

# GO EXPLORE: FOREST SCHOOLS

**WHY NOT ENJOY THE RESTORATIVE EFFECTS OF THE FOREST? WHETHER IT'S TO RELIEVE STRESS, RELEASE ENDORPHINS OR IMPROVE SELF-ESTEEM, THERE'S PROVEN BENEFITS OF SPENDING TIME IN NATURE.**

## LEAF ART

Consider making a leaf rubbing or creating your own masterpiece out of leaves (such as our leaf life cycle). To make a rubbing, simply grab a leaf and place it under a piece of plain paper, then rub a coloured crayon over the page.



## TREE-OLGY

Measure the ages of the trees in your forest. Are they older than the children's grandparents? To measure the age of a tree, simply measure 1.5m up the tree and then measure the circumference at that point (in cm). Divide the circumference by 2.5 to reveal the age.

## LEAF SCRAMBLE

Use a felt tip pen to write a variety of letters on 15 large leaves. Ask the children to make as many words as they can out of the scrambled letters. Example letters: A, E, I, O, U, Y, C, T, S, N, L, B, H, R, D. Answers could include: cat, dot, birds, you, their etc.

## SHELTER BUILDING

Find long sticks to create the basic frame for your shelter (don't forget a doorway). Layer more sticks on top to form a lattice pattern. Once you're happy with the frame, pile on raw materials like leaves, grass, moss, and pine needles. Pack tightly and repeat until your walls are fully insulated.

## POTION MAKING

Create your own signature scents using the smells of the forest. Find some of the forest's most fragrant materials and add them to a cup of water to unleash their perfume. Some pungent examples include conifer leaves, pine needles and wildflowers. Or add a dash of colour with buttercups or brightly coloured leaves.

## MINIBEAST HUNTING

Go on a minibeast hunt in the forest. Can you find any caterpillars, worms, woodlice, butterflies or spiders? Write down the minibeasts you find and consider what makes their habitats ideal for them.

The minibeast I found was....	I found the minibeast here...	The minibeast likes to live here because....

