

# Forest School for 6 – 9 Year Olds

*Mondays, Tuesdays, Wednesdays, and Thursdays, 12:15 – 3:15*

**Check-in:** Forest Schoolers are greeted by an instructor at the well house as they arrive. Parents communicate pick-up plans and children then hang up their back-packs and change-of-clothes bags and dive into their Forest School day!

**Drumming Circle:** our Forest School day begins with a Drumming Circle, a wonderful opportunity for everyone to come together, as one community, engaged in happy exploration of rhythm and music! We then transition to our singing bowl time, a time that invites youngsters to 'settle-in' before instructors provide a quick overview of plans for the day.

**Base Camp Activities:** Forest Schoolers then spend a little time on Base Camp engaged in activities before we head off on our expedition. Activities change daily and may include:

- Animal Care: feeding the goats forage and grain and the chickens fresh compost, filling up water troughs, raking out the barn and adding fresh hay, filling nesting boxes with fresh straw, gathering and sorting/counting eggs
- Garden Time: harvesting, watering, planting, observing, journaling
- Book Blanket: easy readers, picture books, field guides, resource books
- Bird Watching: filling bird feeders, using field guides and binoculars to observe birds
- Fairy House Building: using natural materials to build and add to our Fairy Houses
- Science Table: science tools and natural items to explore, investigate and learn from
- Field Activities: yoga, movement games, obstacle course, beat your speed, nature games, puddle mapping, compass work and more
- Art table: opportunities to explore and create art using a variety of different media and

**Preparing for our Expedition:** we do body care, collect our backpacks and meet at the Fire Circle, and then we all head out on the trail!

**Expedition:** each day we head to a different destination. We stop along the way to notice things that inspire the group's interest; signs of recent animal activity, seasonal changes, wild edibles we're learning to identify etc. Upon arriving at our destination, we set out activity blankets for children to use, as needed, for the activities planned for our day. Our expeditions include time exploring, group nature games or scavenger hunts, science investigations, fire making skills, cooking activities, shelter building, nature-based crafts, time sketching and writing in our nature journals, or having snack and conversation – in short, our time is spent fully enjoying the outdoors!

**Heading back to Base Camp:** we hike back to Base Camp in time for our Closing Circle

**Closing Circle in the Tipi:** our closing circle is a special time that includes sharing our 'favorites' from the day as our Sharing Stone makes its way around the circle. This is followed by our closing songs, *Peace like a River* and by *So Long, Farewell* a song the group sings as each youngster is called to check-out by an instructor as their designated adult arrives for pick-up

**Check-out:** Forest Schoolers check-out with an instructor and head home after their active, fun-filled afternoon of exploration and play.