

Children and parents at Christchurch Kindergarten had a great time at the annual forest school trip earlier this month.

The trips held a very important education value, with the following short piece explaining why.

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

Forest School began in Denmark in the 1980s and 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 & initiated and aim to allow the child to follow their own interests and develop at their own pace.

During the visit, children will learn about the natural environment and how to handle risks. They explore and develop an understanding with the natural world using their own initiative to solve problems and co-operate with others. Children have access to use full sized tools, play, learn boundaries of behaviour, grow in confidence and self-esteem, and become self-motivated. Increasing levels of physical activity in groups, has the potential to improve mental illness, by relieving stress, reducing social isolation and improving self-esteem and confidence.

One of the activities was learning how to make fires by rubbing pieces of wood together:



This was a creative activity whereby children made stick men out of natural resources:

