



FOREST KIDS WILDCRAFT PROGRAM

ABOUT OUR WILDCRAFT PROGRAM | AGES 7-13

NATURE JOURNALING

Through seasonal observation, recording notes, and creating detailed drawings, children develop focus, patience, and attention to detail—skills that are foundational for both academic success and real-life problem solving. Like scientists and naturalists, they learn to ask questions, notice patterns, and document change over time. This strengthens writing, critical thinking, and scientific literacy in a meaningful, hands-on way.

At the same time, combining art with observation builds creativity, confidence, and self-expression. Children take ownership of their learning as they design and create their own journals—something uniquely theirs. In a world that is increasingly digital and fast-paced, nature journaling slows children down, supports mental well-being, and teaches them how to think deeply, observe carefully, and create with intention—skills that will serve them for life.

HERBALISM + TRADITIONAL SKILLS

Teaching children about local plants gives them practical knowledge that connects them directly to the land they live on. Through hands-on experiences like making salves, tinctures, and herbal teas, and learning preservation methods such as drying, dehydrating, freeze-drying, and canning, children gain a deep understanding of how natural resources can be used safely and responsibly. Children learn to identify plants accurately, follow processes step-by-step, and understand cause and effect. They also develop respect for nature, sustainability, and traditional knowledge that has been passed down for generations.

HANDCRAFT SKILLS

In a world that is increasingly fast, digital, and automated, traditional handcraft skills offer something deeply valuable—the ability to slow down, create, and truly understand how things are made. Through activities like weaving, carving, sewing, and natural material crafts, children develop patience, focus, and attention to detail. Handcrafts strengthen fine motor skills, coordination, and problem-solving while encouraging creativity and perseverance. Children learn that mistakes are part of the process, building resilience as they work toward a finished piece. Inspired by Waldorf principles, these projects also nurture imagination and a sense of beauty, helping children feel connected to their work in a meaningful way.



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