



Lowerhouse Junior School

Forest School Overview Sheet







Autumn 2 - Year 3



Aims: To look at resilience in nature, and discover natural materials describing how they look and feel. We want to build on knowledge of the natural materials of the forest and gain an appreciation for them. We will specifically look into rocks and soil by doing activities such as story stones with natural paint and making mud castles/ mud pies (we will also reiterate the importance of 'leave no trace' and restoring the earth once we have interfered with it). We can look at creating bird feeders and hedgehog houses to identify that resilience in nature. We will look at weaving with willow and how times have changed for children throughout history regarding living off the land and using natural materials to create things. This will also link into painting and carving, where we can get a giant piece of cardboard and use natural paint brushes/ leaves to create prints from nature. We will incorporate team building games such as scavenger hunts and memory games to help build relationships and trust within the group. Fire lighting and whittling are some bushcraft skills we will look at in order to build self-esteem and taking controlled risks.

Curriculum Links:

-  Science- Rocks and Soils. Respect for living things. Resilience in nature.
-  History- How did life change for children within pre-history?
-  Textiles- Weaving.
-  Music- Singing/performance at Christmas.

Overview:

Lesson 1: Making story stones, we will go on a nature walk around the forest school and then using our memory we will paint on some rocks with crayons or natural paint some of the things we identified on our walk.

Lesson 2: Soil; we can make some mud castles and mud pies. These are wonderful activities exploring creativity and playfulness but can get quite messy! There is something very liberating about messy play, and exploring the soil; how it feels/smells/looks.

Lesson 3: Bird feeders; we will reuse some toilet roll tubes or pieces of cardboard, coat on some lard on them and then scatter seeds/nuts/dried fruit onto the lard to make them stick. These will then have string tied onto them so that students can hang them on tree branches. Autumn is a great time of year to hang these out for birds, especially as some birds migrate and may pass through the area.

Lesson 4: Hedgehog houses; these are great to make in the season of autumn. Using cardboard boxes, cut out a hole shape and we can even create a tunnel with recycled materials. Then, fill the cardboard box with various types of leaf inside to make it warm and cosy for the hedgehogs. Then, find a location for the house and cover it with branches and leaf litter so it remains hidden from predators.

Lesson 5: Willow weaving; a great way to get children to make use of natural materials to create something. Weaving is a technique that has been used throughout history to make furniture, baskets and more and is a useful life skill. We can make decorations with our willow for now and progress further down the year to making other items.

Lesson 6: Painting and printing; we can make natural paint brushes with sticks and leaves/other natural materials from the forest floor (what can we find that will create fun patterns?) we can also use leaves independently to make prints on a large piece of cardboard.

Lesson 7: Team building games; we will incorporate team building into games and scavenger hunts, such as 'alien heads' where students have to find aliens hidden around the forest and find a way to remember the name and number written on the alien. Other scavenger hunts include pirates treasure hunt where children find bottles with an old piece of paper with fun games written on them as 'the treasure'.

Robot wars is another good team building game, where children line up side by side, and the opposing team does

the same standing opposite them. There will be cones in front of the lines of children. In between where the cones are lined up will be two 'robots' with blindfolds. There are two bean bags in the area which the robots need the help of their team mates to guide them to pick up and throw towards the made up 'net' for their team.

Lesson 8: Fire lighting; fire lighting is a great way to end the sessions and make smores. the children can have a turn at using the striker to set fire to some cotton wool. The children can also practise singing around the campfire whilst they are waiting for the fire to be perfect to get toasted smores.