

Rowhill Forest School Activities

At Rowhill, our Forest School ethos is rooted in a child-centred approach where every young person has the right to play, explore, and thrive. We believe that nature provides the richest classroom, one where curiosity is celebrated, resilience is nurtured, and children can learn at their own pace in a safe and supportive environment.

Our learners are encouraged to develop practical, hands-on skills that build confidence, independence, and creativity. From making fires and cooking outdoors, to constructing shelters, using tools, and learning basic foraging, every activity is an opportunity to grow in self-belief and responsibility. Exploring ponds, observing animals, and immersing in the natural world allows children to foster respect, care, and appreciation for the environment and all living things. Safety is at the heart of everything we do. Through careful guidance, our young people experience *positive risk-taking*, learning to manage challenges, make decisions, and recognise their capabilities. This balance between safety and freedom empowers them to build resilience and problem-solving skills that transfer into everyday life.

In a Forest School setting, mistakes become learning opportunities and successes are celebrated, no matter how small. By working with fire, tools, and natural materials, our pupils develop not only practical life skills but also patience, teamwork, and trust.

For children with social, emotional, and mental health needs, this approach is especially powerful. The calm, restorative environment of the woodland offers space to regulate emotions, build positive relationships, and experience the joy of discovery. Here, our young people find belonging, self-worth, and the courage to try again.

Our ethos is built on:

- **Child-centred learning:** respecting individuality and empowering pupils to lead their own learning journeys.
- **The right to play and explore:** providing time and space to imagine, create, and connect.
- **Practical outdoor skills:** fire-making, tool use, cooking, shelter-building, foraging, and nature observation.
- **Safety and positive risk-taking:** teaching responsibility, resilience, and decision-making within clear boundaries.
- **Respect and appreciation for nature:** developing care for the environment, animals, and each other.
- **Wellbeing and growth:** offering a therapeutic, inclusive space where self-esteem and confidence flourish.

At Rowhill, our Forest School is more than an outdoor classroom, it is a place of adventure, healing, and possibility, where our young people can become confident, capable, and connected to the world around them.









