

In Whiteoak Academies Forest School we are invested in holistic development of the participants. Holistic means 'whole' - enabling the development of the whole person.

Social development.

Children are able to socialise together in a different environment. The social connection is extended through shared experiences and goals. Children are able to choose whether to work together or separately.

Emotional development.

Time to reflect is an important part of all forest school sessions. To help children expand their emotional vocabulary and understand how they feel (emotional intelligence).

Spiritual development.

This refers to having a sense of belonging to the wider world, being part of something bigger than yourself, and your connection to nature.

Physical development.

Both fine motor skills and gross motor skills are developed in the outdoor environment, as well as stamina and positive experiences in 'bad' weather.

Communication development.

To learn to work as a team and improve communication skills. Develops skilful expression of thoughts and ideas, as well as the ability to listen to others. Reflection activities increase a child's ability to understand and describe their internal state, wants and needs.

Resilience

To teach resilience and allow for risk taking. It is ok to make mistakes!

Love of nature

To inspire our children about nature and the outdoors

To have fun

To have fun and learn in the best place on earth... the outdoors