

## Forest School Benefits

### How does Forest School Benefit my child?



<b>The Benefits!</b>	<b>The Negatives..</b>
<ul style="list-style-type: none"> <li>- Increased Confidence and Self Esteem.</li> </ul>	<ul style="list-style-type: none"> <li>- The children may become wet, muddy and cold.</li> </ul>
<ul style="list-style-type: none"> <li>- Improved Communication Skills.</li> </ul>	<ul style="list-style-type: none"> <li>- Mud Everywhere! - I have included a few links below which detail the importance of mud play and also list the benefits, whilst mud can be messy and a pain to get clean, The benefits in our opinion clearly outweigh any negatives and the smiles on the children's faces above when playing in the mud speak for themselves.</li> </ul>
<ul style="list-style-type: none"> <li>- Improved Balance, Coordination, and Fine Motor Skills Development.</li> </ul>	
<ul style="list-style-type: none"> <li>- Increased relaxation, concentration and motivation to learn.</li> </ul>	
<ul style="list-style-type: none"> <li>- Increased focus for children with ADHD.</li> </ul>	
<ul style="list-style-type: none"> <li>- Provides all who attend with respect and knowledge of the world around us.</li> </ul>	
<ul style="list-style-type: none"> <li>- Builds on independence.</li> </ul>	
<ul style="list-style-type: none"> <li>- Encourages problem solving.</li> </ul>	
<ul style="list-style-type: none"> <li>- Cross Curricular Skills.</li> </ul>	
<ul style="list-style-type: none"> <li>- Encourages Imagination and play.</li> </ul>	
<ul style="list-style-type: none"> <li>- Promotes Self Discovery.</li> </ul>	
<ul style="list-style-type: none"> <li>- Spatial Awareness.</li> </ul>	

- Risk Management in a safe environment.	
- Encourages and promotes creativity.	
- Improved Physical and Mental Health.	
- Helps everyone who attends to foster a stronger immune system.	
- Develops self-regulation skills.	
- Teaches children how to cope and learn from failure.	
- Helps children gain sense of achievement.	
- Prevents anxiety and depression.	
- Builds resilience.	
- Provides opportunities for hands-on, real life learning.	
- Being outdoor naturally relieves stress.	

There are many positive outcomes from your child attending Forest School Sessions as seen above and whilst I can understand that some of you may be upset with the amount of mud, there is at times throughout the year cases where this cannot be helped, as we all know the winter months bring cold temperatures, rain and wind. At Forest School we will do our utmost to ensure that all the children firstly are safe, have fun enjoying themselves and have a wide variety of learning opportunities offered to them should they wish to participate.

In order for us to achieve this we ask that you please ensure that the children attending are appropriately dressed. This will help keep the children happy, warm and dry.

**Below I have listed the items that your children will need to wear and bring with them when attending Forest School Sessions:**

- **Base Layers (Vest, Long Sleeved T-Shirt, Leggings)**
- **Mid Layers (Fleece/ Jumper and Trousers) - Top Layers (Waterproof Coats/ Waterproof Overalls) - Socks, Gloves, Hat and Scarves.**
- **Wellies**

We suggest that the children bring in a bag of spare clothing (named) to ensure that if your child does become wet/ cold and muddy we can allow them time to change into dry clothing.

We can provide spare clothing where needed and we also ensure that the children keep moving during their sessions to stay warm by playing a variety of fun team building and problem-solving games.

I ask that you all please REMEMBER that most sessions will be dry and that the wet, muddy and cold weather is only temporary for 2/3 months a year! (ONLY 5 Forest School Sessions a term).

I understand that the mess/mud can be stressful and a pain to clean however for 5 days a year I truly believe that the positive outcomes listed above outweigh the vary few negatives we are currently experiencing this winter. It would be a great shame for the children to miss out on

potential learning opportunities and a lot of fun. I would like to think the majority of you would agree.

### **Mud Play Benefits**

[The Magic of Dirt: 10 Benefits of Mud Play - Hands On As We Grow®](#)

[Mud Play for Kids: Why It's Worth the Mess \(healthline.com\)](#) [The Benefits of Mud Play - Kids Do Gardening](#)

*"The more risks you allow children to take, the better they learn to take care of themselves".*