

Forest School ideas and BSS-Wild Wellbeing

Please refer to the 'Stockport Behaviour Support Service' link found on Warren Wood's School Website for further ideas.

Make a trail

The idea of the game is to make a trail for someone else to follow. Collect sticks, leaves, stones that can be used to make arrows and circles and squares to lead someone along a trail. Decide what each symbol means e.g. square means turn left or circle means stop. It could go around the garden or down the drive and even through the house. You could extend this by writing clues and creating a key.



That's Not A Stick!

Find a stick and then pass the stick around to each player. Player 1 says...'That's not a stick, it's a'..... E.g. flute, rock- et, magic wand. Pass the stick to the next player and use your imagination without repeating previous ideas.



Sit Spot

Find a 'sit spot' outside somewhere safe and comfortable with a parent if you are in a public place. Breathe deeply and notice how your breathing changes as you relax. Breathe in deeply for 3 seconds and then hold for 4 seconds and breathe out for 5 seconds. Build up this pattern until you are really focused. Now think about what you can hear, smell, sense around you?



Bug Hotel

Collects medium sized sticks and create a square tower. Then fill the tower with grass, smaller sticks and leaves. You could also fill a plastic bottle with the ends cut off. Make a sign and keep checking to see if your bug hotel has any visitors. Try making up a story about a creature visiting the bug hotel.



Flower Pressing

When you are in the garden or on your walk, collect different flowers and leaves. When you get home put your collection in a flower press or make your own by sandwiching the flowers between pieces of kitchen towel and put something heavy on top like a few books. Once the flowers and leaves have dried, make a picture or identification book.



Move like a....

Take turns for someone to be the caller and shout out...'Move like a...' and then choose different woodland animals, e.g. fox, owl or beetle. You could extend this by focusing on one animal and creating a fact file about what it looks like, eats or where it lives.

