



Lowerhouse Junior School Forest School Overview Sheet







Autumn 1 - Year 6



Aims: In the first 3 sessions we will look at habitats, shelter, respect for the natural world and identifying plants and animals at the site. This will help learners identify resilience, patterns and cycles in nature, building respect and gratitude for the natural world. For the remaining sessions we will look at building on bushcraft skills and team building games. These topics will reinstate learners' self-esteem, and building ourselves and each other up in a positive way. We will also link with the curriculum in this term for year 6 which looks at classification in science, North America in geography, collages in art and singing in music.

Curriculum Links:

-  Science- Classification
-  Geography- Exploring North America: what do we know about North America and its geological features?
-  Art- Collage
-  Music- Singing/ performance

Overview:

Lesson 1: Classification of natural objects at forest school. Nature walks and sensory exploration. Encourage group to explore and collect natural items including twigs, leaves, rocks. Around the circle, describe characteristics of items they have found (colour, shape, texture, smell). Create a mandala/ wheel made of sticks with 4 compartments. Get the children to categorise their items into sections based on if they think they match. Leaf identification sheet. Learners begin to identify the different trees on the forest school site.

Lesson 2: Habitats: bug scavenger hunt and creating a habitat. Using bug scavenger hunt sheet, find bugs and understand where they like to live. At forest school, we need many wild areas for bugs and insects to thrive. Let's also work on creating wild spaces e.g. deadwood log piles, bug hotels using crates and wild flowers in the large planters, etc.

Lesson 3: Bird feeders- we will use natural and upcycled resources to create bird feeders, in autumn the birds need lots of food ready for the winter months. This will gain learners knowledge on what food birds can/ should eat and gain respect for their resilience. Weaving- learn how to weave branches to create nest for birds, using thin bendy twigs or willow.

Lesson 4: Building shelters using natural materials, using what we can find from the forest floor to build structure to protect us from the elements, replicating what primal humans would have done, or what we would do if we were stranded in the forest and a storm was coming (visualisation).

Lesson 5: Building shelters using tarps, and using hammocks. Putting up tarps requires knowledge of knots, so learners will have some time to practise knot tying before getting a tarp in their group and putting it up. They can then tie up some hammocks and either have some fun pretending the hammock is a cocoon and turning into a butterfly/ relax in the hammocks depending on how they feel! This can link with North America theme, where building shelters in the wild to keep warm.

Lesson 6: Collage- nature art. Using natural materials, we can get a giant piece of cardboard and create a collage. We can either make a random pattern or draw a picture with a pencil and choose colours from nature to make the picture colourful.

Lesson 7: Team building games- such as using gutters in a line to get the ball from the cone to the bucket. Also, the card game, a relay race where you run up to cards displayed face down in a circle, each player turns up a card and if it is in the correct order of the suite they take it back to their line.

Lesson 8: Fire lighting. Practising with a striker to light cotton wool. Practising fire lays and making smore's.

Students can sing campfire songs to link with their music lessons at school. Whittling- using potato peelers we can strip the bark off sticks, and create stick men by drawing a smiley face on the stick.