

FSA National Conference 2023 Workshop List



We have a great collection of workshops for you at this year's conference, set out in this brochure.

Bookings go live at 12 noon on September 1st 2023.

In order to help people decide on a balanced selection of workshops we have separated them into **eight categories**. The following categories each reflect the content of the workshops and categories are labelled at the bottom of the pages:

- **Explore** workshops maybe mobile workshops that explore the site at Danbury or workshops that explore a concept or idea in a theoretical fusion of thoughts
- **Nature Connection** workshops are all about connection to nature in thought, word, or deed
- **Create** workshops are about making things or thinking about the process of making things.
- **Play** workshops explore skills and theories that help us plan for the wonder of play within sessions
- **Skills and tools** are to hone your skills whilst using tools or maintaining them
- **Nourish** workshops are all about food, feasts or cookery
- **Wild words** are about language, storytelling, and poetry
- **Learn and discuss** workshops are about deeper learning, theory, and practice that support the pedagogy of Forest School

IMPORTANT INFORMATION

If you are coming for the full weekend there are three workshop slots for you to fill, you should choose one workshop to attend per slot. If you are coming on a day ticket you have two workshop slots and must only choose workshops that run on Saturday morning and afternoon

- **Saturday 30th at 10:30 – 12:30**
- **Saturday 30th 14:30 – 16:30**
- **Sunday 1st October 10:30 – 12:30**

This list is as accurate as we can make it but life has a habit of messing with your mojo and these workshops may be subject to change with no notice. Please check on your workshop choice status on Eequ. Make sure that our emails and those from Eequ to don't end up in your junk mail or whitelist us.

EXPLORE WORKSHOPS

"In every walk with nature one receives far more than he seeks"
John Muir

FORAGING AT FOREST SCHOOL

With Gemma Hindi

Sat 30 Sept 2023 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Pickup point: H

Gemma Hindi a professional wild food guide and forest school trainer, will be offering an eye-opening foraging walk exploring the wild species growing all around us. You will get to delve into botanical and mycological identification, taste some incredible edible flavours, learn the Forager's Code, and discuss how to introduce these activities into our sessions.

KNOW YOUR TREES

A guided walk to enhance your Tree ID skills.

With James Kendall

Sat 30 Sept 2023 - 10:30 - 12:30

Pickup point: B

Could your tree ID be better? James, from Woodland Classroom, is leading this guided walk to look closer at native and introduced tree species around Danbury. You will look at the whole tree to pick out defining features and share ideas on how we can interpret what we're seeing to the groups we work with. Learn to see the trees from the wood ;-). Autumn is a season of massive change across our countryside. As the wind blows, the familiar leaves we know from summer are rapidly disappearing, but if we look closer, we can understand the clues trees give us to unlock their identity and so much more. It's an interesting time to be out in the woods. On this workshop, we'll show you how to identify trees in autumn by looking at turning leaves, nuts, seeds and fruit and other clues. We'll also look at the different uses that trees have, their place in the ecosystem and dive into a bit of woodland folklore. You will also take away your very own Autumn Tree ID guide which you can use for your own practise

KINSHIP WITH THE MORE-THAN-HUMAN

Exploring beyond nature connection.

With Paul Moseley

Sat 30 Sept 2023 10:30 - 12:30

Pickup point: Q

The forest school practitioner is uniquely placed, through the communities that we hold a space for, to create meaningful relationships with the natural world. In understanding how to contact, connection, culture and kinship emerge out of forest school practice, we are better able to create an inspiring alliance between humans and non-humans. This workshop will explore assumptions about nature, the role of kinship and imagining new perspectives on how we relate to the more-than-human world.

WALKING-WITH: PLACE-RESPONSIVE PRACTICE

Multispecies relationships within spaces.

With Paul Moseley

Sun 01 Oct – 10.00 - 12.00

Pickup point: Q

Exploring how we interact with 'space' ultimately informs the basis for how we nurture and experience our sense of place. The way in which we walk, touch, look, listen, smell and taste the world around us matters. Our bodies are the roots through which we feed our experience of the world. Through how we embody a place we can pass through it seemingly disconnected or come to recognise the distinct experiences of our fellow beings, and our collective "personhood". This workshop will explore how movement, awareness and tracking skills combine to create new sensations of place and kinship with the natural world.



EXPLORE

NATURE CONNECTION WORKSHOPS

"There is no Wi-Fi in the forest, but I promise you will find a better connection." Ralph Smart

BE THE TREE: Using personification to enhance relational dimensions between learners and the natural world

With Tara Crank

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: Y

Tara presents an integrated pedagogy and practice workshop that draws from her light-hearted approach to learning about trees by doing impressions of them. In this workshop she uses creative and fun hands-on activities smoothly paired with academic theory and discussion on human-nature relationships. This will inspire you as workshop participants to critically reflect on your values when it comes to supporting learners to see nature as part of themselves in a world dealing with environmental crisis.

CONNECTING WITH A NATURE ALLY

With Robert Black

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: O

The natural world offers insight to those who listen. In order to listen we have to invite a conversation. In this session we will bring a question to a potential ally in nature and explore what it means to have "conversation" with a natural being we meet. Come see what they can teach you!

BREATHE AND BE - SELF-CARE FOR FOREST SCHOOL LEADERS

With Marie Charles

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: J

Marie is a holistic coach and knows first-hand the importance of self-care and self-regulation when working with young people. We know that Forest School provision often attracts neurodivergent learners with high needs. We discuss the challenge to keep our own emotions and judgments in check. We look at times we might struggle to co-regulate or may be triggered by an experience or behaviour. How can we be the best version of ourselves? How can we protect our energies and central nervous system? What tools can we have in our toolbox to de-escalate a situation and manage ourselves? We will touch on NLP, EFT, meditation, mindfulness, and CALM techniques. A workshop designed your own internal systems in mind and tools to take away to use every day.



NATURE CONNECTION

CULTIVATING CONNECTION -SUPPORTING THE SPIRAL OF LIFE

With Louise Ambrose and Steph Weston

Sun 01 Oct 2023 - 14:30 - 16:30

Pick up point: M

"You are the World, and the World is You." ~ Jiddu Krishnamurti

In this workshop we explore how we can live in a time of human and planetary crisis. We look at how to create a culture of connection in service of future generations (of all species).

Forest School can be an opportunity to create such a connective container. We ask, how can we maintain the connection to nature, each other, and ourselves in a modern, judgemental, consumeristic society? When it is designed to disconnect us. How do we 'do' connection when other people are looking at us funny! and how do we step into the flow of Life and connect? How do we know when we or others are 'in connection?' We discuss what effect could that have on the world and life? Together we will dig deep and draw inspiration and active hope from those who have dedicated their lives to connection, including Jon Young and Joanna Macy.

DEAFNESS AND CONNECTION: INCLUDING ALL CHILDREN IN THE FOREST

With Susannah Cornish

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: I

Did you know -one in five- children will have hearing difficulties that impact their development during their early lives. Come along and learn a little about deafness, share practical top tips on how to include, support and connect with deaf children. We will talk about talking and talk about signing! We will learn through play, story and song and learn some Forest School Signs. Susannah is a qualified teacher of the deaf with a particular interest in developing and enriching early language, listening and attention through play, singing and games - following the child's own interests.

FOREST BATHING WORKSHOP

With Charlotte Atkinson

Sat 30 Sept 2023 - 10:30 - 12:30

Pick up point: S

Forest Bathing, also known as 'Shinrin-yoku', is a great way of improving your well-being by slowing down, relaxing and connecting with nature. This form of nature therapy was developed in Japan as a result of research that showed that two hours of mindful exploration in a forest setting could reduce blood pressure, lower cortisol levels (the stress hormone) and improve memory and concentration. In this two-hour guided Forest Bathing workshop, we will follow the optimal flow sequence which will include connecting with the woodland environment through your senses and walking slowly and mindfully. You will be offered invitations to experience the woodland in different ways, sometimes alone and sometimes with others. We will finish with a tea ceremony. The focus will be on slowing down, taking notice, and enjoying calm and relaxation.

NATURE MANDALA SCULPTURE

With Robert Black

Sun 01 Oct 2023 - 14:30 - 16:30

Pick up point: O

Come and play and make art with nature! Using our imagination is one of the most important ways of communicating within ourselves, in groups and with natural beings. In this session we will be making our own sculpture, but within the context of a group co-creating a mandala in a natural setting. We will start to see and feel in what ways we are individuals, nested in a group, gently held within a broader nature context. Be part of the magic unfolding together.



NATURE CONNECTION

NATURE'S GUIDE TO A THRIVING FUTURE -
INTERCONNECTION AND BIOMIMICRY PRACTICES
FOR FOREST SCHOOL LEADERS

With Deborah Benham

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: S

Following the keynote talk on this subject, this is an opportunity to experience and learn some deep nature connection and systems level Biomimicry practices, which you can use in your own sessions. These practices support participants to develop a felt-sense of being an intrinsic and valuable part of an interdependent living world, and to gain the Eco literacy, mindset, design skills and personal confidence to become positive agents of change - whatever their age.

TREES: THE ROOTS FOR WELLBEING

With Louise Horsfall

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: T

Participate in a range of wellbeing exercises, with a foundation of nature connection. These are suitable for children and adults and can be used with groups, working 1:1 or personally. We will experience the activities first hand, and discuss the theories, practicalities and differentiation when bringing them to your setting. We will draw on and explore: the importance of nature connection; emotional regulation strategies; the use of metaphors; anchoring positive experiences; promoting ongoing nature connection after a FS programme ends; personal reflection time; and how nature supports our own wellbeing.



NATURE CONNECTION

CREATE WORKSHOPS

"Craft makes us feel rooted, gives us a sense of belonging and connects us with our history." Phyllis George

WAYAPA WUURRK (EARTH CONNECTION) INTRODUCTORY WURRKSHOP

With Debbie Mace

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: G

This workshop introduces Wayapa Wuurrk. It means connect to the Earth in the languages of First Australian people. It's internationally accredited, intergenerational and available to anyone of any age to their ability, through Mindfulness or Movement (seated or standing). Wayapa is truly inclusive and holistic offering Earth, Mind, Body, Spirit Wellness, with opportunities for unlimited meaningful conversations about Nature Connection. Focusing on a narrative of 14 Natural elements illustrating our interconnectedness with the web of life, it respectfully appreciates our place as Nature living regeneratively with Nature honouring sacred Indigenous wisdom, but it does NOT teach culture. This would not be appropriate. Wayapa is a gift from Jamie Marloo Thomas, Sara Jones, and respected elders from the oldest living culture on Earth, to every citizen of Earth. They'd love it to be meaningfully integrated across the globe for us to reconnect with Nature.

WILD MINDFULNESS

With Robert Black

Sat 30 Sept 2023 - 10:30 - 12:30

Pick up point: O

Just being, letting go of doing for a little while, opens the door connection. Nature's intelligence flows through the trees, the rocks, the birds and the water. It can flow through us if we let it. Mindfulness is the art of tuning into our 8 (or more) senses and allowing this flow. See what comes as the dross in the mind begins to settle!

WILLOW WEAVING WITH BASKETRY WILLOW.

With The Coddwomplers

Sat 30 Sept 2023 - 10:30 - 12:30

Pick up point: Market Stall

Using basketry willow in a Forest School setting. Run by two basket makers.

Have you got a bundle of willow in your shed and don't know what to do with it? Always fancied using basketry willow with children but don't know where to start? Maybe you've tried some willow weaving but the rods just keep snapping? Don't despair, The Coddwomplers have all the answers!

In this workshop we'll look at buying, storing and preparing basketry willow and try out a few simple weaving projects you can do in a Forest School setting, such as making fish and bird feeder. You'll learn lots of practical tips, and discover why a coffee tin is an essential tool to success! We will also be open all weekend selling our willow goodies and for drop-in willow weaving workshops.



CREATE

DUTCH ARROW MAKING WORKSHOP

With Mel Grenfell

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: C

Many of us enjoy connecting with our ancestors through the exploration of primitive skills, and in this workshop, we'll "aim" to do just that! Dutch arrows are throwing darts, propelled with a piece of cord to increase leverage - a step on from a spear, a step back from an atlatl....probably...

We'll examine how to approach this activity with young people, craft our own, and then learn how to throw them.

CRAFTING AS CULTURE

Natural materials as foundations for culture.

With Paul Moseley

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: Q

Forest school communities are in contact with the natural world and in so being have a unique opportunity to nurture a deeper relationship through its materials. Through child-led exploration and discovery it is possible to support a rich assemblage of moments through crafting. In working with natural materials, we are influenced by their qualities, entering into interesting new assemblages. This workshop will explore how craft, enskillment and materials combine to create immersive and responsive relationships with the natural world.

GYPSY FLOWER MAKING ON SHAVE HORSES WORKSHOP

WITH Rustic Tim and son

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: Market Stall

We will have 5 shave horses using hazel and draw knives to make gypsy flowers

BUCKSAW WORKSHOP

Refresh your tool skills and craft a stool

With Mark Clarke

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: Market Stall

Mark Clarke will guide you through the processes involved in making and using a light duty Bucksaw. A £4 materials fee applies to this workshop, payable on the day.

ENCHANTED FAIRY AND ELF CREATION

With Rebecca Winslade

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: W

Come and release your inner child as you create your own fairy furniture or play items for your own setting or garden. We will use saws, peelers, knives (bring your own if able) and drills to build own creations.

FORAGED WILLOW WEAVING

With The Coddwomplers

Sun 01 Oct 10:30 – 12:30

Using foraged willow and other materials in a Forest School setting. Run by two experienced basket makers. Have you got willow growing on your site, but don't know what to do with it? Have you tried collecting willow only to find it snaps when you use it? Would you like to know how to get started with weaving with children? Relax. The Coddwomplers have the answers to these questions and many more? In this workshop we'll look at the differences between basketry willow and willow that you might have growing on your site and locally. We'll use foraged willow and other materials to make tension trays which is a great project for a Forest School setting. We'll also show you how to make a hoop that doesn't ping apart (harder than you think!). The Coddwomplers will also be open all weekend selling their willow goodies and offering drop in workshops.



CREATE

PLAY WORKSHOPS

KYLIE MAKING WORKSHOPS

With Rupert Loch

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: E

What is a kylie? Kylies, Throwsticks or Hunting Boomerangs are among the most basic of the hunting technologies but hide a sophistication in their design that has created some of the most advanced aerodynamics possible in fixed objects. In this workshop, you will explore a brief history of the kylie before setting out to shape the blanks with knives, rasps and sandpaper. Rupert will explain how the airflow over the wings creates lift and use this understanding to shape a kylie that should be able to fly almost flat for 60 meters. Experience of handling and using sharp tools is essential; you are welcome to bring your own sharp things but you may prefer to use Rupert's knives as plywood is an effective way to dull an edge on a knife.

VERSATILE REEDMACE WORKSHOP

With Dave Watson and Tara Crank

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: Market Stall

The dynamic duo that is Dave Watson of @woodlandssurvivalcrafts and @Taracrank will be running a workshop on exploring bullrushes, a common plant of ponds, and how it can be used to create so many inspiring items. You will make some cordage, a simple matt, fine tinder as well as something tasty to eat

CONNECTING FOREST SCHOOL WITH THE EARLY YEARS

With GroWild

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Sun 30 Sept 2023 - 10:30 - 12:30

Pick up point: X

As Forest School and Early Years Educators, our biggest wish is for children to develop a deep connection with both themselves and the natural world around them through long, happy hours of self-directed play. However, it can be easy to find ourselves planning our children's play in order to complete a tick list of their achievements as they move through their milestones. Don't panic, there is another way! In this hands-on workshop, we will start with child led play and, looking at our unique nature/seasonal curriculum, explore how the Forest School ethos provides a wealth of rich learning opportunities. Our observations can then be linked to the Early Years Foundation Stage 7 areas of Learning and Characteristics of Effective Teaching and Learning. We will play, discuss, reflect and delve into a little bit of brain chemistry as we connect Forest School with the Early Years. Our session will also include a short story using simple Makaton signing.

MUSTER STOOLS WORKSHOP

With Mark Clarke

Sat 30 Sept 2023 - 10:30 - 12:30

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: Market Stall

Mark Clarke will guide you through the processes involved in making a deconstructable three-leg style milking stool. A £10 materials fee applies to this workshop, payable on the day.



The more risks you allow your child to take, the better they learn to look after themselves" Roald Dahl

FOREST SCHOOL AND RISKY PLAY

With Paul Lewis

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: A

Play is intrinsically important to optimal childhood development. Play is so important it is recognised by the United Nations High Commission for Human Rights (UNCRC Article 31) as an absolute right for every child.

Taking risks in a safe environment helps the learner to develop self-confidence, resilience, and the ability to risk assess and manage risk for themselves. Movements often associated with risky play such as swinging, climbing, rolling, hanging, are not only fun, but essential for building motor skills, balance, coordination and body awareness. Forest School provides many opportunities for fabulous risky play, I run Forest School with 3- and 4-year-olds throughout the year, and they never cease to amaze me what they are capable of when allowed to manage their own risk. But how do you best utilise what you have around you to ensure you can offer the best opportunities for adventures? What knots are easy to undo after a dozen children have been swinging from the rope for a full day? Can you actually do a full 360 in a hammock? Come and share ideas, if it's cool, let's work out a way to do it!

LADDERS AND TREE PLATFORMS

With Emma Keble and Joanne Atkins

Sat 30 Sept 2023 - 10:30 - 12:30

Pick up point: T

Learn how to make a simple non-permanent platform in the trees, great for the base of a tree house, or it could be used as a look out post, use it to get on to a zip wire, or even as a pirate ship! Learn how to risk assess the trees and what wood to use. Make ladders to get up to your platform – a fixed wooden ladder & a rope ladder using marlin spike hitch.

LET'S HANG OUT WORKSHOP

With Tasha Reynolds

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Sun 30 Sept 2023 - 10:30 - 12:30

Pick up point: L

We are delighted to announce that Tasha Reynolds will be offering 3 workshops on hammocks, swing chairs, slacklines and platform play. The workshop will cover their use and benefits including how they help with self regulation, sensory needs, emotional intelligence for both mainstream and SEND children of all ages.

Tasha is an experienced Forest school leader in SEND for 6 years, scout/cub/beaver leader and outdoor activity instructor (and parent/grandparent!) with a passion for outdoor learning in all formats and loves seeing people of all ages thrive in the woodland!

PUPPET PLAY

With Lauren Kinnersley

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: S

Puppets can be powerful allies in learning outdoors with young children. They are playful, exciting and magical. They can support the development of language, imagination, social learning and creative play. They can be used to learn about the natural environment and to connect creatively with it. This workshop will consist of 2 parts. In the first hour we will explore the benefits of puppets and some simple ways they can be introduced into sessions. The second hour will be a practical session where we make a mini beast puppet/s. We will create the puppets from wool, and will explore wet felting and adding details by needle felting.



PLAY

SKILLS AND TOOLS WORKSHOPS

"Instead of buying our children all the things you never had...maybe we should teach them all the things we were never taught".

FIRELIGHTING: TRADITIONAL FLINT & STEEL

Build confidence with using this technique!

With James Kendall

Sat 30 Sept 2023 - 14.30 – 16.30pm

Pick up point: B

This traditional fire-starting technique is easy when you have the right materials and a solid technique. You will come away confident that you can make fires using real flint and steel, adding it to your skillset. We will explore using a range of natural tinder to bring an ember to flame as well as how to make your own char-cloth over a campfire. As Forest School Leaders it's important to widen our skillset in fire lighting beyond the modern fire-steels which dominate the scene. By gaining confidence in more traditional fire lighting methods we build our confidence in fire-based skills and also increase our understanding of how fire lighting can be used to inspire young people and adults alike. Traditional flint & steel offers a whole new challenge to Forest School participants who feel already practised at more modern methods. You will be able to try a range of traditional flint and steels to see which works best for you.

HOW TO KEEP YOUR FS PARTICIPANTS ALIVE IF ALL GOES WRONG IN THE WOODS

With Chris Leleux

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: Market Stall

An opportunity to revitalise fading first aid skills and confidence by having a go at some practical first aid scenarios set in a Forest School context.

A workshop for previously first aid trained FS practitioners to have a go at some hands on, get down on the floor, draped over a log or hanging out of a tree, first aid action. It will be perfectly okay to "kill" your casualty during the session – it's a good learning experience whilst training.

Prior first aid knowledge will be essential; we're not starting at the basics. There will be no power points involved. You will need to be dressed suitably for kneeling and lying on the floor outside in whatever weather we are lucky enough to receive.

TOOL SHARPENING AND MAINTENANCE WORKSHOP

With Chris Knight

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: Market Stall

Learn how to get your tools sharp, keep them sharp, and how to clean, maintain and store them.

We cover a whole range of tools – Forest School Knives, Spoon Knives, Bow & Laplander saws to axes, bill hooks & chisels. Loppers & secateurs, any of your Forest School tools.

Bring your tools with you to work on. We work mostly with simple stuff to use on site – in the woods. And all this on a budget! Why spend £150 on a Japanese water stone and expensive leather strop – you can make your own sharpening 'paddles' for (almost) nothing – I'll show you how.

I have a whole range of sharpening tools and equipment to demonstrate (yes including a £100 water stone!) but most are affordable and easy to use.

Perhaps 'fun' is too strong a word... learn to enjoy keeping things sharp. Think of all the amazing things you will make with your loved, sharp, shiny tools...!



SKILLS AND TOOLS

USING KNIVES WITH GROUPS

.... beyond the pointless pointy stick

With Mell Grenfell from Wildly Curious

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: C

This workshop is suitable for those wishing to improve their confidence and competence in providing safe activities with knives. ~ To consider the safety aspects and practicalities for managing knife use with groups of young people ~ To equip participants with some knife skills of their own and offer the opportunity to practice ~ Explore woodcraft and whittling activities and projects ~ Explore factors relating to equipment and resources Workshop participants will also be given a copy of the Wildly Curious "Knife Safety With Groups" booklet

TENSIONING TARPS WITH NATURAL TIES

With Dave Watson

Sat 30 Sept 2023 - 10:30 - 12:30

Sun 30 Sept 2023 - 10:30 - 12:30

Pick up point: N

Tensioning tarps for shelters can be achieved with a wide variety of natural materials and teaches you just how strong some of these materials can be, with a little bit of "Know How".



SKILLS AND TOOLS



NOURISH WORKSHOPS

"foraging is one of the last acts of defiance against the concrete world, It's a crack in the dam, a chink of light, wild food nourishes your very soul"

GROWING FRUIT AND VEGETABLES AT FOREST SCHOOL

With Nicola Harrison

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: R

Nicola's passion to garden organically has inspired her Forest School journey. What do you eat at Forest School? If your site is a school or other suitable setting you might be able to add an area for fruit and vegetables. Increase the variety and freshness of your snacks by growing fruit, vegetables and herbs, to graze on, brew a cuppa with, or cook. Find out what plants work well within the school calendar, are easy to grow, and fun to harvest. We will discuss your own site, explore solutions to challenges, how veg growing can fit within forest school sessions, share successes and exchange ideas. Many settings already have veg patches, this work shop is for those looking for new ideas with existing veg growing, wanting to start, or just interested in growing food and connecting to the land. Some seeds and plants may be available to take home for your own site.

PLAYING WITH YOUR FOOD WORKSHOPS

With Matt Harder

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: D

Playing with your food: campfire cooking without marshmallows

This workshop aims to show you how you can encourage food play and experimentation with your learners. Basic ingredients + imagination = tastiness...Allergen friendly

FOREST SCHOOL FEASTS

With FSA Sussex

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: K

Come and practice your outdoor cooking skills! The workshop will be packed with ideas, inspiration, and practical ideas to take back to your own groups. Learn to warm the hearts and tummies of your forest families and use food as an important part of your sessions. Mary and Barb will be presenting recipes from Mary's recently produced Forest School Feast Folder, from which you will have the opportunity to create at least 3 recipes on the day. All ingredients and equipment are provided. Aims of the workshop: 1. To learn about fire management for cooking 2. To gain a wider repertoire of campfire recipes 3. To feel more confident using cooking as part of your Forest School sessions.

WILD FOOD & FORAGING WALK

Gain confidence foraging autumn wild edibles.

With James Kendall

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: B

Autumn is one of the best times to get into foraging. We never know what we will find on a wild food walk. Discover commonly growing wild edibles you can pass on to your groups along with recipe ideas which are perfect for outdoor cooking. Edible wild plants and fungi are often viewed with suspicion and thought to be bitter or tasteless, only to be eaten as a last resort. But to the forager, our woodlands and hedgerows are full of tasty and filling wild food opportunities. You'll be taking a 2-hour ramble along the hedgerows and woodland edges on the hunt for "food for free" all set against the backdrop of the Danbury Outdoors centre.



NOURISH

WILD WORDS WORKSHOPS

A STORY FOR EVERY DAY

With Carol Middleton

Sat 30 Sept 2023 - 10:30 - 12:30

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: F

Storytelling is part of our human DNA. It helps build community through shared experiences and is a magical part of Forest School. Story telling is an opportunity to include all people and support those who's voice might not be heard, or to explore uncomfortable experiences as well as celebrating the positive. Great for exploring and developing emotional intelligence. Begin, practice and enhance your storytelling skills with a tried and tested cross cultural pattern which means that your Forest school participants can all help build the action without you having to remember a thing! Works with all age groups, whatever your experience.

These people have learned not from books, but in the fields, in the wood, on the riverbank. Their teachers have been the birds themselves, when they sang to them, the sun when it left a glow of crimson behind it at setting, the very trees, and wild herbs." Anton Chekhov

GROWING STORYTELLERS

With Chris Holland

Sat 30 Sept 2023 - 14.30 – 16.30

Pick up point: U

For me storytelling is about building wonder and connection between place, people, plants, creatures, the past and the future. In this workshop we'll play a simple word game you can use again and again. We will develop a character together and I'll tell a short story that involves that character, a sack of gold and buttercups - and possibly some fairies too. We will have a go at learning that story and re-telling it so you have it in your memory banks for ever. We'll then share some stories ourselves through the medium of an environmental art/land art activity to build trust and connection, before we look at a handful of tips and tricks to engage audiences and build your confidence as a storyteller.

COACHING APPROACHES TO STRENGTHEN LEADERSHIP AND BUILD COMMUNITY AT FOREST SCHOOL

With Sarah Lawful and Charlotte Atkinson

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: V

Join FSA Endorsed Trainers Charlotte Atkinson and Sarah Lawfull, both qualified coaches, for a practical session in which you will discover new ways of thinking and facilitating to promote a deeper sense of trust and belonging within your groups. In this workshop we will explore how quality listening and time to think without interruption can generate new ideas and fresh ways of looking at Forest School leadership and training. Build your resilience and learn some useful techniques to support your practice as a Forest School leader and/or trainer.



WILD WORDS

LEARN AND DISCUSS WORKSHOPS

EXPLORING PEER SUPERVISION FOR FOREST SCHOOL PRACTITIONERS

With Nicola Poole

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: P

As Forest School practitioners we are sometimes left holding emotional and tricky feelings which clients may express in the woodland space. This can sometimes feel difficult to know what to do with. The FSA are exploring what supervision might look like for practitioners to access. Do you think it would be helpful to have a safe and confidential supportive space to be able to share your client work and not feel so alone in it? What might that look like? This workshop will be a brief introduction to what supervision is and different approaches. The potential of how supervision might be accessible for Forest School practitioners with a brief experiential group supervision session.

SHORT BREAKS: OUTDOOR ACTIVITIES FOR DISABLED CHILDREN -OUR FOREST SCHOOL JOURNEY

With Caroline Campbell

Sat 30 Sept 2023 - 10:30 - 12:30

Sat 30 Sept 2023 - 14:30 - 16:30

Pick up point: A

Short Breaks offers a form of 'respite' for families and young people who may exhibit challenging or restrictive behaviours or may have physical needs that may require extra support. We provide this service using the Forest School ethos and many of your clients attend frequently and regularly throughout the year

SALAD! – AN EXTENDED METAPHOR WORKSHOP

With Lily Horseman and Vicky Mateu

Sat 30 Sept 2023 - 10:30 - 12:30

Sun 01 Oct 2023 - 10:30 - 12:30

Pick up point: R

What are the ingredients that make Forest School? This workshop is the result of a running joke between Vicky Mateu, a Forest School trainer and practitioner in Catalunya, Spain and Lily Horseman, a Forest School trainer and practitioner in the UK. Using the ingredients that make a salad we will be exploring the elements that make a Forest School. Deepening our understanding of the interaction between each of the elements. Drawing on the cross-cultural elements of their own work Lily and Vicky will help you playfully reflect on your own work in nature with children. Do you have raw potato in your salad? Are you making coleslaw? Has your salad become a soup?

SUPPORTING YOUNG PEOPLE IN CRISIS WITHOUT PUNISHMENT RESTRAINT OR PUNISHMENTS

With Andy Smith

Sat 30 Sept 2023 - 10:30 - 12:30

Pick up point: T

Young people you support may show a range of stress related behaviour, and it can be very hard to know what to do. We have created a method of supporting young people in crisis which reduces stress-related behaviour, while respecting young people's dignity and rights. This method was created by working in partnership with parents, professionals and young people themselves, plus using best practice from Studio 3, Ross Greene and the PDA Society.

The workshop is being led by Andy, an autistic adult, who runs a forest school for autistic young people. Andy has run forest school sessions for 3 years and these sessions have a no-restraint or punishment culture. The workshop aims to share why we believe in our approach and to share some techniques/ strategies for supporting people in crisis.



LEARN & DISCUSS