



Introduction to Twiglets Forest School

What Is Forest School?

Forest school takes place outdoors, in a natural setting, in all seasons, in (almost) all weathers. Participants engage with and learn from nature and from each other, through play, exploration, and a wide range of challenging but achievable practical skills, crafts, games and activities, where the focus is on the process not the outcome. At Forest school, children are given opportunities for supported risk and choice, to help develop greater self-esteem, independence, confidence, and a sense of responsibility. Forest school helps to develop social, emotional and intellectual learning, as well as creativity, physical health, strength and agility, mental well-being, and an awareness of and a connection to the natural world.

What We Do

Every session begins at the fire-circle with a reminder of our agreed safety procedures. We will have a snack (which we sometimes cook on the fire) and then play a group game, share a story, do a scavenger hunt, or learn a new skill. Next there is time for free play where the possibilities are endless! Every session finishes back at the fire-circle with reflection time and maybe another story or group game.

The site and all games and activities are risk assessed and children follow our agreed safety rules and procedures. Activities include:

- Den building with natural materials or ropes and tarps
- Mud kitchen
- Climbing and balancing
- Nature scavenger hunts
- Fire lighting with a flint and steel
- Cooking on the fire
- Whittling sticks
- Tool use
- Hammock and rope swings
- Arts and crafts with natural resources
- Planting and maintaining our site

About Us

We are Rose and Coralie. Between us, we have years of experience working with children of all ages. We are both passionate about the outdoors and in particular, outdoor education. We are DBS checked, we both have a level 3 Forest School Leaders qualification, and between us we are certified in Outdoor and Paediatric First Aid, and level 2 Food Safety and Hygiene for Catering. Rose is a qualified primary school teacher and Coralie is in the final stages of her MA in Education.