

**WHAT IS
FOREST SCHOOL?**

The philosophy of Forest school is for individuals of all ages to have regular interaction with the natural world, where they are encouraged and inspired through positive experiences.

WHY ?

To raise self-confidence.
Develop physical, social and emotional skills.
To learn to make informed choices, manage risk and co-operate with others.
To promote personal responsibility & positive behaviour.

HOW ?

Through long-term participation in a range of engaging, motivating and learner-led activities, games and experiences. We work to students strengths, utilise their learning styles and promote teamwork. Sessions are run by fully qualified and insured Forest School leaders.

WHO AND WHERE ?

Forest School is for children and young people of all ages from Schools, Youth organisations and Community groups. We work from woodland in Cheltenham or other appropriate sites.

**WHAT ARE THE
BENEFITS ?**

Research shows:
Increased self-confidence and self-esteem. Development of social skills and awareness of actions on others. Improved stamina, gross and fine motor skills. A keenness to participate. Increased language and communication skills. Development of respect for and interest in nature.

**Treecreepers
Forest School**

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