

## *What is Forest School?*

*Forest School is an inspirational process, that offers ALL learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a natural environment with trees.*

*Forest School is a specialised learning approach that sits within and complements the wider context of outdoor and woodland education. At Green Lea we firmly believe that working and enjoying the outdoors contributes to a child's physical and mental wellbeing.*

### *At Forest School all participants are viewed as:*

- equal, unique and valuable*
- competent to explore & discover*
- entitled to experience appropriate risk and challenge*
- entitled to choose, and to initiate and drive their own learning and development*
- entitled to experience regular success*
- entitled to develop positive relationships with themselves and other people*
- entitled to develop a strong, positive relationship with their natural world*