

FSA National Conference 2024 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 3rd 2024.

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



FSA National Conference 2024

- **Welcome Sessions** are outside the normal workshop structure and are one off workshops to welcome people to the event or aspects of the FSA
- **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 and Music** 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

Other than the welcome workshops, 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 28th at 10:30 – 12:30**
- **Saturday 28th 14:30 – 16:30**
- **Sunday 29th September 11:00 – 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.

WELCOME SESSIONS

"An open door is a welcome that makes a stranger into a friend"

LONE TRAVELLER AND NEW DELEGATE MEET UP

Create a new connection with other delegates

Friday 27th Sept 2024, 18:00 - 18:30

Pick up point: the Massive Oak Tree

Conferences can be a little bit scary, especially if you are travelling alone or if you are new to the community. The FSA understands that this can be daunting and so we offer a chance to come together before the full event starts and meet one of the trustees and other first time and lone travellers so you don't feel so overwhelmed. This activity was enormously popular last year and is actually open to all. New travellers can meet some old hands and learn the ropes. Old travellers can meet the new and remember what it was like the first time they came to a conference. Nic may get the chance to pop along and say hi too!

FSA RECOGNISED PROVIDER MEET UP

Create a new connection with other delegates

Saturday 28th Sept 2024, 13:00 - 14:00

Pick up point: Training Room

Following the success of our face-to-face meet ups at the 2022 and 2023 conferences, we are again providing an opportunity for any existing FSA Recognised FS Providers to meet up in person. This will be an opportunity to put faces to names, share practice, network and have some fun. New for 2024: we have managed to schedule this meet up so that it doesn't clash with other meet ups, workshops or events! This session is open to any existing FSA Recognised FS Providers. This session will take place in the Training Room which will be signposted and on the site map. It is a brick building situated on the corner, right alongside the

track that takes you from the dining hall/dorms end of the site to the camping/market place end of the site. If you need to contact Nell at the conference please use: 07974 287254

FSA LOCAL GROUP MEET UP

Create a new connection with other delegates

Saturday 28th Sept 2024, 17:00 – 18:00

Pick up point: Main Marquee

FSA affiliated Local Groups play such a huge role in supporting Forest School leaders on the ground. These friendly local networks are there to share ideas with and are often able to meet face-to-face; offering things like skills shares, camp outs and CPD training. Each year at the FSA National Conference we host a meet-up so that the different geographical regions can come together in a wonderful bundle of vibrant Forest School joy! This will be an opportunity to meet other people from your geographic region, put faces to names, share practice, network and have some fun. This session is open to anyone at the conference and we hope it will be the perfect warm-up for the Saturday evening quiz and band. This session will take place in the Main Marquee which will be signposted and on the site map.



WELCOME SESSIONS

EXPLORE WORKSHOPS

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

John Muir

GATHERING SEEDS – BUILDING BIODIVERSITY

With The Tree Council

Sat 28 Sept 2024 10:30 - 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pickup point: A

During this session we will explore Danbury Forest, gathering seeds. We will discuss how this can be done in your own grounds with students.

We will then take our seeds back to be processed. Seeds will be sorted and different processing techniques will be demonstrated and practiced. As part of this we can discuss developing tree nurseries which can contribute to your school grounds and wider community.

Although this is a practical workshop, seeds will not be able to be taken away, due to bio-security. Sorry!

DEVELOP INTEROCEPTION FOR RESILIENCE

With Jan Cafearo

Sat 28 Sept 2024 14:30 - 16:30

Pickup point: W

A workshop to explore our own awareness of Interoception (sensing within the body). By entering the Forest Bathing state of calm, presence and focus, we can tune into these subtle sensations, which are often dulled in modern-day living. This can lead to overthinking, which is connected with mental health challenges such as anxiety and depression. Developing our inner senses is known to have powerful positive effects on our health and wellbeing, helping us recognise and regulate our emotions, and to communicate more effectively in our relationships. You will take part in some simple Forest Bathing Invitations which help us focus on our inner sensations, and which can be adapted to any setting and audience. There will be opportunities for experiential, reflective and interactive learning as together we slow down, notice our own response to the activity, and discover the diversity of interoceptive responses within the group. "My children have a

variety of problems such as ASD, sensory issues, anxiety and depression. I believe it would be perfect therapy for them (and a great antidote to screen time!). My youngest already recognises how different he feels when outside." Adult learner who was inspired to introduce her children to Forest Bathing.

TRACKING AND PLACEMAKING

Multispecies relationships within spaces.

With Paul Moseley

Sun 29 Sept 2024 – 11 – 12:30

Pickup point: R

Learn tracking techniques and their role in creating a deeper sense of kinship with non-human communities. Discover how ethnoecology, the study of how people perceive the more-than-human world, helps nurture a richer understanding and appreciation for plant and animal geographies. Learn how to not only follow a string of clues but to constantly update your mental picture of your targets and how it is interacting with the environment and the more than human elements that surround us.

IDENTIFY NATIVE TREES

With James Kendall

Sun 29 Sept – 11:00 - 12.30

Pickup point: K

Could your tree Identification be a little better? Join James, from Woodland Classroom, for a guided walk as we look closer at native tree species. 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. Discover forest school craft and bushcraft uses for our trees as well as tips on how to teach kids tree ID. The walk will end in a fun game to test your knowledge. Learn to see the trees from the wood ;-)



EXPLORE

NATURE CONNECTION WORKSHOPS

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

A WOODLAND WANDER

With Chris Wishart

Sat 28 Sept 2024 - 10:30 - 12:30

Sun 29 Sept 2024 – 11:00 - 12:30

Pick up point: I

We will go on an unplanned and aimless wander in the Woodland surrounding the conference. For those who require specifics, we'll look at Woodland management, history of Woodlands and any interesting species we come across. Essex is some distance away from the areas I usually work in, so I am interested in the differences and similarities we may come across. I have a background in Woodland management, having worked for local authorities and the Wildlife trusts, so am happy to divert in whatever directions required by those who join me.

REVEALING INTERCONNECTIVITY WITH MYCELIUM SCULPTURES

With Hannah Hardy

Sat 28 Sept 2024 - 10:30 - 12:30

Pick up point: O

Interconnection and Magical mycelium sculptures! Discover how to create living mycelium sculptures and explore playful experiences which deepen our awareness of interconnection. Join Hannah to enter the wonderful curious hidden magical world of mycelium, discover her living Mycelium sculptures and get an overview of the eco friendly and sustainable creation process. Hannah will bring a batch of prepared mixture and small molds for you to finish growing at home and share your results together after the conference! Hannah will support the group through meditation and uplifting dynamic meditative experiences to deepen our awareness of interconnection building our effortless courage, empathy and resilience. Connected is Hannah's new series exploring living mycelium sculptures, utilising the unique properties of mycelium, the vegetative network of fungi, to form living, evolving sustainable sculptures. Connected, invites viewers to engage

with the natural cycle of growth, decay, and transformation. By harnessing the transformative power of mycelium, this project offers a dynamic, evolving sculpture that fosters dialogue about sustainability, material innovation, and our relationship with the living world. Hannah's recent living mycelium sculpture of a leveret has been featured in the peer review journal The Ecological Citizen on pages 135-6 :

<https://www.ecologicalcitizen.net/pdfs/Vol%207%20No%202.pdf> Hannah founded The Free Spirit Network and school in 2012 supporting connection with ourselves, others and the natural world. She is a qualified holistic practitioner, shamanic practitioner, artist, yoga and meditation teacher and forest school leader based in Norfolk.

CURIOSITY THROUGH CREATIVITY WITH NATURE

With Jan Cafearo

Sat 28 Sept 2024 - 10:30 - 12:30

Pick up point: W

A workshop to experience for ourselves how co-creating with nature liberates our curiosity. Once we enter the Forest Bathing state - calm, open and alert - creative activities act as a portal to curiosity and free thinking. You will take part in some practical Forest Bathing Invitations that help us enter that state, and which can be adapted to any setting or audience. You'll come away with an understanding of how creativity reduces stress, benefits our mental health and boosts brain function. There will be opportunities for experiential, reflective and interactive learning as together we slow down, notice our own response to the activity, and discover the diversity of possible responses within the group. "Not only do I have a new skillset and way of looking at the world, but I have increased my creativity through building stronger connections to nature. I now feel more positive about life in general and excited at the journey ahead of me - it has only just started!" Adult learner whose curiosity was sparked by taking part in these activities.



NATURE CONNECTION

TO FEEL COURAGEOUS, FIRST FEEL SAFE!

With Jan Cafearo

Sun 29 Sept 2024 – 11:00 - 12:30

Pick up point: W

A workshop to experience the feeling of empowerment when we connect with the natural world. Forest Bathing helps us sink into a light, relaxed, absorbed state of mind, where we're more open to feeling at one with Nature. You will take part in some simple Forest Bathing Invitations which help us feel a closeness with Nature, and which can be adapted to any setting and audience. There will be opportunities for experiential, reflective and interactive learning as together we slow down, notice our own response to the activity, and discover the diversity of responses within the group. As humans we have evolved to connect, giving and receiving cues of safety in our daily interactions. Yet highly sensitive or distressed people can find human contact overwhelming. By connecting with Nature, they can feel a sense of safety, and reclaim their courage to explore. "Forest Bathing has made such an enormous difference to my mental state. Before I started I was seriously struggling to cope - I had lost my confidence completely. I now go out most days, and my close friend said she was truly amazed by the transformation in me" Adult learner who rediscovered her courage through connecting with Nature.

ROOTS OF WELLBEING

With Louise Horsefall

Sun 29 Sept 2024 – 11:00 - 12:30

Pick up point: T

Participate in a range of wellbeing exercises, aimed at developing your resilience as practitioners. We are all passionate about what we do but we often give until our cup is empty. This workshop is designed to give you the support and space to nurture your own wellbeing, through a range of creative and practical activities. Each is woven from therapeutic and nature connection theory, and lived experience and have been highly impactful with past participants (including those with cancer diagnoses and chronic fatigue syndrome and burnout). Louise recognises different learning styles and has designed the workshop to be immersive and accessible. You may even want to share elements with participants of your own sessions. We will draw on and explore:

- The importance of nature connection for our resilience *
- Emotional regulation strategies
- The use of metaphors as a powerful tool
- Anchoring positive experiences *
Personal reflection time (and optional sharing of experiences)
- How nature supports our personal wellbeing
- How we can learn from nature to sustain personal growth



NATURE CONNECTION

WILD WOMEN WELL-BEING

With Mimi and Charlotte

Sat 28 Sept 2024 - 10:30 - 12:30

Pick up point: R

Mimi from Wild Wood Well-being and Charlotte from Nature Explorers Barnet invite you to join them in a unique workshop to familiarise yourself with a women only space dedicated to exploring and nurturing your inner qualities and authentic selves.

Workshop Highlights: -

- Creative Exploration: Immerse yourself in guided activities designed to unlock your creativity and foster a state of flow.
- Well-being Techniques Learn practiced techniques to support your mental well-being as a Forest School practitioner.
- Holding Space: Understand the benefits and responsibilities of creating and maintaining women-only spaces, ensuring the well-being of all participants.
- Skill Development: Gain key skills and experiences necessary to plan and facilitate your own well-being sessions.
- Practical Guidance: Develop a formula and flow for organizing women-only woodland spaces, tailored to enhance both personal and participant well-being.
- Experiential Learning: Participate in activities that emphasize the importance of self-care while holding space for others.

Mimi and Charlotte will lead you on an empowering journey, providing insights and practical tools to help you balance looking after yourself with the responsibility of holding space for others. By the end of this workshop, you'll leave with not only a wealth of creative ideas but also enhanced knowledge and skills to support your own mental well-being and that of your participants. Don't miss this opportunity to rejuvenate, connect, and

empower yourself and others through the power of nature and shared experiences!

TRADITIONAL ECOLOGICAL KNOWLEDGE

With Paul Moseley

Sat 28 Sept 2024 - 14:30 - 16:30

Pick up point: R

Explore how we can nurture kinship between communities with their local, natural environment through its materials and ancient crafts. Understand how ethnoecology, the study of how people perceive the more-than-human, can support your practice as a Forest School leader. Join me on this journey through culture and connection, to understand the way our environment, its plants, animals and habitats shape our communities and our communities shape our environments.

ART IN FOREST SCHOOL - CREATIVE NATURE CONNECTION

With Hannah Hardy

Sat 28 Sept 2024 - 14:30 - 16:30

Pickup point: O

We are all inherently creative and have something uniquely precious to blossom through the world. Join Hannah as she guides us through vision quest to reveal our inherent creativity. Discover innovative ways to explore creativity as and with the natural world. Become more aware of our inherent connection with the natural materials that we express ourselves through. Discover uplifting and playful ways to support others to reveal their inherent creativity. When one tugs at a single thing in nature; he finds it attached to the rest of the world~ John Muir Hannah founded The Free Spirit Network and school in 2012 supporting connection with ourselves, others and the natural world. She is a qualified holistic practitioner, shamanic practitioner, artist, yoga and meditation teacher and forest school leader based in Norfolk.



NATURE CONNECTION

CREATE WORKSHOPS

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

WEAVE A SIMPLE WOODEN BASED BASKET

With The Coddiwomplers

Sat 28 Sept 2024 - 10:30 - 12:30

Pick up point: STALL

In this workshop we'll be kindling curiosity for willow weaving by exploring the first steps in basket making. Using pre-made wooden bases, we'll be creating small, simple baskets using basketry willow. In our workshop we will look at:

- the basic principles of basket making
- buying, storing and preparing basketry willow
- other natural materials that can be used for basketry
- how to introduce basket making to children
- some traditional basket making techniques including wailing, randing and track borders

As well as going home with a practical little basket, you'll also be equipped with ideas of how to apply this process in your Forest school setting.

The Coddiwomplers will also be open all weekend selling their willow goodies and offering drop-in workshops.

WEAVING A CUP AND BALL TOY

With The Coddiwomplers

Sun 29 Sept 2024 – 11:00 - 12:30

Pick up point: STALL

In this workshop we'll be kindling curiosity for willow weaving by learning how to make a simple 'cup and ball' game. This project is perfect for a Forest school setting and a great introduction to some traditional basketry techniques. In our workshop we will look at:

- buying, storing and preparing basketry willow
- how to introduce willow weaving to children
- some traditional basket making techniques including pairing, randing and track borders

As well as going home with your 'cup and ball' game, you'll also be equipped with ideas of how to apply this process in your Forest school setting. The Coddiwomplers will be open all weekend selling our willow goodies and for drop-in willow weaving workshops.

ECO WREATHS

With Deborah Wood

Sat 28 Sept 2024 - 10:30 - 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11:00 – 12:30

Pick up point: H

Eco Wreath Workshop: Crafting with Nature
Join us for an inspiring Eco Wreath Workshop where you'll learn the art of creating beautiful, sustainable wreaths using ethically sourced, planet-friendly materials. Under the guidance of experienced instructors, you'll work with sustainably harvested moss, locally sourced willow, and foraged greenery to craft a unique wreath that reflects the natural beauty of the season. This hands-on workshop focuses on sustainable practices, teaching you how to create a fully biodegradable wreath that honors the environment. Whether you're a seasoned crafter or new to wreath-making, you'll leave with a stunning, eco-friendly creation and a deeper appreciation for mindful, sustainable crafting. Come connect with nature, unleash your creativity, and contribute to a greener planet!



CREATE

FAIRY CREATIONS TO SPARK CURIOSITY

With Rebecca Winslade

Sat 28 Sept 2024 - 10:30 - 12:30

Sun 29 Sept 2024 – 11:00 - 12:30

Pick up point: S

Curiosity is defined as 'a strong desire to know or learn something' and as Forest School Leaders I think we all kindle curiosity for our children. During this workshop, you will be invited on a magical journey to explore a land in which fairies and elves live in the woods. In this busy world, we all struggle to make time for ourselves and indulge thoughts of fantasy and make believe, so let's imagine a natural fairy/wizard trail in the woods created by you or children who you work with.... I enjoy creating these kinds of features to excite the children visiting my sessions. I also use them for fairy themed parties. We can tell stories and imagine the little people who visit and play when we aren't there! I will have various wood and embellishments on offer for you to create your own fairy furniture/play equipment for you to take away and put in your garden or Forest School setting for others to enjoy. These will link beautifully to you creating your own stories to go with your creations! Let's let our imaginations run wild.

BUILDING AN EFFECTIVE BOW DRILL SET

With Nick Exley

Sun 29 Sept 2024 – 11:00 - 12:30

Pick up point: L

As part of the FSA conference 2024. During this workshop participants will learn how to select and source suitable materials to make an effective bow drill set. This will include the best properties for each part of the Bow drill set and the most effective types of wood or cordage to use to make the bow, string, spindle, bearing block and hearth board. Learn about how ergonomics effect how efficient a bow drill set will be. We will then go on to use a variety of tools to create our own bow drills set each to take home and use.

MAKE AND TAKE HOME A KNOT GUIDE

With Lee Cook

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: E

Within the 2 hour session you will get to make a knot guide that you can take home. The knot guide is a piece of wood, 100cm tall, 10cm wide and 2cm thick. Please have a knot/bend/hitch already prepared that you would like to make. You can make a knot or bend or hitch. The guides are not suitable for lashings, We will break the knot down into 4 stages. Then make a 3D image of each stage. This involves attaching short pieces of washing line to the wood using a hammer and pin nails. We will also attach rope for the user to practice tying the knot. If there's time you can make a second knot on the back of the knot guide.

STONE AGE SPEARS: SLATE ARROWHEADS AND PRIMITIVE GLUE

With Mel Grenfell

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: F

- Learn about the evolution of hunting tools
- Use slate to craft an arrowhead
- Make cordage (Saturday only) ~Haft it onto a shaft
- Learn to make glue from pine resin to complete the project

All within the context of working with groups of young people. We'll cover group management, risk assessments, recommended equipment and resources. I'll also show you how slate arrowheads can be made into pendants. Please note that there will be a £2 charge per person for materials for this workshop. Cash or card



CREATE

PLAY WORKSHOPS

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

AWE AND WONDER AT FOREST SCHOOL

With Kristie Chesters

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: D

Awe and Wonder: Forest School for the Early Years with Kristie Chesters. Workshops focused on delivering the forest School approach for children aged 0-5 years and building strong family and community links. Explore early years development key curriculum points, and strategies for engagement and skill-sharing. Learn how to create springboard, moments for learning and play in the natural environment for young children.

- Workshop One: - Introduction to Forest School for Early Years: Providing a foundational understanding of the Forest School approach and its relevance to children within the Early Years.
- Workshop Two: - Fostering Curiosity and Creativity in the Outdoors: Equipping educators with strategies to encourage curiosity, creativity, and problem-solving in young children through outdoor activities.
- Workshop three: -Connecting with Parents and Communities; Providing strategies to engage parents and the wider community in supporting the Forest School approach for early years.

KNOT AS TRICKY AS YOU THOUGHT

With Carol Middleton and Kate Poyton

Sat 28 Sept 2024 - 14:30 - 16:30

Pick up point: P

Knot sure what we'll do??? Helpful hitches to get your participants off the ground- butterflies and elephants for ladders and rope bridges. Lovely loops for swinging with. Perfect paracords to keep your kit dry -twists, turns and sliding loops. We will take our time for an enthusiastic step by step revision and then practice some of the most useful knots for your Forest School sessions. Great for those just starting out or those who just haven't used their knots for a while. Kit provided but please feel free to bring your own ropes if you'd like to.

SAFE USE OF DANGEROUS TOYS

With Rupert Loch

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: G

There is an understandable reticence over the inclusion of projectiles such as spears, darts and arrows, boomerangs and catapults in Forest School sessions. This workshop will guide practitioners towards an approach that is both safe and manageable as well as being suitable for working with groups of young people. The session will include the manufacture of a working catapult using knives and abrasives before shooting it (a small additional cost to cover materials). The session will include the use of Atlatl and Darts and both returning and hunting boomerangs. Practitioners will be guided towards the identification of risk and its management with regard to the 'range' and assisted in the creation of appropriate risk assessments



PLAY WORKSHOPS

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".

TARP SURGERY

With Bracken Van Ryssen

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: J

In this workshop, we will be taking on and solving all of your tarp-related problems from faster and easier ways to tie knots, to dealing with winds and water runoff, to repairs, maintenance and organisation. This workshop is tailored to you and your specific needs, issues and level of knot-tying ability, so if you are struggling with a specific knot or just looking for some tips and advice for faster, easier and better tarp shelters, bring your problems and we will see if we can find you a solution!

EXPLORE UNUSUAL WAYS TO LEARN WITH FIRE

With Graeme from Carbon Farmers

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: STALL

Participants learn how pyrolysis can be harnessed to transform familiar organic objects, like pine cones, into their pure carbon forms, then discover how this process can be used to create various useful charcoal types. These include drawing crayons, water-filtering and deodorizing porous charcoals, compost enriching biochar and charcoal briquettes. We will discuss how making charcoal links into the carbon cycle and how that process is being deployed as a tool to fight climate change.

YOU NEED TOOLS?

How many and which ones? Let us find out.

With Mark Clarke

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: STALL

Spend an hour or two with Mark Clarke, coppice worker, craftsman, educator, furniture maker and woodworker, exploring and experimenting with a wide range of, primarily woodworking hand tools, allowing the creation of many and varied outcomes. With a nod to ancient craft tools and a wink to the future and battery-operated equipment. We will investigate, measuring and marking, holding tools and devices, bladed, impact, boring and smoothing tools and create a mobile/windchime or other crafted artifact as a result.

CONFIDENT QUESTIONING IN BUSHCRAFT

With Dave Watson

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: STALL

Go beyond how something is often taught and explore the art of discovery and resulting confidence through some exciting and inspiring Bushcraft Skills. A bit of String making, fire lighting, friction fire lighting and working with natural materials. In this workshop, we build a better understanding of seasonal resources and their uses. By using natural materials we increase the opportunities for inspired learning. We aim to increase confidence in the practitioner so they can expand on activity-based learning and help facilitate the participants to follow self-led enriched practices. This exponentially improves your offer as a practitioner and gives another level of interest and enthusiasm to your sessions.



SKILLS AND TOOLS

NATURAL ART WITH NATURAL DYES

With Luschka van Onselen and Naomi Allsworth

Sat 28 Sept 2024 - 14:30 - 16:30

Pick up point: Q

Join Naomi Allsworth and Luschka van Onselen in this introductory workshop about Art with Natural Dyes. In this workshop we will combine a selection of techniques for printing and colouring using naturally found materials. Have a go at Hapa Zome and experiment with different plants in mordents and inks. Let your creative side come out and play in this interactive, hands-on workshop. Are you wild about harnessing natural colours, wild about nature and wild about art then this is right up your tree!

TARPS, FROM BASIC TO BASECAMP

With Peter Morton

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: N

On this session we will look at taking your tarps from a basic setup using various useful knots, hitches & bends that are easy to untie (really important when working with thin cord under tension), easy to adjust but might just take a little to get your head around depending on how your head works! There will be several absolutely useful tips and tricks to incorporate in to your tarp use and sessions. Once we have looked at setting up basic tarp up we will move on to setting a large base camp tarp up, easy ways to get your tarp high and tight. Ways to make your rigging slick and safe. A fully hands on session which lots of practice to get those knots correct. Might even make it a bit fun :-)

FIRE LIGHTING PROGRESSIONS

With Nick Exley

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Pick up point: L

During this 2 hour workshop we will explore Fire lighting progressions beyond basic Fire steels and cotton wool. This workshop is aimed at giving you the skills and confidence to support your learners as they move beyond basic fire lighting skills. We will experiment with the use of natural tinder with a fire steel. Getting to understand the properties of each, how to harvest them and prepare each for use. We will look at different ignition sources including Flint and Steel, Solar and friction. We will also learn how to make an effective tinder bundles to allow us to take an ember and create a flame.

TREE FREE TARPOLOGY

With Peter Morton

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Pick up point: N

Come and pick up some ideas for simple tarp sessions that don't use trees. We will look at one knot that kids can pick up or maybe even know which can be used to create simple tarp shelters or dens. From that point on its the same knot just used a little differently so once they have the basics they can replicate it and start to adapt its use. The first part of the session will be looking at the knot and different cords to create two or three simple shelters. The second part will build to make more elaborate shelters using different styles of tarps. There will be handouts available along with examples of different ways of teaching the setups.



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"

FIRE & FLAVOUR: ELEVATE YOUR OUTDOOR COOKING SKILLS

With James Kendall and Bracken Van Ryssen

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Pick up point: K

Ready to elevate your outdoor culinary skills beyond basic campfire fare? Join us for an immersive workshop where you'll break free from the confines of marshmallows and popcorn, delving into a world of creative cooking in the great outdoors. You'll unlock the secrets to crafting a diverse array of quick snacks and mouthwatering dishes that are sure to delight participants of all ages with dishes that are designed to fit into your typical 2-hour Forest School session. Discover the art of outdoor cooking as we explore the various cooking areas of the fire, each offering unique opportunities to achieve fantastic results. These techniques will not only enhance your own sessions but also propel your participants' learning much further. From getting to grips with dutch ovens, billy cans, skillets, and direct ember cooking, to unveiling the transformative capabilities of the reflector oven, this workshop will equip you with the skills and knowledge to create culinary wonders around the campfire. Led by James Kendall of Woodland Classroom and Bracken van Ryssen of Bracken Outdoors, this hands-on experience promises to ignite your passion for outdoor cooking and leave you inspired to embark on flavourful adventures in the wild.

SUSSEX WILD COOKS

With Sussex Wild Cooks

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: B

Our workshop will share recipes and cooking expertise to support Forest School sessions of varying lengths. There will be an opportunity to try out a variety of delicious meals and ideas suitable for outdoor cooking. The workshop will be full of advice and real life experiences, we will answer your foody questions and can provide a recipe booklet (by email, or £5 for a printed copy). All the recipes shared are gathered from food lovers whose passion is to cook and eat next to nature and brought to you from fire circles around Sussex. **WILD FOOD & FORAGING WALK**

GAME PREP AND CAMPFIRE COOKING

With Luschka Van Onselen and Naomi Allsworth

Sat 28 Sept 2024 – 10:30 – 12:30

Pick up point: Q

Join Naomi Allsworth and Luschka van Onselen as they guide you through everything you need to think about when preparing and cooking a wood pigeon over an open fire. You'll learn how to gut the pigeon and as a group make butter, flatbreads and seared wood pigeon, which you will be able to eat at the end of the session. This wild food workshop prepares you for foraging and preparing a meal in the wilderness but can also answer the questions set by inquiring minds about wild cooking in Forest School..



NOURISH

WILD WORDS AND MUSIC WORKSHOPS

Nature's music is never over; her silences are pauses, not conclusions
Mary Webb

SINGING AND MUSIC WITH EYFS AND SEND

With Lauren Kinnersley

Sat 28 Sept 2024 - 10:30 - 12:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: P

Singing and music making at Forest School - in the early years and SEND. This workshop will primarily focus on the early years and children with SEND. We will explore the power and benefits of using song and music with young people. It is beneficial to health and well being, helping us to connect to our bodies and emotions. It is a great connector; connecting us to each other and a sense of community. It can connect us to our creativity and playfulness, and to the wider natural world. Music and sound play an important role in sensory development and learning. We will explore ways that we can enrich the sensory experience for the child and encourage and support sound exploration and play. The workshop will offer a supportive space for us to share ideas, songs and experiences. The aim is that you come away feeling inspired to use music making and singing more in your sessions; feel more confident to do so and take away practical ideas and songs.

TREES MYTHS AND LEGENDS, ID AND SCIENCE

With Laura Harvey

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: O

Take a stroll through the trees at Danbury and immerse yourself in the natural museum of a woodland. Become familiar with communities that make up a woodland and get to know the individuals. Explore the health benefits provided by trees and understand how they were experienced and known by our ancestors. Learn to recognise and identify different trees and explore them as living

ecosystems. Learn how they have been used in the past and how they may be used in Forest School.

DEVELOPING STORYTELLING AND MAKING PROPS

With Julie Johnson

Sat 28 Sept 2024 - 14:30 - 16:30

Pick up point: U

You will get some ideas for developing your storytelling, so you will gain confidence in what you do. We will look at some useful tips for your own techniques and how you can involve your user groups in telling their stories. We will look at the environment and setting up provocations to see how this can develop young children's ideas and imagination for stories, which will develop their communication, language and thinking skills.. We will look at making some props that you can take home to support you in your Storytelling journey. Most of all we will have some FUN and share lots of ideas in the beautiful outdoors!

TREE WEAVERS – WILD THROUGH SONG AND DANCE

With Esme Finch

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Pick up point: J

We invite participants of all ages, backgrounds, and levels of experience to join us in celebrating curiosity, courage, and resilience. This inclusive workshop creates a safe and supportive space for everyone to explore their bodies and voices, connecting with nature through movement, song, and tree climbing. Singing together provides a powerful way to express ourselves and communicate, and participants can look forward to a voice activation game and a



WILD WORDS AND MUSIC

singing circle as part of this enriching experience

GRASP THE NETTLE: FOOD, FIBRE AND FOLKLORE

With Jules Bristow

Sat 28 Sept 2024 – 10:30 – 12:30

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: C

Learn the biology and ecology of the nettle as well as sharing in the stories and legends we have told about it, while sipping nettle tea and learning to make your own nettle cordage.

DRUMMING CIRCLE - THE POWER OF CONNECTION

With Sarah Broome

Sat 28 Sept 2024 – 10:30 – 12:30

Pick up point: T

The circle is a safe space where you can drum, dance, sing, journal and share without judgement. No prior experience necessary and drums are available to borrow if needed. Beginning by gathering together in meditation, grounding and opening our hearts to let go of anything that may be feeling heavy. In this space we have the opportunity to shed the outside world and drum with frame drums together, following our own beat. You are then invited to share around the circle and drum with intention.

I look forward to welcoming you to a space which is great for you but also can be taken to your forest school Site for learners and parents alike.

Disclaimer: The power of drumming can be felt throughout your entire body and the vibrations may not be suitable for everybody- after a long drumming session repetitive beats may change your brainwaves and you may enter a more trance like state. If you are

concerned that you have an illness that may be affected by drumming please seek medical advice first. This may include those who suffer from, but not limited to: Tinnitus, menieres disease, epilepsy, PTSD and schizophrenia. Pregnant women should also be mindful before entering our drum circle. It is important to note that whilst we come together for authenticity and truth, some people may need more support than we can offer. This group is not a substitute for counselling, therapy or medical intervention of any kind. It is a complementary form of self guided reflection, self realisation and healing. As a facilitator I am not a therapist and if, during our share, it seems that a participant may be triggered to share past trauma they may be asked to seek further support outside of our space for the sake of all of our participants. By participating in the event you assume all responsibility of any risk of injury or damage resulting from your participation.



WILD WORDS AND MUSIC

LEARN AND DISCUSS

BUILDING TEEN CENTRED COMMUNITIES

With Becky Wilkinson and Sarah Lawfull

Sat 28 Sept 2024 – 10:30 – 12:30

Pick up point: M

In a pedagogy frequently described as 'child-led', join Becky Wilkinson (Royal Forestry Society) and Sarah Lawfull (Where the Fruit Is / FSA) to discuss what Forest School looks like with teens. Come to reflect on barriers to participation, explore different ideas about what can work and benefit from the space held by two experienced practitioners and coaches, and consider how this frequently underserved group can be brought into the centre of our communities.

We know of young people who are struggling in mainstream education, refusing to attend school, are thriving at Forest School, where they develop agency and build a sense of worth through learning practical, sustainable woodland management methods and how to take responsibility for improving biodiversity in their Forest School site.

We will explore routes Forest School practitioners take to enhance teenagers' skills and how caring for woodland changes and improves outcomes for young people. By sharing a range of case studies, resources, and qualifications open to young people to augment their Forest School experience, we will offer ways of embedding Forest School in a young person's life, in school, in alternative and SEND provisions.

Explicitly integrating Forest School learning into the classroom, for example, in Science, English, and IT, is a surefire way of gaining support from senior leaders. Forest School is highly motivating for teenagers struggling to access the mainstream curriculum and provides rich material to create evidence of their learning. How can you add value to the experience teenagers are having at Forest School and beyond? How will you help your

young people see their time in the woods with you as preparation for a career or foundation for a life well lived?

COACHING FOR FOREST SCHOOL LEADERSHIP

With Charlotte Atkinson and Sarah Lawfull

Sat 28 Sept 2024 - 14:30 - 16:30

Pick up point: T

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 coaching techniques to support your practice as a Forest School leader and/or trainer.

TRANSITIONS AND THRESHOLDS

Marking transitions and thresholds in your practice

With Mel Harrison and Jenny Archard

Sat 28 Sept 2024 – 10:30 – 12:30

Pick up point: U

As forest school leaders we are part of many kinds of transitions and thresholds with those we work with. This workshop will explore how having the curiosity to notice, and courage to mark these events can make a substantial difference to these children, young people or adults in our settings. A transition, in this context, could be when a child loses their first tooth, completes a tricky task, moves to a new class, or has friendship changes. Or when a young person talks about a challenging or wonderful thing in their life that has not yet been acknowledged- such as a relationship change, or courageously moves through a fear. As facilitators we want to actively support their human journeys of growth and be-coming through practices like deep listening, reflecting what we hear and/or simple ceremonial marking. We will: Explore



LEARN & DISCUSS

our existing experiences of thresholds and transitions; discuss how we notice these using our senses; learn ways to reflect what we see and hear; find what kinds of small (and big!) ceremony markings can work in our settings. Diving deeper we will practise by taking a walk alone, and bringing back a story of a threshold crossed. We will draw upon the practices of rites-of-passage, the work of the School of Lost Borders and recent research.

PLAY AS A SPIRITUAL PRACTICE - SUPPORTING SELF-ACTUALISATION

With Louise Ambrose and Sarah Gilding

Sat 28 Sept 2024 - 14:30 - 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: V

Play as a Spiritual Practice - Supporting Self-Actualisation A long time ago Friedrich Froebel said “Play is the highest expression of human development in childhood, for it alone is the free expression of what is in a child’s soul”. Fast forward 187 years and today we live in a society that disregards, limits and even fears play in childhood. Play is often misunderstood, unsupported and considered a distraction from ‘real learning’. Yet (if you agree with Froebel) it’s how we express our soul... As Forest School practitioners we can bring people back to their authentic selves through play – rekindling their curiosity, courage and resilience – to bear their much needed soul to the world! But how? Join us for a playful exploration into the deep dark depths of play. We’re not sure what we’ll discover, but anticipate (and hope!) that some of these juicy topics emerge: =) Play as the peak experience of being human =) The spiritual significance of play – How we are in service to life =) The privilege of being a partner in play – the adult’s role =) The dance – knowing when & how to support play =) How praise (and other judgements) destroys play

DELIVERING FOREST SCHOOL QUALIFICATIONS - SHARING GOOD PRACTICE

With Mark Moore (CEO - ITC First)

Sat 28 Sept 2024 – 10:30 – 12:30

Pick up point: V

This workshop will be a sharing good practice event, for those of you delivering or thinking of delivering Forest School qualifications. We will discuss some of the common challenges and solutions facing those of us delivering these qualifications, including; learner management/retention, quality assurance, training vs. assessment and the next generation of qualifications (?). There will also be an open forum where you can ask the guys from ITC your burning questions. It doesn't matter which AO you deliver through or who you're associated with, we'll welcome you with a smile. If you're curious, you should book a place. Delivered by Mark Moore, ITC First CEO

RENATURING PLAYGROUNDS FOR URBAN FS

With Nina Lovelace

Sat 28 Sept 2024 – 14:30 – 16:30

Sun 29 Sept 2024 – 11 – 12:30

Pick up point: M

Come along to this session to find out more about how Hackney Outdoors CIC is supporting the sixth FS principle ("FS takes place in a natural or woodland environment") in London, by improving and renaturing school playgrounds to better support both outdoor education and urban biodiversity. The session will cover: 1. What Hackney Outdoors CIC defines as 'urban forest school' (and why this is not pure Forest School) 2. The main challenges director Nina Lovelace faces running sessions in often tarmac and astroturf spaces, many of which will be common to fellow tarmac-warriors (and worriers!) 3. Nina's experience in raising (and spending!) £16k in 2024 on a Hackney state primary school to renature and create an urban forest school site in a formerly nature depleted playground for 430 kids. She will cover lots of practicalities such as how to build a parent and corporate volunteer team to get things done and how you don't need to be an expert to make a difference. 4. The value of herb gardens and other 'hacks' to maximise Urban Forest School



LEARN & DISCUSS

and biodiversity in small school playground spaces. Nina will also lead a Q&A/debate to share ideas and intel between attendees - bring paper and a pen!

GROWING TOGETHER: KINSHIP AND INCLUSION

With Richard Skrein and Marina Robb

Sat 28 Sept 2024 – 14:30 – 16:30

Pick up point: S

Join us for a 1.5-hour interactive workshop where we explore and challenge the way inclusion is currently fostered in Forest School settings and the wider community. We'll explore how we uplift diversity, how power operates, build kinship, and nurture curiosity. This session will provide a supportive space for delegates to share their voices, experiences, and ideas. Rich and Marina wanted to create a safe space to explore inclusion and draw on both personal and wider cultural experience. In this short time, we hope you will leave with a sense of how you as a practitioner can address and begin the person reflection surrounding issues of oppression and exclusion.



LEARN & DISCUSS