

## **Y7 Ickwell Forest School Three Day Activity Course**

**Tuesday 10<sup>th</sup> July – Thursday 12<sup>th</sup> July 2018**

Forest School originated in Scandinavia and was brought to the UK in the early 1990s. Sessions are always **child led** (to foster independence) and **outside** (to gain the many physical and emotional benefits from being in nature). The Forest School ethos aims to promote students' confidence, social skills, sense of self-worth and emotional well-being in an outdoors environment.

**Students are not taught but are encouraged to find things out for themselves** so they can develop their initiative and imagination (problem solving), learn resilience and resourcefulness (perseverance and determination), learn how to give and how to ask for help and support from peers (emotional intelligence and teamwork), and learn how to appropriately self-manage risk in an increasingly risky world.

As this is a holiday activity course, we want the activities to be fun and adventurous but still help and support the boys to develop the skills above. Mrs Rebecca Russell who is running the course, is a qualified Forest Leader (Level 3) and a qualified First Aider too.

**Date: Tuesday 10<sup>th</sup> July – Thursday 12<sup>th</sup> July 2018** – inclusive

**Time: 09.00 -16.30** (boys may be dropped off from 08.30)

**Where:** The activity course will take place at the **School's Nature Reserve at Ickwell**. Drop off and Pick up at Bedford Prep School. Travel to Ickwell will be by mini-bus.

### **Activities will include:**

**Shelter building**

**Fire lighting**

**Tool use**

**Whittling, making things – bows and arrows, tent pegs and mallets for shelter building**

**Studying wildlife**

**Playing team and group games**

**Tracking games**

**Using a Kelly Kettle**

**Rope and string work**

Although some of the activities might appear familiar, the boys will build on their previous experiences at Ickwell to develop their skills to the next level. For example, they will make and use tools for their shelter building and learn whittling skills to make their own bows and arrows.

**Cost: £99** in total (includes travel but boys to provide their own packed lunches – snacks and drinks will be provided)

Places are **limited to 16** so please book [here](#) as soon as possible to avoid disappointment! If you require any additional information about this course please contact [rrussell@bedfordschool.org.uk](mailto:rrussell@bedfordschool.org.uk)

Yours sincerely

**Mrs Rebecca Russell – (Forest School Leader and Course Organiser)**