



Lowerhouse Junior School

Forest School Overview Sheet



Autumn 1 - Year 4



Aims: During this Forest School programme, Year 4 pupils will explore the natural world through a range of practical, hands-on activities that encourage curiosity, resilience and teamwork. Children will investigate insects and animals commonly found in UK woodlands, parks and gardens, considering how seasonal changes from summer to autumn affect wildlife and habitats. They will develop observation skills through minibeast hunts and nature exploration, create animal sculptures using clay and natural materials, and learn about camouflage through interactive games and shelter-building challenges. Pupils will also explore natural phenomena by creating a model volcanic eruption, develop patience and perseverance through woodland weaving, and learn essential outdoor skills, including the safe use of tools, fire lays and fire-lighting techniques. Throughout the programme, children will build confidence, independence and environmental awareness while developing a deeper appreciation of the natural environment.

Overview:

Lesson 1: Mini Beast Hunt - We will discuss the insects that we often find in woodland, parks and gardens in the UK. We will also consider the time of year- summer transforming into autumn, and what this means for insects- where might we find them? What might they be doing? We will use magnifying glasses and pots to inspect the insect life in the forest school and discuss what we have found at the end.

Lesson 2: Clay animals - We will discuss the animals that we find in environments such as parks, gardens and woodlands in the UK. Based on our discussion, we will create and decorate our own versions of these animals from clay, decorating them with loose woodland materials on the ground such as pebbles, twigs, leaves, etc.

Lesson 3: Camouflage - Thinking about camouflage, we will do a game using colored yarn which will be dotted around the area as 'worms', the children are the 'birds' and must find the worms. They will realize that the brightly colored worms are caught first and the colors that blend into the forest are found last. We will then try to create our own camouflage blanket using hessian material and leaves with long stems.

Lesson 4: Den Making - Looking again at camouflage, we will think about how to make a den with sticks and use the same technique we did with the hessian blanket to create a camouflage effect. We will think about how animals make shelters that are camouflaged to hide from predators.

Lesson 5: Volcano Eruption - We will discuss volcanoes in the natural world, how they form when tectonic plates smash together or pull apart, creating a gap where magma can escape deep within the earth. Making a volcano cone out of mud molded around a plastic bottle, we will then pour bicarbonate soda, red beetroot juice (natural) and vinegar to create an eruption!

Lesson 6: Gods Eyes - In this session, we will use wooden sticks and yarn to create a weaving pattern. This is a task that requires hard work and patience, teaching the children not to give up and persevere.

Lesson 7: Fire Session 1 - Fire session 1, in this session we will use tools to chop wood and then create our own campfire (without starting a fire) so that the children can discover the best 'fire lays' and the reasons why they support the fire so well.

Lesson 8: Fire Session 2 - In this session, using the information from the previous session we will be lighting a piece of cotton wool with the flint and steel. We will also be toasting marshmallow to make a smore with chocolate digestives as a final session treat.