

The Gower School is excited to introduce Forest School to the curriculum. Children will work in small groups, and experience age appropriate outdoor learning with qualified Forest School leaders. The Gower School is proud to be one of few central London schools offering genuine Forest School sessions in a woodland setting.



**TGS** THE  
GOWER  
SCHOOL  
[www.thegowerschool.co.uk](http://www.thegowerschool.co.uk)

**ISA**  
INDEPENDENT  
SCHOOLS  
ASSOCIATION

**TGS** THE  
GOWER  
SCHOOL  
*Forest School*

*introduces*

## Forest School



Forest School is an inspirational approach that offers children and young people the opportunity to develop their confidence and self-esteem through hands on learning experiences in the local woodland environment.





## What is Forest School?

Forest School is a unique way of learning for children. Forest School:

- Promotes healthy living.
- Develops confidence, independence and social skills.
- Teaches children about nature and how they can protect it.
- Allows children to learn through doing and covers all areas of the curriculum.
- Helps children work through practical problems and challenges. This in turn helps them to develop confidence in decision making and take achievable risks.
- Encourages children to get a complete sensorial approach to the forest and learning through being dressed for all occasions and weather.

## What Forest School promotes

### **Communication and Language**

Forest School is the perfect environment for the child to use their own voice. The use of role play, imagination and creativity is encouraged to help the child develop.

The children's listening and attention skills are developed through following instructions and expressing opinions.

### **Physical Development**

Gross motor development is developed by digging, climbing, lifting and exploring.

Fine motor development is refined with regular use of tools of equipment.

Children use real materials and develop practical skills to use every day.

### **Personal, Social and Emotional Development**

Children are independent and are encouraged to choose their own activities during the session.

At Forest School children develop their self esteem and confidence through decision making and evaluating risk.

The ground rules and routine help the children understand social boundaries and expectations.

Children form strong friendships as Forest School takes place in small groups.

Teamwork is encouraged when completing activities such as shelter building.

### **Literacy Development**

We make tools for the children to use when mark making.

Children can research plants and animals with resources and books.



*"When children come in contact with nature they reveal their strength. "*

*- Dr Maria Montessori*

### **Mathematical Development**

The Forest School leader introduces games to help children's understanding of shape, quantity and dimension.

We encourage the children to evaluate risk and make decisions- both of which are important mathematical tools.

Being in the natural environment helps the child develop and refine all the senses.

### **Understanding the World**

Forest School is a hands-on learning experience of the natural environment.

The sessions will teach children respect for the natural environment, animals and other people.

At Forest School children explore and make decisions themselves, thereby developing their own scientists mind.

### **Expressive Arts and Design**

Children develop their role play and imagination skills.

Art activities can be planned to help the children further develop their creativity.