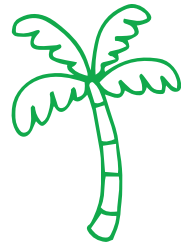


Your guide to

# Inspired Forest School



# Inspired Forest Schools



At First Friends, we pride ourselves on finding different ways to encourage our children to grow and develop, and our Inspired Forest School is one of the most successful ways we do this.

Our Inspired Forest School is an approach to education that makes use of the outdoor environment to learn.

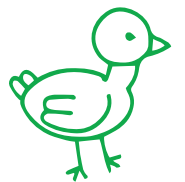
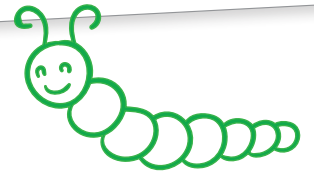
Each session gives children the time and space to develop skills and understanding through a range of activities which provide practical, hands-on experiences in a natural environment.



## The opportunities

Children will get the opportunity to take part in the following activities:

Shelter building, fire lighting, group games, planting and harvesting, rope and string work, drama, and building bug homes.



# The benefits



Inspired Forest School will give your child:

- ☆ Enhanced learning
- ☆ Increased self-esteem
- ☆ Increased independence
- ☆ Courage to take more risks
- ☆ Improved language skills



It's free for your child to join in the fun but you do need to give permission.

Ask for a permission form from your child's nursery.

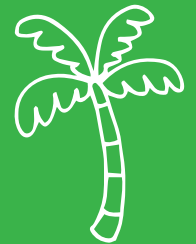
# What they need

It is essential that children are dressed appropriately for all weathers and they must come prepared for unexpected weather changes.

Items they must have:

- ☆ Comfortable walking boots or wellies
- ☆ Warm, thick socks

- ☆ Warm under-layers for cooler months
- ☆ A good quality waterproof coat and trousers
- ☆ Warm hat and gloves
- ☆ Sun hat when it's sunny
- ☆ Spare set of clothes (top, trousers, pants and socks)



# From the roots up!

[www.firstfriendsltd.co.uk](http://www.firstfriendsltd.co.uk)



First Friends Day Nurseries

