



Education Pack

Be bold, be curious, be kind, Be Free



Be Free Forest School

Independence, imagination, collaboration, risk assessment, setting boundaries, hands on learning and unforgettable experiences.

At Be Free Forest School we use the Forest school ethos, a holistic approach which welcomes each of the community's individuality and diversity and develops their skills for lifelong learning. Forest School explores the outdoors and the natural environment with practical, optimally challenging and achievable activities, highlighting emotional and spiritual aspects of learning. At schools, this ethos translates to our programmes as being fun, positive, engaging and learner focused.

Benefits of Forest School

1

BUILDS CONFIDENCE

Assessing risk, developing resilience and working with peers

2

POSITIVE WELLBEING

Choice and connecting with nature enhance feelings of wellbeing

3

PHYSICALLY ACTIVE

Encourages participants to be physically active, developing strength and agility

What school leaders say about Be Free Forest School:



"Forest School has improved concentration and motivation to learn".



"We've had positive involvement from parents and great feedback".



"Nurture group has allowed children to develop self regulation skills and confidence".



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How does Forest School enhance our curriculum?

Relationships - Forest School is a nurturing environment where the children have the freedom to choose their learning and with whom.

Community- Forest School allows children to talk about their experiences in an open, safe environment. Problem solving enables group work and the development of relationships with a collective goal, building resilience (Ed Baines, Institute of Education).

Metacognition - Forest School develops character and can help children understand how and when they overcame challenges,

Independence and firmness - The child initiated aspect, freedom to explore and open fresh air enables children to connect to nature and increase their sense of well-being and physical activity.

Incidental Learning – the science curriculum is present in each and every session, through incidental learning, language, songs, discovery. We have a great ability to draw on areas on the science curriculum whilst we are outdoors, through observation and adventure, the kind of learning which is memorable and relevant. All our school's have commented on the enhancement of communication and language.

Forest School has also been successfully used to support a varied and creative national curriculum, transitional programmes (year 6 leaving school), programmes to enhance educational experiences for students in receipt of pupil premium and nurture groups.



Our school already has outdoor activities, do we really need Forest School?

There are differences between outdoor education and Forest School. Any time outside and creative teaching is, of course, beneficial but Forest School goes further. Our sessions encourage independence, initiative, responsibility, imagination and foster a true connection with nature. During Forest School, children are given the freedom to explore their surroundings and develop a deep appreciation of the environment. This freedom is the key difference of Forest School compared with outdoor learning.

How much does it cost?

Depending on your requirements, sessions start from £185 for half a day, and £350 for a full day (2, 2hour sessions). This is the cost for all our programmes.

OUR SERVICES

We offer long term FOREST SCHOOL programmes, small NURTURE groups, 1:1 with children with SEMH/ECHP, AFTER SCHOOL CLUBS and whole school WELLBEING days, staff INSETs.

Be Free tailors the content of our programmes to meet the needs, age and interests of the children, and can use the school's development targets to shape objectives.

