



Lowerhouse Junior School Forest School Overview Sheet







Spring 2 - Year 5



Aims: In our Yr5 Forest School sessions this half term, we will explore the wonders of nature while linking our learning to Science, History, PE, and Art. **Session 1: Life Cycles** You will each receive a stone to paint. In groups of four, identify different life cycles in nature and represent them on your stones. This activity will help you respect and understand all living things. **Session 2: Patterns in Nature** We will discover patterns through hapazome and leaf rubbing. Search for items on the forest floor, then fold cloth over them and gently bash with a mallet. Remember to consider safety while doing this! Unfold your cloth to reveal beautiful symmetrical patterns. **Session 3: Viking Rafts** Learn about the Vikings by building rafts using willow. This hands-on activity will teach you about creating structures for specific purposes. We will test if our rafts float in a bucket of water. **Session 4: Fire Lighting** Explore how Vikings lit fires using flint and steel. We will use a ferrocerium rod to ignite cotton wool. Discuss the fire triangle and suitable woods for burning. To celebrate, we will toast marshmallows and make s'mores! Through these activities, you will engage with nature, learn about history, and develop your creativity!

Curriculum Links:

-  Science- Human and Animal Life Cycles- respect for all living things and their life cycles.
-  History- Vikings.
-  PE- Invasion games.
-  Art- Painting (*from Spring 1*)

Overview:

Session 1: Life cycles- In this session we will do story stones, where each child will get a stone and in groups of around 4 try and work together to identify cycles in nature and display them on 4 stones using paint.

Session 2: Patterns in nature- this is a great time of year to do hapazome and leaf rubbing. Hapazome is where we will search for items on the forest floor and with a piece of cloth and on a hard surface, we will fold the material over our items and bash this with a mallet or stone. The children will consider the safety aspects of this and how to ensure we are bashing in an appropriate way. Once unfolded we will see our patterns in a symmetrical pattern on our cloth.

Session 3: In this session we will focus on Vikings through building rafts and weaving with willow. Building rafts to allow the children to gain a sense of creating structures which based on their purpose- just as the Vikings did as they sailed to different countries. The purpose of raft building is to float across a body of water, which could link in to the waterway's topic. At the end of the raft building, we fill a bucket with water to see whether our rafts float. We will use willow to weave just as the Vikings would have done. Willow is an incredible resource which has been used for thousands of years to make items such as fishing traps, baskets and even the walls in their dwellings.

Session 4: Painting with colours that represent the forest and making our own paint brushes. We will make our own paint brushes through foraging in the forest floor to find items which could be used to make funky patterns. We will have a discussion on not taking things in abundance (too much) from the forest, and not pulling up anything living. Once we have our items, we can tie them to a stick to make brushes, and with a giant piece of cardboard we can see what patterns we form with paint.

Session 5: We will return to discussing Vikings as we look at fire lighting. Vikings would light fire using flint and steel, and we have our own version of this, the ferrocerium rod, which the children can use to light pieces of cotton wool. We talk about the fire triangle (Oxygen, Heat and Fuel) and what it takes to harness fire. We look at what kind of wood is suitable to use for fire and putting fires out safely. This is a great way for children to consider

elements of safety and how to keep themselves and others out of harm. We will toast marshmallows and sandwich them into chocolate digestives to make smores as a treat for the end of the term.