

Forest School at Nära Nurseries

At Nära Nurseries, we believe in the profound impact that nature has on children's learning and development. That is why we have included Forest School as one of our Enrichment activities. Forest School is a unique outdoor learning experience designed to nurture self-confidence, self-esteem, and overall well-being. This hands-on approach immerses children in a woodland or natural environment, where they can explore, discover, and learn at their own pace.

What is Forest School?

Forest School is rooted in Scandinavian educational practices and was formally established in Denmark. It focuses on child-led exploration in nature, providing opportunities for children to engage with the natural world in meaningful and enriching ways. The approach aligns perfectly with our philosophy, which emphasizes comfort, connection, and mindfulness in learning.



Forest School at Nära Nurseries

The Benefits of Forest School

Extensive research has shown that children attending Forest School sessions benefit in a number of ways, including:

- **Stronger social skills** – Children learn to work in groups, communicate effectively, and collaborate as part of a team.
- **Greater self-esteem and confidence** – Being in nature and overcoming challenges in this environment helps boost children's independence and belief in their abilities.
- **Improved self-awareness** – Children learn about their own strengths and limitations as they explore and take risks safely.
- **Better concentration and coordination** – The physical challenges and open-ended tasks in Forest School improve children's focus, motor skills, and problem-solving abilities.
- **Enhanced mental health** – Time in nature has been shown to reduce anxiety and stress, promoting a sense of calm and well-being.

What We Do at Forest School

Our Forest School Leaders are fully trained with an accredited Level 3 Forest School Lead qualification. They carefully plan and facilitate a wide range of outdoor activities that foster creativity, curiosity, and resilience. Some of the exciting experiences your child will take part in include:

- Building dens and creating shelters
- Exploring tracks and pathways in the woods
- Using simple hand tools to make wooden objects
- Cooking on campfires and enjoying outdoor meals
- Creating art from natural materials like leaves, stones, and branches
- Climbing, playing, and adventuring in all seasons and weather conditions
- Finding and identifying wildlife, encouraging a connection with nature
- Planting fruit, vegetables, flowers, and trees, promoting an understanding of life cycles

Forest School at Nära Nurseries

- Creating and following maps to improve spatial awareness
- Singing songs and sharing stories around the campfire, fostering imagination and language skills

Forest School Values

Our Forest School Enrichment not only focuses on physical development but also nurtures children's social, emotional, and cognitive growth. The natural setting encourages children to develop their independence and initiative, make decisions, and take calculated risks. These skills are crucial for building resilience and preparing them for future challenges in life.

How You Can Get Involved

We believe that the benefits of Forest School extend beyond the nursery setting. We encourage parents to embrace outdoor activities at home, and we often share ideas, resources, and suggestions for nature-based learning that you can try with your child.

