

HARE FOREST SCHOOL



FOREST SKILLS WORKSHOPS
WELCOME PACK

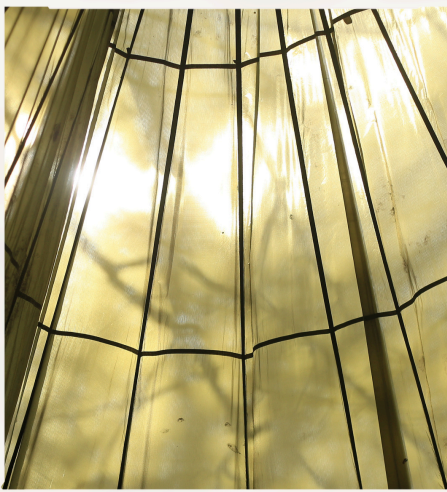


INTRODUCTION

THE AIM OF THIS WELCOME PACK IS TO HELP YOU
FEEL SAFE AND PREPARED FOR OUR FOREST SKILLS
WORKSHOPS WITH HARE.

THROUGHOUT THIS BOOKLET YOU WILL GET TO KNOW
OUR TEAM, OUR LOCATION AND TOP TIPS FOR ACTION
PACKED DAYS IN THE FOREST.

OUR SITE



Our site is an ancient woodland called, Hazel Wood. It has all kinds of trees.
Our friends hazel and oak keep a look out onto green pastures.

When you arrive, Sarah & Georgie will be available to chat to you and your family, if you have any questions. You can also contact us before the workshop if there's anything you'd like to ask us. We know it can feel scary going to a new place, meeting new adults and new children. It's normal to feel nervous. Our team will help you feel settled.

When you feel ready, we will walk to the fire circle together. Here you can get to know more about the woods and the local flora and fauna! We will talk about what activities are on offer so you can choose what you'd like to do.

On our site you can enjoy building dens, crafting with natural materials, fire lighting, preparing food and rest in the hammock.



OUR TEAM



SARAH

**SARAH IS A TEACHER & FOREST SCHOOL LEADER
SHE LOVES MAKING CLAY FACES
SHE LEADS THESE WORKSHOPS**



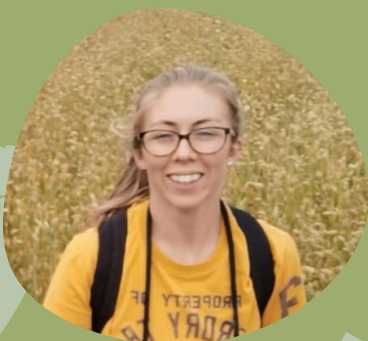
GEORGIE

GEORGIE IS OUR SENCO. SHE LOVES BEING OUTDOORS AND GETTING MUDDY. SHE CAN TEACH YOU NATURAL CRAFTS. HER SPECIAL SKILL IS THAT SHE CAN LICK HER ELBOW!



HELEN

HELEN IS A TEACHER. SHE LOVES FORAGING AND LISTENING TO BIRDSONG. SHE HAS 3 CATS & A DOG



JESS

JESS IS A FOREST SCHOOL LEADER. SHE LOVES MAKING FIRES, OUTDOOR COOKING AND WOODLAND CRAFTS



CHARLIE

CHARLIE IS A TEACHER
SHE LOVES GROWING HERBS,
FLOWERS & VEG PLANTS AND
WALKING IN THE WOODS



JOHN

JOHN IS A TEACHING ASSISTANT
HE LOVES BEING OUT IN THE
WOODS



MATT

MATT IS A TEACHER. HE CAN TEACH
YOU SOME REALLY USEFUL KNOTS TO
HELP YOU BUILD SHELTERS.

ASK THESE ADULTS ABOUT THE THINGS YOU'D LIKE TO DO

FIRE LIGHTING - SARAH OR JESS
WHITTILING - SARAH OR JESS
DEN BUILDING - MATT, GEORGIE, SARAH, HELEN
WOOL CRAFTS - GEORGIE
ARTS & CRAFTS - HELEN OR GEORGIE
GAMES LIKE SCAVENGER HUNTS - SARAH OR JESS
PREPARING FOOD - GEORGIE OR JESS

IF YOU FEEL WORRIED OR NERVOUS, OR YOU ARE
UNHAPPY ABOUT ANYTHING WHILE YOU ARE WITH US,
PLEASE SPEAK TO ONE OF THESE ADULTS. YOU CAN
CHOOSE WHO YOU FEEL MOST COMFORTABLE WITH. THEY
ARE ALL LOVELY AND WILL DO THEIR VERY BEST TO HELP.

BUSH CRAFT



DEN BUILDING

LEARN HOW TO BUILD
SUPER STRUCTURES

WHITTLING

LEARN KNIFE SKILLS &
WHITTLE STICKS

PLANT & TREE ID

GET TO KNOW THE
NATURE AROUND YOU

FIRE LIGHTING

HELP KEEP US WARM
OR COOK ON THE FIRE

SAWING

LEARN TO CUT WOOD
WITH A SAW

BUILD A BUG HOTEL

LET'S CREATE HOMES
FOR LITTLE CRITTERS

CRAFTS



MUD CLAY

MAKE YOUR NATURE
INSPIRED CREATIONS

FELTING

USE NATURAL WOOL TO
MAKE CREATIONS

NATURAL DYES

USE PLANTS TO MAKE
COLOURS, PATTERNS
AND PAINTS

WILLOW WEAVING

WEAVE YOURSELF A
BEAUTIFUL CREATION

MAKING BIRD FEED

OUR WINGED FRIENDS
NEED SNACKS TOO!

ROCK PAINTING

KEEP IT OR FIND IT A
NEW HOME

FREE PLAY AND GAMES



MUD KITCHEN

COOK UP A MUD PIE OR
A PINE CONE STEW

MAKE NEW FRIENDS

CONNECT WITH NEW FRIENDS
WHILE EXPLORING THE
WONDERS OF NATURE!

CHILL OUT

USE OUR HAMMOCKS
TO HANG OUT

WOODLAND GAMES

DEER EARS, SPOT THE
WORM, CAPTURE THE FLAG

SCAVENGER HUNT

WHAT TREASURE CAN YOU
FIND IN THE FOREST?

HERB TEAS

LEARN TO MAKE YUMMY
WARMING TEA

FOOD



LEARN TO COOK WILD FOOD

Did you know that food grows all around us? Connecting to a landscape can be done using your super senses and food is a great way to engage all of them!

Can you spot edible herbs? How do they feel? Do they have a smell? what do they taste like? (only do this with an adult)

COOK OVER THE FIRE

At our workshops, we prepare a fresh lunch every day, and guess what? We'll even use the fire to cook some of the food! Our favourite is homemade smokey baked beans and jacket potatoes! But that's not all - we love cooking up some tasty veggie skewers, sizzling with flavour right over the flames. And who can resist roasting a marshmallow for a treat afterwards? So, get ready to enjoy the delicious smoky goodness straight from the fire at HARE!



LUNCH



MAKE YOUR OWN LUNCH

We believe in teamwork and healthy choices at our workshops! That's why we love when you lend a hand chopping up the food and preparing nutritious meals. Did you know that the food we use is grown locally? That means it's fresh and packed full of all the good stuff like vitamins and minerals to keep us strong and healthy! For example, one food we use a lot is spinach, which is super high in vitamin A, great for our eyes and skin! So, get ready to roll up your sleeves and join us in making delicious and nutritious meals together.

SERVE UP YOUR OWN

You get to serve your own food because it's fun, means you can choose what goes onto your plate and helps you feel independent! Imagine being like a chef in your own kitchen, picking out exactly what you want to eat and how much. Plus, it's a great way to learn about different foods and how to make yummy meals. So grab that spoon and fork, and let's get serving.



SUMMER WORKSHOPS

MENU

There will be a range of tasty foods for you to choose from our daily buffet.

We will provide vegan, veggie, gluten-free and dairy-free options every day! You parent/carer will let us know what you can and can't eat.

TUESDAY

Jacket Potatoes
Smokey Beans, Cheese, Tuna,
salad

WEDNESDAY

Pasta
Tomato Sauce, Pesto, Tuna,
salad

THURSDAY

Jacket Potatoes
Smokey Beans, Cheese, Tuna,
salad

DAILY BUFFET

Boiled eggs, carrot sticks, cucumber, lettuce,
cheese, vegan cheese, sweetcorn, tuna,
hummus, bread, gluten free bread.

We may also cook baked beans and
vegetables on the fire, along with
our jacket potatoes.



OUR DAY



WELCOME & OPENING CIRCLE

10:30

Sarah and Georgie will be at the gate to welcome you. Your parent/carer will sign you in on the register. Once all the children are signed in, it's time to say goodbye to your family and we will go into the woodland together. Opening circle at the fire circle includes a welcome and a game to help us remember each other's names.

FREE PLAY & CRAFTS

10:40

During the sessions, you can enjoy crafts, games, and play like bushcraft, campfire cooking, scavenger hunts, and more. Help yourself to water from the table near the log circle anytime. You can also try herbal teas with help from an adult. Just ask!

LUNCH TIME

12:30

Choose what you like to eat from our buffet! Lots of yummy stuff like salads, veggies, tuna, cheese, bread, beans, and hummus. Eat how you want, whether it's making sandwiches or trying everything. We've got alternatives for special diets, and you can get more food whenever you want. If you need a new plate, just grab one!

GAMES / BUSHCRAFT

1:30

In the afternoon an adult usually runs group games such as 'capture the flag', 'wolf and deer' or '1, 2, 3 where are you'. You can join in with the game or chose a different activity, such as crafts or bushcraft. You can always find a quiet corner to have a rest or play games with other children.

CLOSING CIRCLE & GOING HOME

2:15

During our closing circle, we'll gather at the log circle, chat about what we loved today, and if there's anything we'd tweak for next time. You can share if you want, but it's okay if you'd rather listen. We'll make sure you have all your belongings and any creations you made. We will wait in the circle for each child to be called to meet parents/carers at 2:30.

KIT LIST

FOREST SCHOOL IS DIFFERENT FROM OTHER CLUBS, IT'S OUTSIDE ALL DAY, SO YOU WILL NEED THE RIGHT CLOTHING. IF YOU DON'T FEEL LIKE WEARING THESE THINGS, PLEASE BRING THEM SO YOU HAVE THEM LATER WHEN YOU NEED THEM. IT CAN BE COLDER IN THE WOODS THAN YOU THINK



WELLIES,
WATERPROOF SHOES, OR
STURDY BOOTS/SHOES



WARM LAYERS & A
JUMPER OR HOODY



A WARM COAT & HAT
WARM TROUSERS/LEGGINGS



A RAIN COAT (ALSO BRING
WATERPROOF TROUSERS IF
YOU HAVE THEM)



A SPARE CHANGE OF CLOTHES
(SOCKS AND PANTS TOO)



IF YOU DON'T HAVE ALL THESE ITEMS, PLEASE ASK YOUR PARENT/CARER TO CONTACT US SO YOU CAN BORROW WHAT YOU NEED FROM OUR WELLY & WATERPROOF LIBRARY

WHAT WOULD YOU LIKE US TO KNOW?

WE WANT TO DO EVERYTHING WE CAN TO SUPPORT YOU TO HAVE A BRILLIANT TIME AT HARE.

NOW YOU KNOW ALL ABOUT US, THERE MIGHT BE SOME THINGS YOU'D LIKE US TO KNOW ABOUT YOU, TO HELP US GET TO KNOW YOU BEFORE YOU COME TO FOREST SCHOOL.

IT WOULD BE GREAT IF YOU WOULD ASK YOUR PARENT/CARER TO HELP YOU FILL IN GLOUCESTERSHIRE COUNTY COUNCIL'S "ALL ABOUT ME" FORM:

[HTTP://FORMS.GLOUCESTERSHIRE.GOV.UK/ALLABOUTME](http://forms.gloUCEstershire.gov.uk/allaboutme)

THIS WILL LET US KNOW HOW BEST TO WELCOME YOU ON THE DAY

IS THERE ANYTHING ELSE YOU WOULD LIKE TO SAY?

IF THERE IS ANYTHING ELSE YOU WOULD LIKE TO TELL US BEFORE YOU COME TO FOREST SCHOOL, OR IF YOU HAVE ANY QUESTIONS THAT WE HAVEN'T ANSWERED IN THIS BROCHURE, YOUR PARENT/CARER CAN EMAIL US AT [INFO@HARECIC.CO.UK](mailto:info@harecic.co.uk) OR PHONE/WHATAPP US ON 07761164352



WE LOOK FORWARD TO SEEING YOU IN THE FOREST SOON