

Forest School at COANS



Forest School runs year-round during term time at COA beginning in September.

Each session is designed to inspire

and grow our children's self-confidence, independence, and self-esteem through breaking down tasks into small achievable steps, as well as helping to develop and grow their relationship to and love of the natural world. The planned elements will link to learning in the classroom but will be adapted according to needs and interests.

When taking part in sessions onsite, amongst other activities, the children will be working on the RSPB wild challenge award, experiencing, and helping nature.

Although most sessions will take place in our unique garden setting, we realise the value in taking children offsite to experience a

different natural setting, allowing an opportunity to explore and compare the two environments, building on their understanding of our relationship with the natural world.

In addition to our ongoing offer, every child will be given the opportunity to take part in further planned sessions which will include sessions in our Holland Park site. Each 2hr session is organised in a similar format for example:

- **Introduction** - Recalling learning and interests from previous sessions.
- **Pre-activity** - Includes reminders about boundaries and expectations.
- **Game / Story** - Onsite - a game or story supporting the theme of the session. Offsite - a game like 'Hide and Seek' to support and encourage the children to explore as they become confident in the new environment.

- **Main activity** - A planned activity building on interests from previous sessions.
- **Free play** - An opportunity for children to take the lead, explore their own interests and share learning with their peers and adults.
- **Plenary** - Drawing together the days learning and an opportunity for children to talk about the things they've most enjoyed.

Forest School aims to promote the holistic development of all those involved. Children are encouraged to take supported risks appropriate to the environment, the task and to themselves fostering resilient, confident, independent and creative learners.

