

Martlesham Primary Academy Forest School

What is Forest School?

“Forest School is as important to me as breathing” MPA pupil

“Forest School is an inspirational process, that offers ALL learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment”.

Forest School Association

Forest School is lead by a qualified Level 3 practitioner with full outdoor pediatric first aid training. Forest School sessions allow children to take manageable risks in a safe, risk assessed environment.

The benefits of Forest School

Through child initiated and child led learning children will develop skills such as:

- Communication
- Resilience
- Self confidence
- Social skills
- Independence
- Self esteem
- Gross and fine motor skills
- Problem solving
- Curiosity
- Empathy
- Sense of community and belonging



Activities may include:

- Cooking
- Fire lighting
- Tool use
- Nature art
- Den building
- Nature ID
- Singing
- Stories
- Wildlife care and preservation
- Tree climbing
- Mud play
- And many, many more...

There's no such thing as bad weather, only inappropriate clothing.



Forest School sessions take place in all weathers except for unsafe conditions (e.g. high winds). The environment can present some exciting and challenging experiences such as snow, rain and muddy puddles. It is essential that children need to be dressed appropriately throughout the year.