

## **Our educational programme**

### **Our Forest School – Continuous Provision**

**Research now backs up what we have known all along – that children are stimulated by the outdoors and typically experience, over time, an increase in their self belief, confidence, learning capacity, enthusiasm, communication and problem-solving skills and emotional well-being. At Forest School children are physically active a lot of the time and this improves their stamina improves as they go through their Forest School sessions. As the children gain confidence and improve their self-esteem this impacts on their emotional and mental well-being. Children naturally learn to assess risk and are encouraged to make sensible and informed decisions about how to deal with unfamiliar and unpredictable situations (such as exploring or climbing trees, using tools to build shelters and dens). Much of the learning for a child comes as a result of the opportunities they have for testing their own abilities in a real life context.**



**Areas of learning included during Forest School: Understanding the World, physical development, communication and language, literacy, numeracy, expressive art and design, personal, social and emotional development.**