneration of under-storey

Knowledge of trees in the wood

Identifying trees with eyes shut

Knowledge of common birds

Knowledge of life in the pond

Knowledge of common mammals

Knowledge of local invertebrates

Knowledge of local fungi

Knowledge of local reptiles

Life cycles of each of the above

Hibernation

Food chains

How the seasons affect each of the above

Interdependence

Tracking animals in the snow

Tracking animals on a clay board at a feeding station

## Art

Camouflage Natural

Camouflage using face paints

Tree rubbings

Textures in the environment

Green man

Scarecrows

Faces in the bark and rocks

## List of things we do at Forest School

### *Photography*

- Looking up
- Looking closely
- Using reflections
- Finding creatures
- How things grow
- Using filters
- Changing shutter speeds and photographing water
- Zooming in
- Depth of focus
- Composing
- Editing the picture

### *Painting and sketching*

- Looking up
- Looking closely
- Using reflections
- Finding creatures
- How things grow
- Altering colour
- Pointillism
- Kaleidoscopes
- Using natural paints
- Leaf and twig pictures

Land art

Wind art

Using containers to make a moving water sculpture

Claywork

Green man

Coil pots fired in the fire or bread oven

Thumb pots fired in the fire or bread oven

Clay statues fired in the fire or bread oven

**Seasons**

## List of things we do at Forest School

### Clothing

Protection from the sun, wind, wet and cold

### Spring

- New growth
- Sowing and planting
- Emergence of insects
- Birdsong
- Nesting
- Migration
- Early flowers
- Frog spawn
- Early activity in the pond

### Summer

- Quickening of growth
- Eating from the garden
- Variety of insects
- Ivy crowns with summer flowers
- Maintenance and closing down for summer
- Y6 summer activity

### Autumn

- Besoms
- Sowing and planting
- Collecting berries
- Harvesting
- Hedgerow food
- Catching cobwebs
- Leaf pictures
- Firework art
- Fungus watch
- Christmas wreaths
- Table decorations

### Winter

- Ice art
- Snow pictures on the walls



## List of things we do at Forest School

- Tracking animals
- Snow lanterns
- Snowmen
- Snow art
- Snowball fights
- Snow castles

### Woodland maintenance

Maintenance of paths

Maintenance of steps

Maintenance of fire pits

Maintenance of willow dome

Maintenance of pond

Removal of excess dead wood

Re-sowing of seeds

Planting of bulbs

### Rhythms, songs and dances

Whole notes, half notes quarter notes and eighth notes.

Cup rhythm

Echo songs

Part songs

Rounds and canons (Sing up Butterfly, Rain on the green grass, senwa dedende, o re mi, nanuma)

### Projects

Round house

Log cabin

Glider

Canoe

List of things we do at Forest School

Robinson Crusoe's shelter

Air raid shelters

Camouflaged shelter

Camping out

Building a bread/pizza oven

Building steps

Repairing tracks

Replanting in the woods and grounds.

Nest boxes for birds and bats

Feeders for birds

Maintaining the pond

Washing combing and spinning wool

Dyeing wool

Weaving

### **Maslow's hierarchy of needs**

Positive learning environment;

Safe

Physical

Emotional

Social

Relaxed and stimulating

Sense of wholeness and worth

### **Emotional Intelligence**

Self-worth

List of things we do at Forest School

Self esteem

Understanding how others feel

Putting one's self in the position of others

Valuing others

Learning to negotiate

Learning to compromise

Learning to delegate

Learning to work with the 'unfriend'

Working for each other

### **Accelerated learning**

Wide range of methods used to overcome problems

Open and flexible

Totally engaging

Appeals to all learning styles

Energizes and humanises the learning process

Makes learning enjoyable and exciting

Children become committed to results

Self motivated

Motivated and energizes in groups

Collaboration amongst learners – developing a learning community

Internally focused

Creative

Contextual learning

Resilience

List of things we do at Forest School

Role play

**Multiple intelligence**

Spoken language –Listening–Discussion–Compromise

Music

Pictures and imagery

Problem solving

Physical activity

Natural environments

Interactive activities

Reflection and review

Role Play