

Forest School Activities

I have put together a few easy activities that you can do either in your garden, out on a walk around the streets or if you can get out into the country or woods. They should only need either items that you can collect, see with your eyes, have around the home and your imaginations.

A note on safety – at Forest School one of the most important ‘rules’ that we teach the children from day one is ‘No pick, no lick’. This means that we only use natural items that have fallen from trees or plants rather than picking from them when they are growing (the exception to this may be if you have a garden and you are happy for them to take a few flowers or leaves you might choose to do this). It also means that we never put anything in our mouths, including fingers. We always wash our hands when we have finished-we are all experts at this now anyway! I would also advise that if you do not know what something is then leave it alone, we tell the children that they should always check with an adult if they are not sure when collecting natural items and we never touch mushrooms, fungi or berries.

Toilet roll bird feeder



You will need:

- Toilet roll.
- String.
- Stick – if you want to add a perch.
- No added sugar and salt peanut butter.

1. Smother a cardboard tube in peanut butter
2. Roll it in bird seed and thread some string through the hole.
3. Tie it up in your garden where birds will feel safe eating.

Sit back and wait for the birds to arrive. If you need some help with identifying common garden birds there is a visual guide on the Year 1 Page.

Clay faces



This is a really fun activity that we enjoy in the Autumn term at Forest School but it works well over the Summer because there are usually lots of flowers, petals and leaves that you can collect to use.

You will need:

- Natural clay or mud.
 - Selection of natural materials (see guidance above).
 - Imagination.
1. Find a suitable tree or fence to make your face on – a rough surface works better for the clay or mud to stick to.
 2. Use your sticks, leaves, feathers or anything that you want to use to make interesting faces.
 3. Give your creation a name!

Pollinators

Would you like to become a citizen scientist?

Pollinators – insects (and sometimes animals) that move pollen from plant to plant as they feed which results in fertilisation of the plant so that it can produce fruit. If you are interesting in finding out more about how important pollinators are to our ecosystem and be involved in a survey of pollinators then follow the link below to a website called Polli:Nation.

<http://polli-nation.co.uk/activity/survey/>

This has all of the information you need to become a scientist at home and help with a nationwide survey of pollinating insects. There are identification sheets, recording sheets and an online form to fill in to send in your results.

Nature Crown

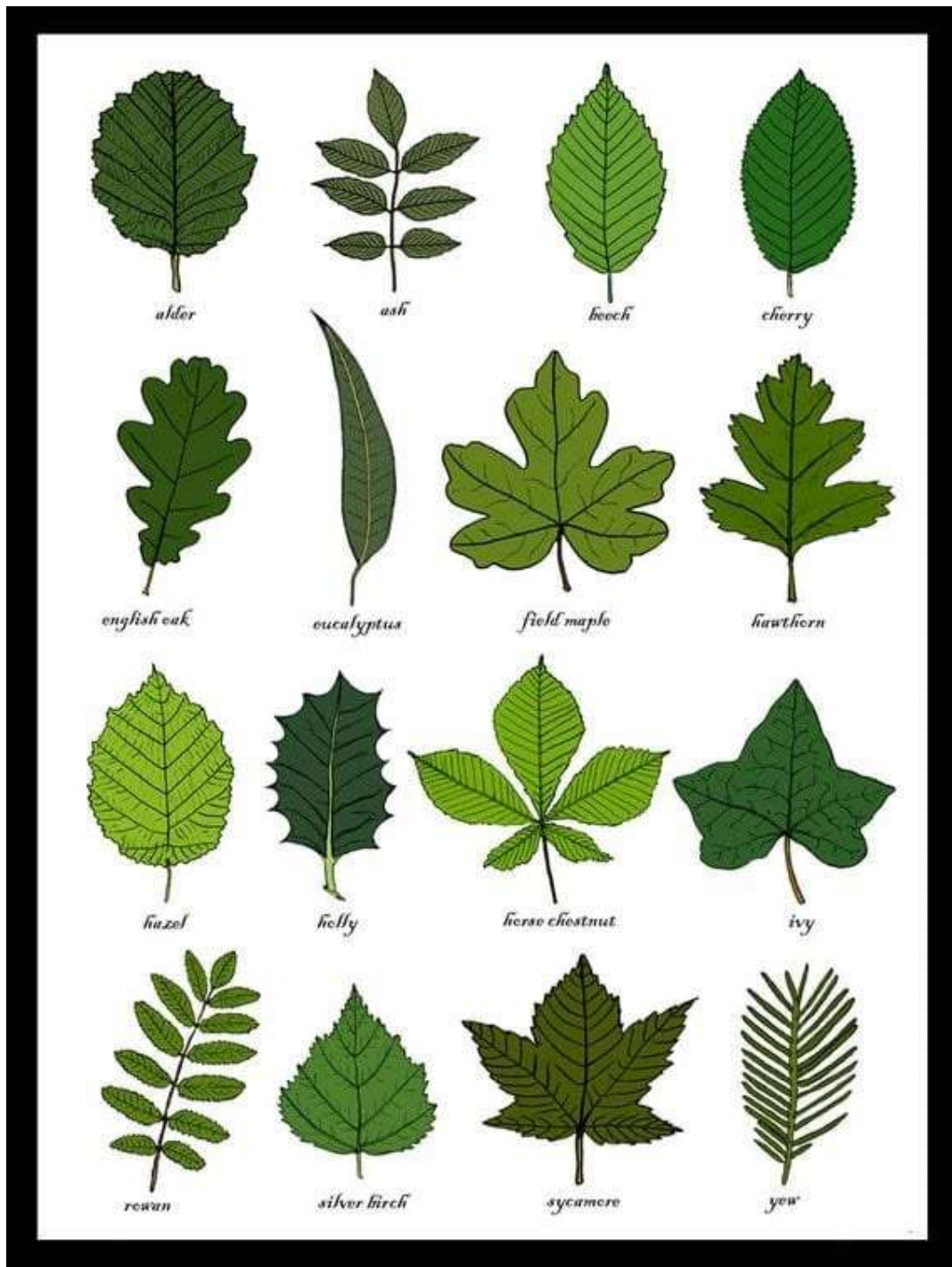


Making crowns or bracelets with leaves, flowers and sticks is always a fun thing to do with nature. You can do this with strips of card or paper bent into shape or just use some bending sticks-willow is particularly good for this. You can also use the same idea for making smaller bracelets.

You will need:

- Card, paper, paper plate with hole in the middle, sticks for making the crown.
 - Natural materials to decorate.
 - Double sided sticky tape or folded over sticky tape.
1. Collect items to decorate your crown.
 2. Make the base of your crown and fit to head size. You can cut the edge off of a paper plate or use strips of card or bend soft wood sticks into a circle.
 3. Decorate and stick on using tape or by weaving into the wood if using.

Tree Identification



When out on a walk or just in your own garden or park at this time of year it is easier to learn how to identify different trees because they have their beautiful leaves. Have a look closely at the shape and colour of the leaves, use the guide to identify what type of tree it is. Think about the similarities and differences between the different types of trees. Once you know what type of trees you have in your local area you can check in on them throughout the year and see what happens in the Autumn and then how they look without their leaves-are their bark and branches different to each other? What happens in the Spring?