



Essex Wildlife Trust is the county's leading conservation charity. The Trust manages and protects over 7,250 acres of land on 87 nature reserves, 1 nature park and runs 7 visitor centres.

How did Forest Schools begin?

Forest Schools originated in Scandinavia in the 1950's when learning went outside the classroom. This opportunity to explore and learn about the natural world proved a great success. Since the 1980's it has formed part of Denmark's Early Years education. Its reputation brought it to the UK, where it continues to grow.

What is Forest Schools?

Forest Schools is an inspirational approach which helps develop confidence, self-esteem, emotional and social skills, whilst developing a connection and respect for the natural environment.

Forest Schools consists of a minimum of six regular sessions. Activities are carefully planned in conjunction with the curriculum and thoroughly risk assessed. The child's natural inquisitiveness and enthusiasm leads them into many areas of learning. We then help to deepen this understanding.



The activities are small and child led ensuring success. This allows them to learn from their current level of understanding and develop their personal creativity. Adults are there to support learning and ensure safety allowing the children to explore the many stimuli provided by the resources of the natural environment.

Results?

We all know when we are happy and confident we achieve so much more. Research has shown that this approach allows children to develop independence, learn how to take responsibility and manage risk in a controlled way. The careful planning ensures success, helping children with challenging behaviour take a more positive approach. Regular access to the outdoor environment and practical activities will help enhance learning within all areas of the curriculum.

Preparing for your Forest School experience

Staff are Forest Schools trained to level 3, CRB checked, qualified First Aiders and experienced Environmental educators. They will:

- help to find a suitable site
- plan in conjunction with the teacher
- set up the health and safety precautions
- provide all the tools, equipment and resources
- give a presentation to teachers and parents

For more information please contact:

Senior Forest School Officer-

Essex Wildlife Trust
Abbotts Hall Farm,
Great Wigborough,
Colchester
ESSEX, CO5 7RZ

Tel **01621 862993**

Forest Schools can also meet the needs of family or community groups -please contact us to discuss your requirements.



Essex Wildlife Trust, The Joan Elliot Visitor Centre
Abbotts Hall Farm, Great Wigborough, Colchester
ESSEX, CO5 7RZ

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Forest Schools with Essex Wildlife Trust



ESSEX
Wildlife Trust

'It was great and we can't wait to do it all over again with next year's children'

Debbie Newbold, (Head of UHI), Lexden Primary



**Come and find out what Forest Schools is all about
with Essex Wildlife Trust!**