

Our Forest Garden follows Forest School ethos that offers a unique way of building confidence, boosting self-esteem, learning new life skills and promoting independence through hands on learning experiences outdoors.

Personal, Social and Emotional Development

- Children are independent; they are encouraged to choose their own activities during the session.
- Children develop their self-esteem and confidence through decision making and evaluating risk.
- Teamwork is encouraged when completing activities, such as shelter building or solving a problem.
- Children learn to follow rules to keep them safe.
- Children develop understanding of personal hygiene.

Physical development

- Gross motor development: digging, climbing, lifting and exploring; using ropes, levers, pulleys.
- Fine motor development is refined with regular use of tools, e.g. a magnifying glass, a trowel, a fork; during craft activities, e.g. arranging petals, stones and sticks to make a pattern.
- Children use real natural materials and develop practical skills to use every day; they choose the right resources to carry out their own plan, e.g. choosing a spade to enlarge a small hole they dug with a trowel.
- Children develop an awareness of personal space; e.g. stick waving.
- Children use a variety of equipment and tools for a real purpose; e.g. watering cans to water the plants.
- Children develop understanding of safety measures.
- Children have opportunities to collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

Understanding the World

- Our Forest Garden sessions are a hands-on learning experience of the natural environment where children are encouraged to explore nature using their senses and describe what they see, hear and feel whilst outside. Our sessions will teach children respect for the natural environment, and all living things.
- Children explore and make decisions themselves, thereby developing their own scientists' mind.
 - Children are encouraged to use questioning about the natural world and investigating; e.g. find out and identify features of living things; drawing pictures of animals and plants.
 - Children have opportunities to observe similarities, differences, patterns, change in nature; e.g. seasons and changing states of matter, weather and life cycles of a plant or an animal, drawing on their experiences and what has been read in class.
 - Children plant seeds and care for growing plants.

Nursery and Reception FOREST GARDEN

Expressive Arts and Design

- Children develop their role play and imagination skills. Children develop their creativity taking part in art activities that use nature; weaving with flowers; making natural materials pictures and patterns.
- Children have opportunities to explore colours and textures in nature.
- Children have opportunities to make musical instruments out of recyclable and natural materials.

Forest Garden supports school's **Sustainability** principle helping children become responsible global citizens.

Communication, Language and Literacy

- Our Forest Garden is the perfect environment for the children to use their own voice. The use of role play, imagination and creativity is encouraged to help the children develop.
- Children develop conversational skills practical context and natural environment.
 - The children's listening and attention skills are developed through following instructions and expressing opinions.
 - Children develop their social talk when negotiating and planning.
 - Children develop specific vocabulary to the natural world, e.g. names of animals, minibeasts, tools.
 - Children learn new songs and stories
 - Children develop mark making, e.g. using sticks to write.
 - Children use language to think through problems and activities.

Mathematics

- Children play games to help their understanding of shape, quantity and dimension.
- Children are encouraged to evaluate risk and make decisions- both of which are important mathematical tools.
- Being in the natural environment helps the children develop and refine all the senses.
- Children have plenty opportunities for counting, e.g. acorns, pebbles, flower petals.
- Children have opportunities for problem solving, e.g. measuring items: sticks.
- Children use positional language; e.g. underneath the log to describe where things are in the natural world.