



Forest School Worksheet

Spring Term 1, Session 1

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

Did You Know?

- January is named for the Roman God Janus, (see the picture of a Roman coin above). He has two faces, one looks to the past and one to the future
- Although we are now in mid-winter we can look back and remember Autumn, there may still be some brown leaves. And we can look forward by spotting signs that spring is on its way. Look for buds on trees, shoots from spring flowers and birds getting busy. This gives us hope that the future will bring change

Activities:

Making Maps – you could use paper and pencils to draw a map, or you could use things you find to make a 3D map



Many of us have spent the last couple of weeks inside watching tv, playing on computers and eating delicious food but now we feel like going outside again, will you join us?

Start by looking out of your windows, what can you see? Can you see a green space that you can get to? How do you feel about going outside? How do you think it will feel to be outside?



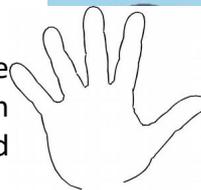
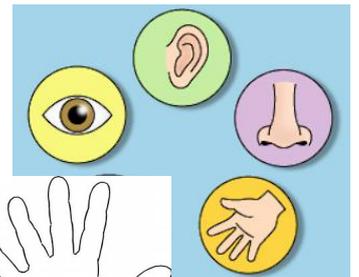
Draw a stick person, label it with how you feel about going outside, or get your dolls and teddy ready to go outside, what do they need to wear for a winter walk?

Get yourself ready and go outside to your nearest green space, it might be your garden, a local park, a small patch of shared grass, or some weeds in an alley, any space where green things grow will do.

Make a map of your outside green space, here are some ideas for maps:

Spend a minute or so to look around carefully, listen, sniff and touch all the living things you can: can you name 4 living things you can see, 3 living things you can hear, 2 living things you can touch and 1 living things you can smell.

Write them down or draw a picture of them



Have another look, what is the coldest thing you can touch, the wettest, the brightest colour you can see, the smelliest thing, the noisiest thing you can hear. **Draw round your hand**, write in each finger the things you noticed



Take some card and a pencil out with you, find a comfy place to stop, draw a circle in the middle of your page, that is you.

Close your eyes and listen, every time you hear something put an x on the paper where you heard it – this is a sound map.

Could you draw a line that looks like the sound?



Make a 3D Map - Collect some natural items, stones, sticks, fallen leaves, clear a space on the ground and make a map out of the things you have found



My Garden



My Map



Make an Ice bauble: You will need: an empty plastic pot that will hold water, some found natural items, a piece of string or ribbon

- Find some small natural items, I found berries of a tree, left over sprouts, bits of plants, dried grass, fallen leaves
- Arrange them in the bottom of the plastic pot, drape a piece of string with the two ends in the pot and the loop on the outside of the pot
- Put a thin layer of water in the bottom of the pot, just enough to cover the things you have arranged



- Leave outside overnight when frost is forecast
- Next morning check your pot, if its frozen you should be able to use the loop of string to lift the frozen ice bauble out of the plastic pot and hang it on a tree or bush.



Fact: Ice is water frozen to a solid state, water needs to be cooled to below zero oC to become ice, when the temperature rises above zero oC the ice begins to change back to water and melt

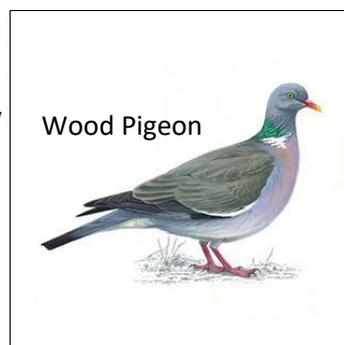
Bird of the week: Pigeons – spot the difference, have you seen Rock Doves or Wood Pigeons?

The Wood Pigeon is the largest pigeon in the UK, it is grey with a white neck and wing bars. It is a friendly bird, makes a soft cooing call and has noisy wings when taking off to fly



Rock Dove or Common Pigeon

The Rock Dove is the wild ancestor of domestic pigeons, they are pale grey with green and purple necks and dark bars on pale grey wings. Pigeons can have all sorts of colour feathers including bluish, blackish, pale grey, white, purple, green, brick red and cinnamon-brown



Wood Pigeon

Time to Reflect: Hope means something we are looking forward to, what are you looking forward to? Can you ask your family what they are looking forward to?

And finally our new feature, **Story Time with Jane**, just follow this link online to listen to Jane tell a soothing story round the fire. This week it is a Native American story about how the world began: Sky Woman Falling https://www.youtube.com/watch?v=ioHO_NCKosc