

Essex Wildlife Trust Forest Skills Building Days



These **one day courses** for adults working with children/young people will develop skills used in **Forest School** or **outdoor learning** sessions. There is a mixture of theory and practice and will be based outdoors.

They are run or hosted by **Essex Wildlife Trust Outdoor Learning team** and located at the beautiful **Abbotts Hall Farm** with woodland, meadows, gardens and two forest school sites.

Fires and Cooking

Friday 16th March 2018,

9.30am to 3.30pm

Expand your Forest School cook book and discover the wealth of learning opportunities for children

We will explore the following:

- Different fire lighting methods
- Varieties of tinder and kindling
- Wood types and how they burn
- Preparing wood for a fire
- Making and laying a fire
- How to make different types of fires
- Cooking over the fire
- Food hygiene
- Curriculum links
- Sharing ideas and experience



Cost **£50 per person** with a **limit of 15 places**, so please book promptly. Please come dressed for the weather and bring a packed lunch and



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Mindfulness

Saturday 14th April 2018

9.30am—3.30pm

Forest, Coastal school and Mindfulness practitioner Dawn Waterhouse will be introducing you to mindfulness and its use in your Forest School practice.



We will explore the following:

- What is mindfulness and how it helps us.
- How to help children to develop mindfulness.
- Mindfulness activities that will help children find space in their hectic lives
- How adults can help children use these activities to enhance their well being

Cost **£40 per person** with a **limit of 15 places** so please book promptly. Please come dressed for the weather and bring a packed lunch and water bottle, biscuits and hot drinks provided.

Information and booking: reception@essexwt.org.uk or 01621 862960



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They are run or hosted by **Essex Wildlife Trust Outdoor Learning team** and this course is located at the beautiful Little Haven Nature Reserve in Benfleet

Training for Adults Supporting Forest School Leaders

Little Haven Nature Reserve

Friday 11th May, 2018

9.30am to 3.30pm

This course will equip untrained helpers with knowledge and skills to maximise their role as facilitators at Forest School.

We will explore the following:

- The Forest School ethos
- How the national curriculum links to Forest School
- Fire lighting skills
- Tool use and supporting children in crafting from wood
- Key knots for shelters, tree swings and rope walks
- Basic bug and tree identification
- Sharing ideas and experience



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EYFS Forest Skills

Friday 18th May 2018

1pm—4.30pm

This course will provide you with lots of inspiration, practical activities and games to enhance your Forest School delivery with Early Years Foundation Stage



We will explore the following:

- Develop woodland games and activities
- Learn about wildlife in the wood through the seasons
- Use basic tools for woodland crafts
- Making links to the EYFS curriculum
- Sharing ideas and experience

Cost **£40 per person, with a limit of 15 places**, so please book promptly. Please come dressed for the weather and bring a packed lunch and water bottle, biscuits and hot drinks provided.

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Ropes Knots and Tool Skills

Monday 23rd July 2018

9.30am—3.30pm

This course will help you remember and use those pesky knots, plus how to safely use a range of hand tools with children to create fun and beautiful crafts



We will explore the following:

- Learning knots for swings, tree walks, rope ladders etc.
- Choosing the appropriate tool for the job
- Maintenance and sharpening tools
- Teach children of all ages how to use tools safely
- Use a range of tools to craft items from wood
- Share experiences

Cost **£40 per person**, with a **limit of 15 places** so please book promptly. Please come dressed for the weather and bring a packed lunch and water bottle, biscuits and hot drinks provided.

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EYFS Forest Skills

Little Haven Nature Reserve

Tuesday 31st July

9.30am—3.30pm

This course will provide you with lots of inspiration, practical activities and games to enhance your Forest School delivery with Early Years Foundation Stage



We will explore the following:

- Develop woodland games and activities
- Learn about woodland wildlife through the seasons
- Use basic tools for woodland crafts
- Making links to the EYFS curriculum
- Sharing ideas and experience

Cost £40 per person, with a limit of 15 places. so please book promptly. Please come dressed for the weather and bring a packed lunch and water bottle, biscuits and hot drinks provided.

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Making Curriculum links in Forest School

Friday 14th September 2018

1pm to 4.30pm

This course will enable you to creatively link the curriculum to Forest School without comprising the Forest School ethos.



We will explore the following:

- Curriculum areas that can be covered by Forest School
- Look at planning for Forest School sessions whilst still enabling flexibility for learners
- Different methods of observing , evaluation and recording
- Practical activities with strong curriculum links across Key Stage one and two
- Sharing ideas and experience

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Training for Adults Supporting Forest School Leaders

Friday 21st September 2018

9.30 am to 3.30pm

This course will equip untrained helpers with knowledge and skills to maximise their role as facilitators at Forest School.

We will explore the following:

- The Forest School ethos
- How the national curriculum links to Forest School
- Fire lighting skills
- Tool use and supporting children in crafting from wood
- Key knots for shelters, tree swings and rope walks
- Basic bug and tree identification



Cost £40per person, places are **limited to 15**, so please book promptly. Please come dressed for the weather and bring a packed lunch and water bottle, biscuits and hot drinks provided.

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