

Essex Outdoors Forest Schools



Originally a Scandinavian initiative, Forest Schools is a powerful and inspirational process which offers children, young people and adults the opportunity to achieve and develop confidence in a woodland environment.

Forest School involves regular visits (preferably weekly or fortnightly) to a local area of woodland, allowing children and young people to develop a connection to and appreciation of their local environment.

In particular, Forest Schools:-

- Offer opportunities for young people to be responsible for their own risks and build on their natural curiosity to initiate learning and develop activities
- Increase self-esteem and self-confidence
- Improve motivation and encourage concentration
- Improve language, communication, social and physical motor skills

At Essex Outdoors we are proud to have pioneered the introduction of Forest Schools in Essex, and we remain passionate about its development across the county.

Our qualified and experienced team can help in the following ways:-

- Introductory or taster sessions for staff and young people
- Full Forest School programmes of 6-12 (or more!) sessions at your school or local woodland
- Mentoring and support during your Forest School training
- INSET and twilight training sessions for teachers
- Specialist sessions on tool use, food and fire, bushcraft, ropes and swings, to enhance your existing provision
- Running Forest Schools to cover maternity leave, PPA time or staff training - essentially giving you a free Forest School!

For more information about our service, or to make a booking, please contact our Environmental Education team using the detail below.

www.essexoutdoors.org

Tel: 01245 223342 E-mail: environmentaleducation@essex.gov.uk



Essex Outdoors is committed to delivering high quality outdoor learning to the young people of Essex and the wider community. For more information on all the courses and activities that Essex Outdoors offers across Essex and beyond, please contact us using the details above.