

Forest School - Sunday 5th December

Hey everyone! I wanted to share an outline of the next session so everyone knew what to expect.

P.S. This will be the coldest session so far so please make sure to wrap up!

Activities

We call forest school 'semi-structured'. This means you are free to do **whatever you like**. But we do also have **optional** activities planned if you would like to do them (you just need to ask a staff member if you can do them!).

Equipment we have for free play

- Hammocks



- A variety of tree swings
- A slackline (which you can walk across and try and balance on)



- Fire circle (not for playing, but for sitting around the fire, chatting and keeping warm!)
- Body socks



- Tent

Planned activities

At each session we will have some activities young people can get involved with during the sessions, and information about these activities will be sent in advance. This Sunday we have planned

- Making a Santa from a log!
- Mince pie donuts on the fire
- Make a willow star

There are also some activities that are on offer every month if you ask the forest school leader:

- Whittling
- Bug hunting (we have a few bug hunting kits)
- Lisa normally brings marshmallows, but you are welcome to bring your own marshmallows to toast on the fire (just in case)! If you bring a few digestive biscuits too, you can then make s'mores!

Other activities/ games



I have come up with some games/ other things we can play in the woods. If you have any suggestions please send them through, and I can add them to the list (there are other activities I will add here as soon as we have the equipment for them!). These activities are usually ran by Andy:

Shrek is coming

Hide and seek, but the person who is on is a terrifying ogre! If you are caught, you must help find the others too!

Sardines

In Sardines, one person hides and everyone else seeks. If people find the sardine, they hide with them. This game continues until everyone becomes a sardine

Predators vs Prey

This is hide and seek, but where everyone is split into two. The prey leave 'clues' to where they are hiding and the predators have to stay together and try and follow the clues to hunt them down!

Den Making

You just need sticks, your imagination, and you can ask for staff support if needed!

Bat and moth game

One group will form a circle; this will be the boundary. The others will be "bats" and "moths" inside the circle. Blindfold one volunteer inside the circle; they will be the bat. The other kids inside the circle are moths. The bat will periodically yell "BAT!" and the moths will respond with "MOTH!" Using only the sense of hearing, the bat will have to capture (tag) the moths that are trying to avoid getting caught. Once tagged, the moths join the circle.

The bear game

Everyone is in a circle and the bear is in the middle, who is also protecting something. The bear must be blindfolded or have their eyes closed and the leader chooses someone from the circle. This person must get the object the bear is protecting without the bear touching them. The bear must do this using sounds only as they are blindfolded!

Crocodile crocodile

Find a reasonably clear strip of land and position all those playing at one end except the nominated 'crocodile' who stands in the middle. The group then call out in unison 'Crocodile, crocodile...can we cross your golden river'? and the crocodile responds 'Only if you're....wearing blue/a girl/have brown hair/have a name beginning with N...etc (they can choose whatever they like)'. If you fit the description they can safely pass the river to the other side. The rest however then have to run across without being caught by the crocodile. If caught, they join the crocodile in the centre. This continues until only one person is left uncaught, they are declared the winner and can be the crocodile next (if playing again).

Capture the Flag