

EASTBROOKEND FOREST SCHOOL

What is it?



The Forest School approach

Forest Schools are **nature-based** communities where trained practitioners nurture learner-led **exploration and discovery**, nurturing meaningful experiences for positive lifelong impacts.

Wellbeing is the foundation of our practice and through recognising the **social, emotional and physical** needs of participants we provide the guidance and facilitation for our time in nature. Through creating learner inspired experiences based on exploration and discovery, we recognise opportunities to mentor holistic growth over the course of long-term programmes.

We nurture a culture based on **collaboration and embracing challenge** so that we can allow, over time, for the blossoming of character, resilience and empathy, a greater sense of **connection with nature** and for our shared future.



Benefits of forest school

- Improves Confidence
- Improves Resilience
- Improves Physical Wellbeing
- Improves Empathy
- Gives an Insight into the Natural World
- Learner-led Learning
- Improves Physical Wellbeing & Motor Development
- Long-term Observation & Guidance from Leaders

What we offer at Eastbrookend

Based in East London's most beautiful and diverse country park, Eastbrookend Forest School gives **KS1 and KS2** pupils in Barking and Dagenham the opportunity for **unforgettable experiences** in nature **right on their doorstep!**

By offering **tailored outdoor sessions** for a maximum of **30 pupils each**, Eastbrookend Forest School is the perfect choice both for primary schools that are looking to introduce their students to the woods, and for schools that wish to fully engage their classes in a whole term packed with forest fun.



A typical forest school session

Meeting outside the woodland, excitement is in the air. The birds are chirping, the gentle wind rolls across the grass while little boots search for puddles.

The woodland has been checked and the equipment is ready to be taken with us.

Gathering together, we check in on how each person is feeling and what they wish to explore during their time in nature. We **introduce new ideas and skills** and invite them to engage our help when they wish to. Our role as a leader is to provide the nurturing they need whilst also encouraging them to stay with challenge, to **decide their own direction** and to make sense of the experiences they have.

The woodland space is a blank canvas, full of textures and materials to enrich the senses and stimulate the learning journeys that we will all undertake, whether by building fairy shelters, lighting smoky fires, using ancient forest tools or simply stopping to listen...

Through recognising the importance of appropriate **risk-taking**, the leaders mindfully allow learners to challenge themselves, linking these and all other experiences to social, physical, intellectual, communication or emotional development.

We conclude our time with review and reflection, checking in on the experiences and emotions of each person, sharing and recognising each individual's insight.

We make sure each member of our community feels valued and we recognise how we might nurture their individual character and connection with nature and their community.



Booking sessions

To book a session at Eastbrookend Forest School, send an email to rangers@lbbd.gov.uk and request a **booking form**. Once you have returned it, we will confirm the dates with you and set up a **pre-visit meeting** with teachers from your school to go over the activities and site.

We run forest school courses **during term time**.



Our Facilities

- Forest school area, wheelchair-accessible path, seating with back-rests and fire pit
- Free parking
- Accessible toilets (100m from forest school area)
- Indoor classroom (can be booked at no extra cost in case of very bad weather)
- Outdoor play-area
- Outdoor gym
- Eastbrookend Country Park Tea Room, serves food and drinks at Discovery Centre
- Sculpture and nature trails
- Lakes and ponds with viewing platforms
- Bird sanctuary
- Minibeast hunting educational area and bee garden
- Over 500 acres of beautiful nature

Want to find out more about forest schools?



Scan the QR code to watch a video from the Forest School Association website on the principles of forest school.

Well? What are you waiting for?