



## Week 1 Forest School at Home Resource pack

Welcome to week 1 of our online Forest school sessions! Our main goals of our forest school sessions are to promote Independence, risk taking, confidence, resilience, and nature connection. We hope to be able to plan some activities each week that support these key skills. There will be a mixture of crafts, mindfulness activities, messy play and activities that get you all outside of course!

These packs are Free. However, we have set up a Hardship fund and would welcome donations towards this if you are able, but please still feel free to still join in our Forest School at home even without donations. The Hardship fund is going to be there to support families who may otherwise not be financially able to access our sessions. It will enable us to subsidise their sessions. We really want forest school to be accessible to all!

Don't forget to let us know what you've been up to or share some photos, we would love to hear and see!





Have a go at starting this session by making the Crow call noise!

## **A Song to sing together!**

Good morning to the Forest  
Good morning to the trees  
Good morning to the animals  
And the birds and the bees

Good morning to ..... (name) Good morning to ..... (name)

Good morning to the Forest  
Good morning to the trees  
Good morning to the animals  
And the birds and the bees

Good morning to you and good morning to me!

## **Activity 1. Cardboard Nature Art**

Cut a shape using cardboard and take it out in nature! You can cut a head shape and decorate a funny person using leaves, berries, and any other treasures you can find! Or you can cut out a frame and look at all the different kinds of bark on the trees, or simply just use it as a picture frame and find a lovely view out in nature!

**Talking Points:** How does bark differ tree by tree? Think about the textures, colours and smells! I wonder if you make a tiny frame that narrows our vision, whether this is how a squirrel sees?



## Activity 2. Can you make a house for a mouse?

Find somewhere to build your mouse house that has lots of shelter and is safe and warm, such as underneath a tree! If you want to make your house for a different creature you can



You can use twigs, leaves, moss, and any other treasures you can find!

I wonder if you could even add a bark slide, a twig swing or mini garden?



## Activity 3. Nature Ice lanterns

Talking Points: What signs of winter can you spot in your garden or when you are on walks? How do we know when winter has arrived? What signs can we spot that spring is on its way?

Fill a plastic measuring jug with water, pop a pint size glass in the middle. Then collect lots of natural treasures to put in the water, even just berries and green leaves look great! Put it out in the garden on a very cold night (or you can cheat and just put it in the freezer!). Once frozen loosen it off with boiling water and then pop a candle in the centre.



Activity 4. Gratitude Scavenger Hunt! (parents can join in too!



## Gratitude Scavenger Hunt!



1. Find something that makes you happy
2. Find something to give to someone else to make them smile
3. Find one thing that you love
4. Find one thing you enjoy looking at
5. Find something that is your favourite colour
6. Find something you are thankful for in nature
7. Find something that smells nice!
8. Find something that you do not know the name of
9. Find something that tells us it is Winter

## Activity 5. Scavenger Hunt

	<p>Something spotty <input type="radio"/></p>
	<p>Something stripey <input type="radio"/></p>
	<p>Something crunchy <input type="radio"/></p>
	<p>Something prickly <input type="radio"/></p>
	<p>Something new growing <input type="radio"/></p>
	<p>Something that makes you say WOW! <input type="radio"/></p>

## Activity 6. Lockdown Damper Bread!

1. Bring your flour and salt in a plastic air-tight bag; set a bit of flour aside
2. Gradually add water and mix everything together, massaging the bag
3. On a clear surface (you can use your plastic bag), knead the dough by moulding it into a ball, pressing down and then reshaping it
4. Roll the dough into a long sausage shape
5. Find a good, clean, fresh stick and wind your dough around it
6. Put your stick over the fire to cook. After a few minutes, your dough will turn into delicious bread
7. Spread with your topping of choice and enjoy your hard-earned meal in the woods

### 2-4 people

- **500g** self-raising flour
- **300 to 500ml** water
- **A pinch** of salt
- **Optional** Jam, honey or marmalade for spreading



You can also add cheese, garlic, chocolate powder, seeds or herbs.

If you don't have a fire pit at home this can easily just be made into a flatbread and put on a baking tray in the oven!

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