



Forest School Session 1

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

Did You Know?

That today, on Wednesday 13th May, the day length is 15 hours and 50 minutes
Why is May called May? Maybe after the Greek goddess Maia, the goddess of fertility.
Her festival is still celebrated on 15th May.

“Ne’re cast a clout till May be out!” This old country saying means that you should not rush to pack away your winter clothes until the month of May is over- because the weather can change quickly at this time of year. So, if a grown-up tells you to take a jumper out with you, it might not be as silly as it sounds....*Taken from 2020 NATURE MONTH-BY-MONTH by Anna Wilson and Elly Jahnz*

Activity:

This is the busiest time of year for our wildlife, watch this 2 minute film to find out more:

<https://www.bbc.co.uk/programmes/p08bdg3g>

Spring Watch will live at 8pm on BBC2 from 26th May Tuesday-Fridays

Make a nest or mini den- inside or outside

Chris Holland in his book ‘I Love my World’, says that when he builds a mini shelter he thinks...*What is the shelter for? Where am I going to make it? What materials will I use for my framework? Where is the entrance? How will I keep the rain and wind out? Could anything fall on my den when I am in it?*



- You can make a den or nest inside using cushions, blankets, scarfs, broom sticks and tea-towels, or outside using sticks, leaves and anything you find outside – we always say that rubbish is the most dangerous thing to pick up outside so use things that are from nature. You can use skills from last week when you were making your crown, or use something solid as a wall (like a tree, fence or sofa) as your main frame. Most importantly have fun.

On your walk, or in your yard, or in your home to need to collect your nest and den making resources. Find:

- Small and fluffy? For the inside of your nest or den
- Nest Making- some bendy twigs or ivy that don’t snap to make a nest- using skills from last week when you made a crown, or dry curvy sticks to make a circle shape

- Mini Dens -lots of sticks. To make a mini den Y sticks are good and lots and lots of thin sticks no longer than finger tip to elbow size. You can stick a Y stick into some soil if you have it, and rest another stick into the Y, this will give you a frame that you can add sticks to. Make a tripod frame:



1. Find Y sticks



2. Place 2 sticks together to make an X



3. Third stick holds them up



4. Add more sticks

Fact:

All early building styles and materials are a produce of the land they come from. From igloos to tropical tree houses from adobe to cob people use materials around them. The same goes for dens and nests that creatures make, and the dens you can make. Birds use their beaks to gather and collect materials.

Trees of the week: can you find these trees

Beech- The buds of this tree are pointy and called needles, when the leaves come out they are a simple oval shape with a point, waxy shiny and bright green. Our Beech tree sign is hands behind our heads pretending we are relaxing on a beach

Elder- The story goes that witches hide in Elder trees, and you can see their knuckles in the tree's twigs, and that if you gently touch the leaves, you can smell the witch's breath. The flowers will start to open at the end of May, and people make Elder Flower drinks from it.

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 and what do you want to thank nature for today?

...and lastly, if you can get hold of any cardboard boxes, supermarkets have them sometimes, become inspired by an American boy called Caine, who used cardboard boxes to make – here is a wonderful 10 minute film about it:

<https://www.youtube.com/watch?v=falFNkdq96U&feature=youtu.be>