



Forest School Session 1

In these sessions we will be sharing inspiration, facts & ideas for activities

Did You Know?

That today, on Wednesday 22nd April 2020, the day length is 12.5 hours
Tomorrow is a new moon, when the fasting of Ramadan begins

'It's Spring time! Trees are stretching and yawning. Buds are peeking. Birds are gathering materials and building nests. Seeds are seeking sunshine and sprouting.' *From 'I Love Dirt !' by Jennifer Ward*

Activity: Signs of Spring- On a walk, in your yard or garden, or by an open window in your house

Listen- find a safe spot to stand or sit, close your eyes and create silence. Can you hear...

Birds? How did they sound- happy, argumentative, joyful, chatty?

The Wind? Whispering through the tree branches or a soft breeze on your face?

Insects? Buzzing around?

Look- from your safe spot or on a walk look at the colours and patterns nature offers, look high & low

Colours- what colours can you find in nature? How many colours can you find in 1 flower, or 1 tree? How many different types of green can you see?

Patterns and Shapes- Are all flowers shapes the same with the same number of petals? Can you see a triangle in the trees, or cloud that is shaped like an elephant?

Smell- Find a flower, a leaf or a safe spot, close your eyes & breath in deeply into your nose what can you smell? Is it sweet or stinky?

Touch- Can you touch the bark of a tree, a new leaf, dew on a blade of grass, a bud, or a flower. Which feels rough, soft, tickly, wet, dry or something else?

Factbox:

Plants grow as days get longer...Colours in nature might be bright to bring bees to flowers or green camouflage & protect...the green colour in leaves helps plants get energy from the sun...animals have different shaped ears, wolves can hear and smell better than they see and have ears that can move

Trees of the week: can you find these trees

Silver Birch- can you do our sign 'Lady of The Woods'- can you spot the silver bark, thin waving branches are the tiny triangle leaves swaying in the wind?

Sycamore- can you do our sign and pretend to be more and more sick- *sick-a-more*...Can you spot the leaves with 5 points, in the shape of a palm, and can you see their flowers on the floor blown by the wind?

Time to Reflect- can you discuss this with someone at home or write down in your notebook?

What have you learnt today; do you know a feeling you had today; what was the best bit and the worst bit; what do you want to do in nature next time