

Forest School Skills Award

The first step towards using the Forest School ethos to work confidently with young people in the outdoors

Develop skills, activities and safe working practice with like-minded people who care about young people and the environment

"Forest School learning is making a big difference to the lives of children with low self-esteem and lack of confidence. In our Forest School sessions we have seen shy children find a voice, and children who find it hard to concentrate focus on their chosen activity for an hour at a time."

Sara Knight, Forest School Leader and Trainer

Green Light Trust

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Reg. Charity No. 1000977



"The people were such great company and the leadership relaxed, friendly but seriously purposeful - a great balance and very inspiring."

Quote from student in 2007

If you are working or would like to work with young people in the outdoors and use the Forest School ethos as a basis, then the Level 1 Forest School Skills Award could be just the thing for you. It focuses on developing your confidence, skills and activities in the outdoors so that you, in turn, can actively raise young people's self-esteem, confidence, independence, language, communication skills and a love of nature and the environment.

On the course you will learn how to risk assess woodland sites and activities, rope-tying, fun activities for young people, basic tool use, shelter-building and making a campfire. In addition, you will develop an understanding of child-centred and child-led activities, enabling young people you work with to take risks with care, confidence, responsibility and be able to support each other.



Norfolk County Council

What is Forest School?

The Forest School ethos focuses on learning styles that maximise young people's emotional, social and behavioural development.

Using a woodland setting or other outdoor area as the 'classroom', groups of children with adult leaders spend a half day every week in a forest setting. They build a shelter, learn to keep themselves safe, and enjoy the chance to explore the woodland environment.

What we offer:

Working with Green Light Trust, Norfolk County Council offers courses from its Education Centre at Houghton Hall in Norfolk that show how to explore ways of enabling young people to become more confident in the natural environment.

OCN Level 1 Forest School Skills Award – An introduction to Forest School for people interested in using Forest School teaching techniques within their work environment.

This course involves 30 hours working in an outdoor setting combining theory, practical activities and work with children. You will develop an understanding of:

- Working safely in outdoor settings
- Carrying out practical tasks to enable you to support learners outdoors
- Identifying woodland life
- Using the woodland as a resource for learning
- Storytelling and how it can be used in an outdoor setting
- Forest School activities

Participants need to hold a current CRB certificate.

**For further information please contact Sue Falch-Lovesey 01553 774023
or Louise Ambrose on 07787 930030**

Dates for courses:

5th-6th March 2009 at Houghton Hall, Norfolk

26th-27th March 2009 at Houghton Hall, Norfolk

or by e-mail at susan.falch-lovesey@norfolk.gov.uk

*“Children of all ages and all abilities find special places and unique interests in the woods.
Each of them can succeed at something, and learn new ways of co-operating and
communicating.”*

Gill Brigg,
Education Team Leader

