

## Forest School comes to Delamere in the New Year

**FREE TRIAL SESSION WEDNESDAY 12<sup>TH</sup> JANUARY**  
9.30-10.30am or 11am-12pm for children aged 2-4 years

**Sessions will then run every Wednesday during term time**  
**£4.50 per child**

**Children must be accompanied by an adult**

**Please book in the visitor centre or call Helena Perry on 01606 884936**

### **What is Forest School?**

Forest School began in Denmark in the 1980s and has since been growing rapidly in the UK following a visit to an established Forest School in Denmark. For many children in the South of England Forest School is a part of everyday school life. It has taken longer for the North to catch on, however a few schools are now on board.

Forest School is a way of working with children outdoors, helping them learn, whilst developing physically, emotionally and socially and forming a close relationship with the environment. The sessions are child-led and child-initiated and aim to allow the child to follow their own interests and develop at their own pace.



## What are the benefits to children?

Research has shown that Forest School increases children's confidence, self-esteem, independence, self-awareness, motor and social skills. As the weeks continue, the sessions are built on and the children learn to understand boundaries, stay safe whilst taking risks, explore at their own level and pace and use and develop creative imaginations.

Forest School encourages free play as it is seen to be an essential element to the healthy development of a child. Children's play takes many forms and they should be able to choose where to play, what to do, how to do it and who to do it with. Research has shown that children who have access to regular outdoor play are more confident and independent and do better when back in an indoor classroom environment. Play should allow the child to explore their surroundings and enable them to take responsibility for their own decisions. A child's physical, social and cognitive development are enhanced through play, enabling the child to develop invaluable skills that will help them succeed in life.



## What will the children be doing?

The site will be set up with a log seating circle and a tarpaulin shelter in case of bad weather. The children will be out in all weathers to enable them to experience all seasons. The Forest School saying is there is no such thing as bad weather only a bad choice of clothes!! Within the log circle there will be a small fire lit at the end of the session. Equipment will be provided in the form of treasure chests packed with exciting, stimulating objects for free play.

### A typical 1 hour session:

