



The six principles of Forest School

By the Forest School Association

Principle 1: Forest School is a long-term process of frequent and regular sessions in a woodland or natural environment, rather than a one-off visit. Planning, adaptation, observations and reviewing are integral elements of Forest School.

Principle 2: Forest School takes place in a woodland or natural wooded environment to support the development of a relationship between the learner and the natural world.

Principle 3: Forest School aims to promote the holistic development of all those involved, fostering resilient, confident, independent and creative learners.

Principle 4: Forest School offers learners the opportunity to take supported risks appropriate to the environment and to themselves.

Principle 5: Forest School is run by qualified Forest School practitioners who continuously maintain and develop their professional practice.

Principle 6: Forest School uses a range of learner-centered processes to create a community for development and learning.

The Benefits of Forest School

Regular access to Forest School helps the child to

- build confidence and self-esteem
- become more independent
- make own choices by being intrinsically motivated
- develop communication skills
- develop social skills
- have empathy for others
- learn skills for life
- learn to take risks
- develop a love and understanding of the natural world

Forest School provides opportunity for holistic development

