



BENEFITS OF FOREST SCHOOL

HEALTHIER BODIES

- increased frequency of physical exercise
- a challenging environment that helps to develop motor skills
- fresh open air allows dispersal of viruses
- learning to prepare and cook healthy food

HEALTHIER MINDS

- space and resources are naturally available, allowing individuals or groups to investigate and problem solve
- an opportunity to be sociable and to have time alone
- time to just be, where individuals can relax and explore interests
- personal motivation
- a willingness to try new tasks
- the ability to persist at tasks increases

HEALTHIER ENVIRONMENT

- an understanding & appreciation of the natural environment through experience
- knowledge of how systems interlink, and how we affect our surroundings
- spending time in the environment and using it to play and learn affects us at a deep level
- this connection with nature opens us up to care more for the environment as adults

HEALTHIER FUTURE

- many of the skills that develop as a result of spending time at a Forest School are essential life skills that in time will benefit the economy
- children develop determination to complete tasks and manage risks
- they learn to work together as a team communicating effectively
- the environment stimulates the use of descriptive language, mathematical problem solving, calculating and taking acceptable risks, working towards personal reward

HEALTHIER COMMUNITIES

- Forest Schools can offer the opportunity to involve parents & the wider community in their development & running
- families are more likely to access woodland spaces & spend time playing in and enjoying the outdoors if they have been involved with the development
- often the whole school shifts its approach to outdoor learning as staff have the opportunity to observe children in a different setting
- this has a knock-on effect as techniques can be applied across other learning