



**WATKINS**

Press Release

# **PLAY THE FOREST SCHOOL WAY**

## **Woodland Games And Crafts For Adventurous Kids**

**By Peter Houghton & Jane Worroll**

**16 June 2016 - Trade Paperback - £12.99**

**Help your child connect with nature, learn new skills, be adventurous and most of all have fun, with these woodland games, crafts and other activities used in Forest School.**

The rise of the Forest School movement in recent years is part of a groundswell of concern about the wellbeing of our children, with many media scare stories about child obesity, 'nature deficit disorder' (as described in Last Child in the Woods) and lack of exposure to risk. This woodland adventure book brings the activities and learning in nature ethos of Forest School to the parents and carers of nursery and primary school-age children.

It's packed full of ideas, from making nature jewellery, constructing a bow and arrow to building a shelter and foraging for food; it also celebrates the Forest School philosophy of encouraging self-esteem, confidence, risk management and social skills within a natural outdoor setting.

As well as sharing Forest School's brilliant ideas for activities, this book encourages parents and guardians to follow aspects of the Forest School approach in the way they handle play sessions; in, for example, getting adults to engage actively while being careful to let the kids lead; in framing sessions with small rituals. Activity variations target different age groups, and there are ideas for groups (for play dates, for example, or children's birthday parties) as well as things to do with just one or two children.

While the book is aimed at parents and carers, who are encouraged to guide the play, the activity instructions are written in a simple style so that children can read them too, and the illustrations are also intended to be enjoyed by children. With a fun, child friendly design, this book offers an immersive experience for all the family and friends. The book is designed to be robust enough to withstand outdoor handling while also being attractive as a gift for 'green' parents, with charming illustrations and a retro design that together create a magical feel and chime with the 'back-to-nature' content

**Peter Houghton** is a qualified Level 3 Forest School leader, running Forest School sessions in a variety of settings with Jane Worroll. He worked for 6 years at Kids Company, which provided practical, emotional and educational support to vulnerable inner-city children and young people, he worked as an artist (in woodwork as well as construction, pottery, electronics and other media) and a key worker as well as leading weekly Forest School sessions with school-age children. Prior to working with children he spent 6 years working as a qualified and experienced historical and ornamental woodcarver and green woodworker

**Jane Worroll** has worked outdoors for the majority of her adult life, in gardening, tree surgery and, for 12 years, as a Countryside Ranger, a role that included habitat management, monitoring protected species and leading volunteers. She has a degree in ecology and an MSc in environmental conservation.

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