



## Forest School Curriculum Intent

What we want the cohort to leave with	What we will put in place to achieve this	Examples of planned activities/opportunities that will support
<p><i>Self awareness</i></p> <p><i>The ability to understand their feelings, actions and emotions and recognise boundaries</i></p>	<ul style="list-style-type: none"> <li>• Clear teaching of Forest School rules</li> <li>• Clear safety guidelines taught and displayed</li> <li>• Opportunities to make decisions</li> </ul>	<ul style="list-style-type: none"> <li>• Planned mindfulness activities</li> <li>• Log circle activities</li> <li>• Time in session to practice and consolidate skills</li> </ul>
<p><i>Self regulation</i></p> <p><i>To ability to recognise our feelings regulate our emotions</i></p>	<ul style="list-style-type: none"> <li>• Staff's secure knowledge of individual needs</li> <li>• Zones of regulation embedded outside</li> <li>• Staff who verbalise emotions and regulation strategies</li> <li>• Opportunities to make choices</li> </ul>	<ul style="list-style-type: none"> <li>• Planned mindfulness activities</li> <li>• End of session evaluation of feelings</li> <li>• Physical challenges set up and offered to provide appropriate risk and challenge</li> </ul>
<p><i>Self motivation</i></p> <p><i>The ability to develop a sense of achievement through perseverance, appropriate risk taking, resilience</i></p>	<ul style="list-style-type: none"> <li>• Opportunities planned for children to achieve a goal</li> <li>• A skill and / or knowledge focus for each session</li> <li>• Vocabulary taught through</li> <li>• Staff promote perseverance</li> </ul>	<ul style="list-style-type: none"> <li>• Children taught to use equipment; peelers, bow saw, hammers</li> <li>• Hapa ome (hammering leaves and flowers)</li> <li>• Change of clothing provided</li> <li>• Balancing on logs</li> <li>• Den making</li> </ul>
<p><i>Empathy</i></p> <p><i>Learning to empathise with others</i></p>	<ul style="list-style-type: none"> <li>• Planned opportunities to work in pairs / small groups</li> <li>• Teaching to care for the environment</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing tools</li> <li>• Observing wildlife and plantlife</li> <li>• Planting and observing growth</li> <li>• End of session evaluation-children share challenges</li> </ul>
<p><i>Social Skills</i></p> <p><i>Developing communication</i></p>	<ul style="list-style-type: none"> <li>• Sessions planned to encourage negotiation, turn taking and co-operate with others</li> <li>• Introduce new vocabulary</li> <li>• Collaborative play promoted</li> <li>• Opportunities for children to play and work together</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing tools</li> <li>• Organising snack and sharing</li> <li>• Team games</li> <li>• Den building</li> </ul>

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