



EXPLORE A WORLD WITHOUT WALLS



Education Pack

Inside Out Forest School provides young people with the freedom to roam, play and experience for themselves the full extent of the forest environment. With an aim of getting more young people learning in and about our great outdoors, Inside Out develops natural curiosities, broadens horizons and stimulates new interests that builds a positive culture and an increase in personal motivation.

Calmness - Confidence - Empowerment - Problem solving - Inquiring minds - Resilience - Risk assessing



What is a Forest School?

Dating back to the early 19th century when a group of educators and naturalists in Europe founded the Woodcraft Folk, Forest school offers unique sensory exposure which develops child-led curiosity into explorational play, a learning environment that builds confidence and empowers mental and physical growth.

Unlike a traditional classroom, the freedom of this uninhibited approach to learning changes a child's perception and enables positive social and behavioural skills to mature. The creative and imaginative Forest School environment encourages children to manage their own emotions in response to challenges and perceived risks.

Children can advance their personal and social learning boundaries as they grow in independence and self-assurance during Forest School sessions. Sessions are delivered by a qualified Forest School practitioner and include environmental impact assessments and risk benefit analysis.



What are the benefits of outdoor learning?

- 🪵 Assess risk & manage new situations
- 🪵 More effective strategies to move away from confrontation with peers
- 🪵 Decreasing stress & increasing sensations of safety & well-being
- 🪵 Resilience, confidence building, self-motivation

"Forest schools have a profound and positive effect on the way children and young people relate to each other and the world around them."
FOREST RESEARCH

Our Services

Inside Out offers a wide range of Forest School sessions. Content is tailored to meet the needs of a school's curriculum, the age of the children, class size or any special needs. Typical sessions include:

Bushcraft
Mindfulness in Nature

Environmental
Arts & Crafts

Outdoor Adventure
Campfire Lighting & Cooking

Outdoor Classroom

Using nature in the schoolgrounds to inspire learning

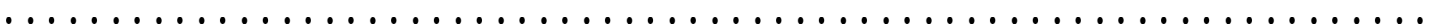


Subject linked sessions

Forest School can bring learning to life through practical activities which relate to real-life experiences. Many objectives from a variety of subjects can be facilitated in one single outdoor sessions or choose from a selection of subject linked sessions from Art, English, History, Well-being; the cross-curricular opportunities are endless. Visit our website for details on individual sessions.

Inside Out can utilise any outdoor space from woodlands to concrete playgrounds. This use of accessible natural environment increases school community cohesion and a desire to care and respect the school environment.

We encourage child-initiated learning enabling pupils to test, adapt, experiment, consolidate and extend the idea of experiential education independently.



Outdoor Adventure

Use the time for developing some of those important 'soft' skills such as self confidence, communication, and team work. Your class could learn to use bush craft skills to make furniture to sit on, then make a fire without matches and cook on it.

Nature workshops: School grounds have the potential to be amazing places for wildlife. Your class could create valuable habitats or features, such as bug hotels.

My 4 and 7 year old children absolutely loved their forest school class with Esther. As a teacher myself it was just lovely to see them both completely absorbed in the magic of the session and learning skills that the curriculum just doesn't cover. My daughter's favourite part was building bridges for the elves in the trees and she said the whole experience had made her feel 'joyful!'

FAYE HOCKEY



Testimonials



"Esther very ably balanced giving the children the freedom to explore the environment independently with ensuring they were safe. I would highly recommend Esther's Forest Schools to everyone she encourages everyone to learn and grow as individuals in the space afforded by the outdoors. The children loved the sessions they had with Esther, they developed their confidence and self esteem."

MRS LITTLEHAILES
ST. LUKES COE PRIMARY

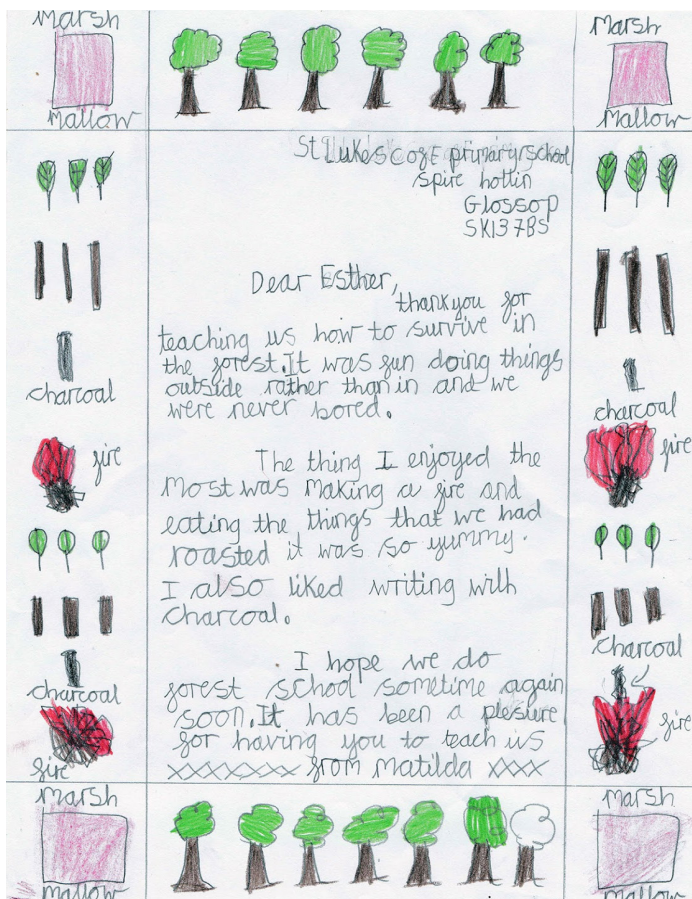
"My three children started to do forest school with Esther last September when it was introduced as part of their primary school curriculum. They absolutely love it - they really look forward to the sessions which as a parent I feel are well planned and executed. The lessons are completely age appropriate, tailored to the school topic and best of all lots of fun. My five year old literally jumps up and down with excitement on forest school mornings and then comes home full of stories of deer ears, owls eyes and porridge made over a campfire. My 8 and 10 year olds are equally enthusiastic and have come home talking of creating snow cities and building dens. In a time when schools and children are under so much pressure to perform academically it's lovely to see my children experiencing a different way to learn and they clearly benefit enormously from it."

KELLY, GLOSSOP



"...Whether they were building shelters, carving tent pegs, weaving dream catchers or capturing their imagination in troll slime hunting or elf searching, the sessions offered an abundance of opportunities for the children to learn essential skills in team-building, leadership and co-operation. And the children had tons of fun, and plenty of fresh air and exercise, in the great outdoors!!!"

SARAH BLOOMER





Woodland Wellbeing

Our brand new Woodland Wellbeing sessions apply the fundamental principles of Forest School to a creative outdoor activity programme designed to meet the needs of adults, young people and children with mental health needs.

The forest is the perfect place to spend time among trees; a proven form of complementary therapy that can deliver health and wellbeing benefits. Mindful connections with nature can boost your immune system and encourage the release of positive emotions leading to feelings of contentment.

Spending time outdoors and helping to nurture and conserve nature has many benefits:

- ☞ reduces anxiety and depression
- ☞ builds confidence, resilience and self-esteem
- ☞ relieves stress and lowers blood pressure
- ☞ increases attention, focus and concentration
- ☞ improves sleep quality
- ☞ improves learning and performance
- ☞ builds empathy
- ☞ helps you make wiser choices

Session outline

Inside Out Forest School works with children aged 5-11, young people aged 12 -16, and adults of all ages. Sessions focus on the restorative nature of the woodland to foster inner wellbeing through peaceful and creative reflection. Our Woodland Wellbeing experiences include:

- ☞ mindfulness in nature
- ☞ environmental arts & crafts
- ☞ outdoor yoga
- ☞ campfire cooking
- ☞ bushcraft
- ☞ teambuilding activities



Additional services

We also offer Forest School experiences for weekend clubs and summer camps, birthday parties, community projects and for pupil referral units and hospitals, working with young people and adults with mental health issues and learning difficulties.

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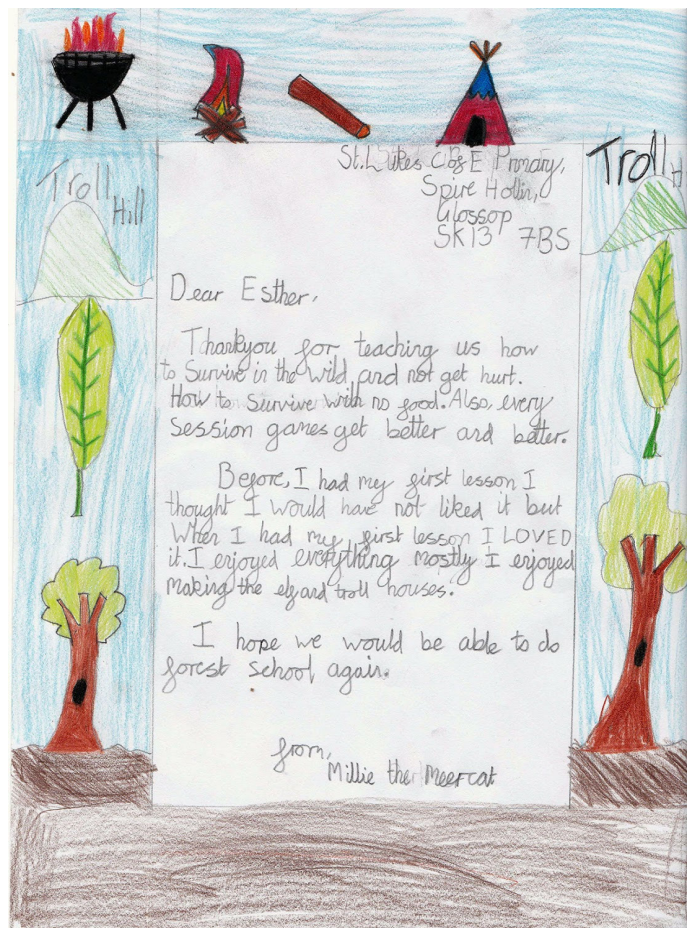
Instructors

Our founder and lead instructor is Esther Brock. She has over 15 years' experience as a qualified Design and Technology teacher at Middle School and Secondary School levels. She is trained as a Forest School practitioner and holds a Food Health and Hygiene Certificate Level 2. Esther also holds a post-graduate certificate in Autistic Spectrum Conditions.

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Safety and Insurance

- 🍷 Outdoor First Aider qualified staff
- 🍷 Risk assessments for all activities
- 🍷 Public liability insurance (up to £5m)
- 🍷 Food Health & Hygiene Certificate Lvl 2
- 🍷 All staff are DBS checked



Pricing

Our sessions are competitively priced. Our rates include materials, tools and worksheets. Subsidies are available for block bookings.

- 🍷 Full day session (5 hrs) £300
- 🍷 Half day session (2hrs) £160



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Contact Us

Contact Esther Brock

Phone: 07979 381833

Email: insideoutforestschool@gmail.com

 facebook.com/insideoutforestschool

 twitter.com/IOforestschool



www.insideoutforestschool.com