



13 FOREST SCHOOL Activities

Build & Create

- Build a den from fallen branches leaned against a low tree fork
- Build a miniature village on the forest floor from sticks bark and pebbles
- Find a ditch or stream and build a bridge strong enough to hold a rock
- Create land art by arranging natural materials in patterns on the ground
- Weave grasses and wildflowers through a forked-stick frame

Sense & Observe

- Mix different soils with water to make mud paint and paint on bark
- Set up a blindfold rope trail and follow it using only touch sound and smell
- Pick a sit spot and sit quietly for five to fifteen minutes observing
- Sit in a circle and take turns building a collaborative story set in the woods

Risk & Challenge

- Let kids climb a tree with low sturdy branches
- Teach basic whittling with a real knife and soft wood (age 7+)
- Build a small campfire together and learn fire safety
- Design a natural obstacle course using logs rocks and branches

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