



'LETTING YOUR CURIOSITY AND CREATIVITY RUN WILD'

Hello! My name is Kirsten Lythgoe and I have been a primary teacher for over 13 years. I worked in my last teaching post for 10 years as an EYFS teacher and a year 1 teacher. After having three children of my own I have decided to set up 'Wildlings Forest School' to promote outdoor learning for children.



What is Forest School?

Forest school is outdoor based learning to enable children to create meaningful friendships and learn to respect their peers and adults. It provides opportunities for children to work in a team and develop their social and communication skills with one another. Children are free to express their emotions in a large outdoor space, we provide opportunities to share our thoughts and feelings and we connect with nature to give children a sense of calm and clarity. We provide create opportunities for the children to develop their art and drama skills, we develop physically through tool use, climbing and other elements of risky play. We teach children to cook and prepare food on an open fire. These activities also include teaching children about safely and how to manage risks.

What do we learn?

At forest school we don't only learn about the types of plants and wildlife but we learn to protect it. children learn how to manage their own basic needs and develop their personal, social and emotional needs. Children learn to work with others in a team and become part of a community.

Why take part in forest school?

The children's needs come first and from this their own interests can then lead the learning. Children have behavioural, emotional, physical, mental and sensory needs which are just as important as their intellectual needs.

What do I need?

Each child will need their own waterproof puddle suit, gloves, hats and wellies for the colder/wet weather to keep them warm and dry. We also ask on hotter days that the children bring hats and sun cream if needed.

When can I start?

Please contact us on the email address or message the telephone number below to find out more information and our availability. You can find out more about us on our website and Instagram page. A phase 1 risk assessment of the site and policies will be discussed and shared prior to starting.



wildlings.fs



07802437266



www.wildlingsforestschoools.com



wildlingforestschoolluk@gmail.com



Kirsten Lythgoe
Accredited to
Level 3
Practitioner Award
www.forestschoools.com

