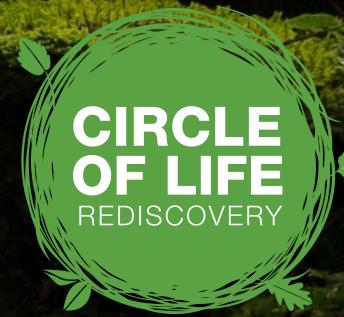


# FOREST SCHOOL TRAINING

101



# WELCOME TO CIRCLE OF LIFE REDISCOVERY CIC.

I'm Marina Robb, and I am passionate about making outdoor learning accessible for everyone. I began my journey as a primary school teacher, with a geography specialism and experienced first-hand classes of 34 children, all with different needs and abilities! Most of all, I realised that to be engaged in learning, children needed to feel safe, interested in what they were learning, and that the outdoor space was a highly under-utilised learning environment.

My degree in Environmental Management, prior to doing teacher training, got me asking, 'What motivates people to care about the natural world', and this led me on a lifetime career to give children and people a first-hand experience of what the outdoors has to offer us all in terms of our well-being, connection to the wider world and as an excellent place for learning experiences.

Now, I'm a leading forest school trainer, author of two outdoor learning books, and Director of this community interest company, Circle of Life Rediscovery and The Outdoor Teacher – all aiming to transform education and health, family life through nature.



## WHY FOREST SCHOOL?

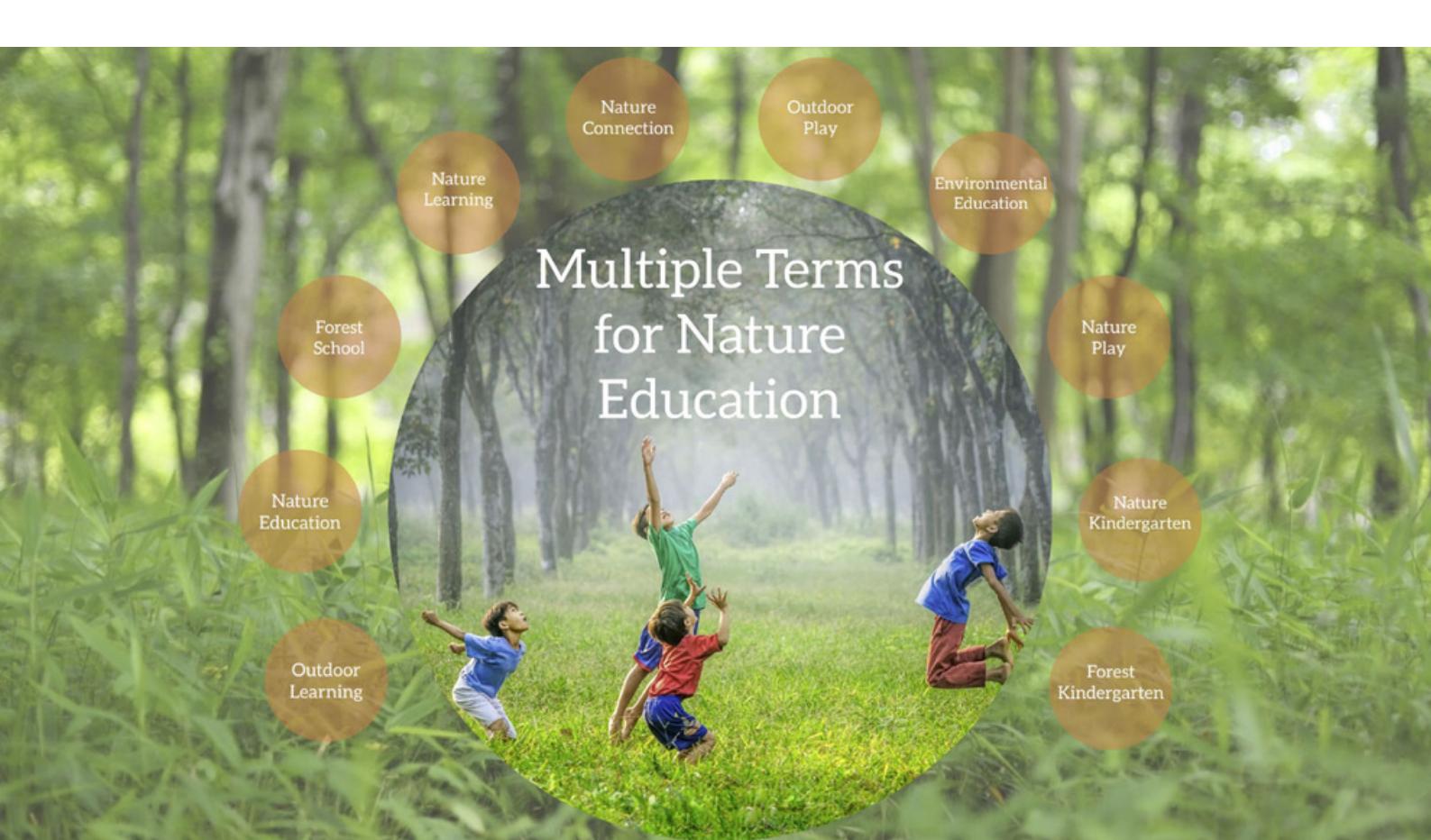
For me, this is one of the best models of learning. It promotes core principles that I will outline below, which enable us to foster meaningful relationships with ourselves, others and the natural world.

**The definition, put together by a team of Forest School Trainers is:**

*"Forest School is a child-centred inspirational learning process, that offers opportunities for holistic growth through regular sessions. It is a long-term program that supports play, exploration and supported risk-taking. It develops confidence and self-esteem through learner-inspired, hands-on experiences in a natural setting."*

Forest School and the Level 3 Forest Leader's Qualification is one of the most comprehensive training models that offers a grounded pedagogy in taking children and young people outdoors on a regular basis.

It sits within a wider umbrella of what I call 'Nature Education'. There are many forms of outdoor education, and all have enormous value, however, Forest School is unique in its reach, delivery and effect.



## WHY OUR FOREST SCHOOL TRAINING?

Our Forest School Training model is not only about cognitive learning. It supports you to recognise the learning and development that takes place socially, emotionally, spiritually, physically, and intellectually. When we experience this ourselves in action, we are more easily able to offer this to the people in our care - be those children or different groups with other needs or interests.

More than ever, I believe, we need to offer children ways to follow their interests and trust this innate drive to learn.

Through this approach, children will develop self-worth and be able to learn to make mistakes and move on to new ways of thinking and understanding their situation. They will not need to look outside of themselves to know that they are 'good enough' and not be measured by a set of external outcomes that they have had no influence or control in designing.

It is radical because we are not brought up to give children the freedom to explore and take risks. We don't yet understand the endless list of benefits and value of this approach.



However, the training teaches the importance of boundaries and responsibilities and encourages a listening and learning together environment where we can all thrive. It provides the steps to be able to deliver safe and interesting choices of activities or experiences.

We learn to observe and support the individual's experience, and without any force, we become more ecologically and emotionally literate.

If you want to join us on a high-quality, inspirational and probably life-changing course, then you are in the right place! If you want to positively impact young people's educational experience and mental health, this training is right for you.

If you want to offer long-term Forest School Programmes for all ages that incorporate the carefully designed 6 principles, then we highly recommend completing this Level 3 Qualification. We believe in an education that offers both indoor and outdoor experiences, incorporating the head, hands, and heart.

I am totally committed to making nature-based experiences for all people, not just those who are privileged.

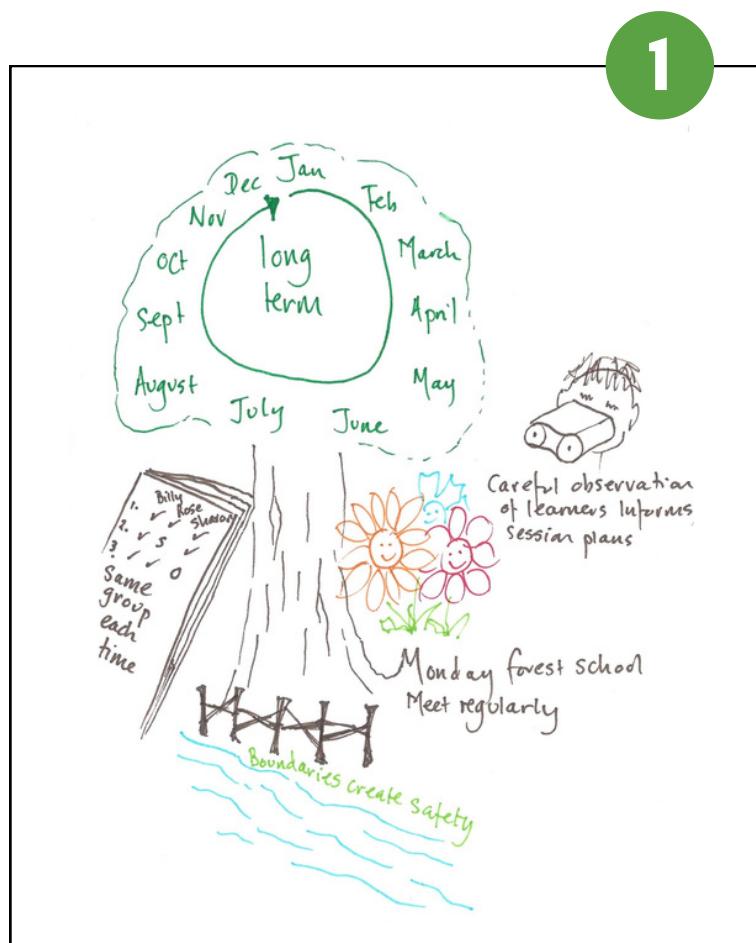
Quality Forest School includes all **six key principles** that shape and govern the Forest School ethos.



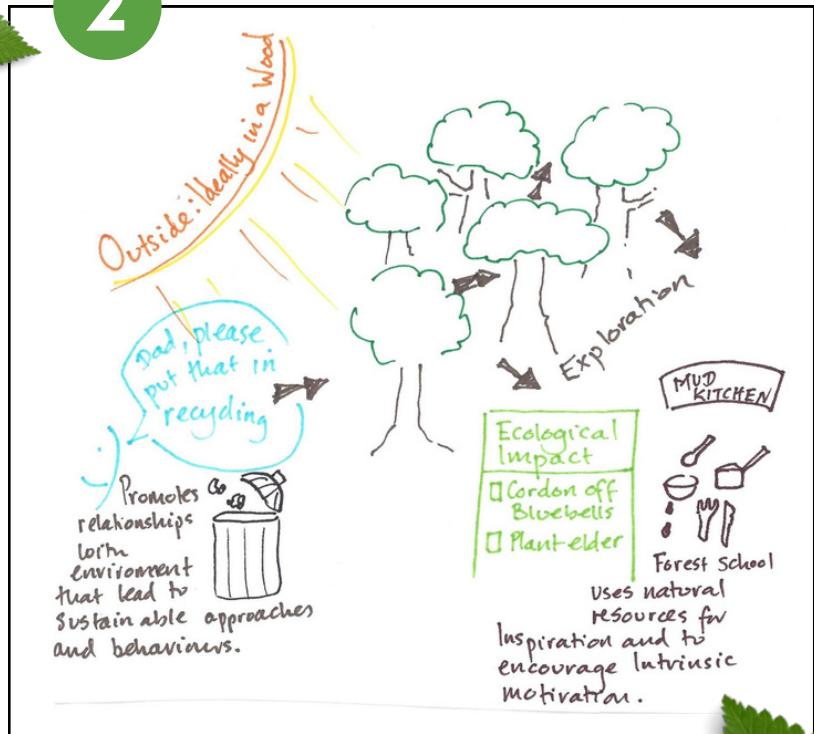
# THESE SIX PRINCIPLES ARE:

Forest School is a long-term process of regular sessions, rather than one-off or infrequent visits, the cycle of planning, observation, adaptation, and review links each session.

**If you are running a Forest School, you are incorporating this into your school planning and making sure that you value this type of outdoor learning.**



2



Forest School takes place in a woodland or natural environment to support the development of a lifelong relationship between the learner and the natural world.

**We need our culture to become ecologically literate so that we know to protect what we love and value.**

3



Forest School aims to promote the holistic development of all involved, fostering resilient, confident, independent and creative learners.

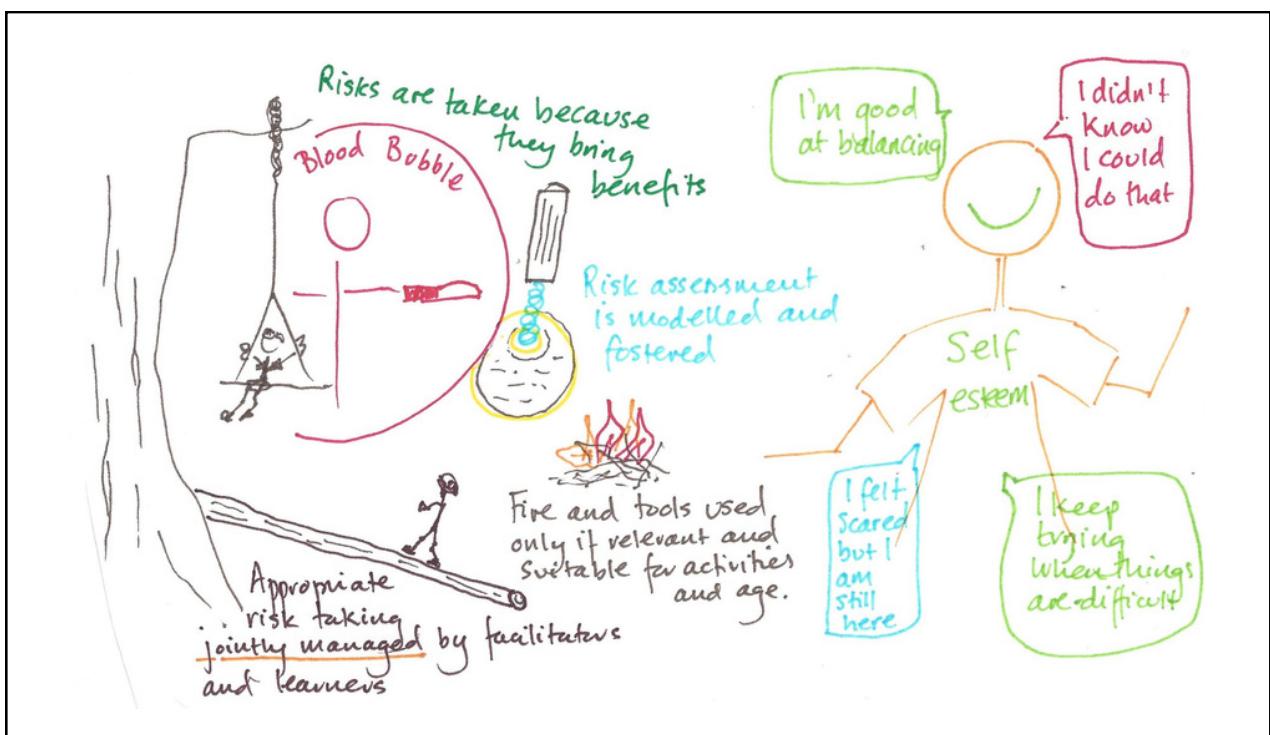
**We need to develop all aspects of ourselves to be rounded and have satisfying lives.**



4

Forest School offers learners the opportunity to take supported risks appropriate to the environment and to themselves.

**Life is uncertain, and we are not in control - so we need to develop resilience and know that we can step into challenges and move through them, and accept what life brings us.**

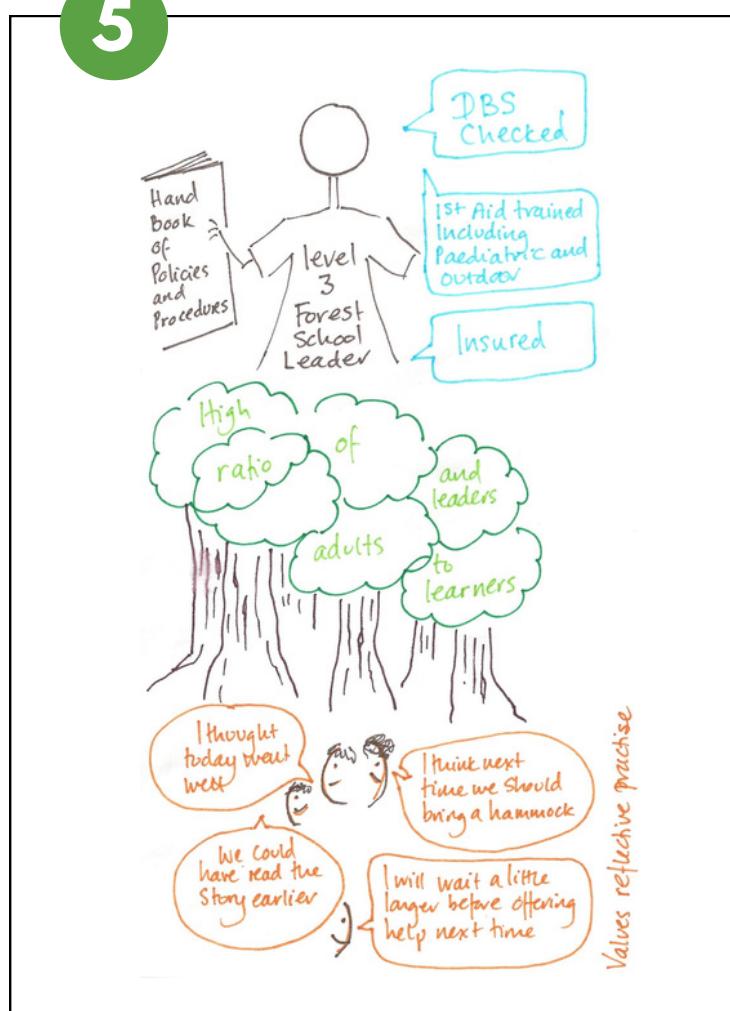


Forest School is run by qualified Forest School practitioners, who continuously maintain and develop their professional practice.

**We never stop learning, so training and developing your practice is a no-brainer!**



5



6

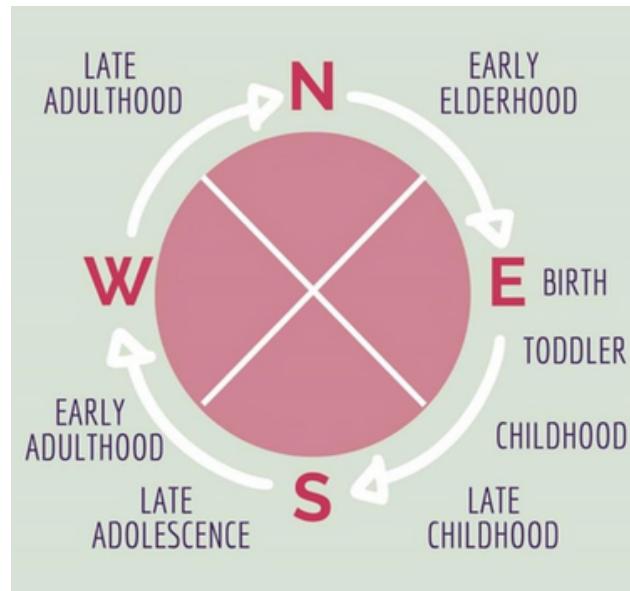


Forest School uses a range of learner-centred processes to create community development and learning. Our training models how we want to be treated.

**We want to include the wider community of nature in our decisions and planning, and find ways to be okay with differences.**

# WHY TRAIN WITH CIRCLE OF LIFE REDISCOVERY CIC?

- We work as a **team** and bring in different trainers' knowledge and experience.
- **All our programmes are different** – you are different, the time of year is different and whilst we will cover all the unit materials, we respond to what is alive in the group!
- We value **inclusiveness** and our drive to learn and be curious.
- All our programmes and practices are **built upon a nature-centric model** that develops our learning in a nature-connected way.
- We think that **each stage of development** influences how we might deliver our programme.



- We model and practice **nature pedagogy**, informed by a diverse range of theorists.
- We support **ecological** and **emotional literacy**.
- **We know that nature is a co-teacher or play friend** – so we learn to value the living world in our learning.
- **Choice** and **play** are part of our approach.
- We have been delivering **high-quality training** for over **20 years**.
- **Marina is a pioneer in developing green programmes within the NHS**
- As a **community interest company (CIC)**, we want to support others that are not as privileged as ourselves in accessing the natural world. All our nature-based programmes are free to participants.
- We acknowledge the tricky parts. We try **different and creative approaches** and tackle problems from different angles.
- We know **behaviour is communication**.



Find out more about our Lead Training **Marina Robb**, author of the books [Learning with Nature](#), a how-to guide to inspiring children through outdoor games and activities and [The Essential Guide to Forest School & Nature Pedagogy](#). She is also the producer and host of '**The Wild Minds Podcast**'.

**To find out more about our ITC Level 3 Certificate for Forest School Leaders click the button below or contact us directly.**



[harriet@circleofliferediscovery.com](mailto:harriet@circleofliferediscovery.com)



01273 814226

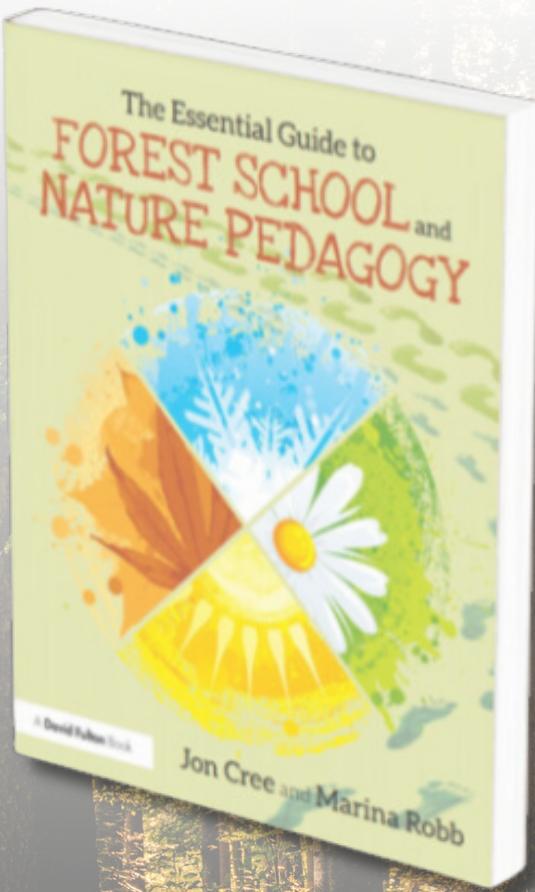
[FIND OUT MORE](#)



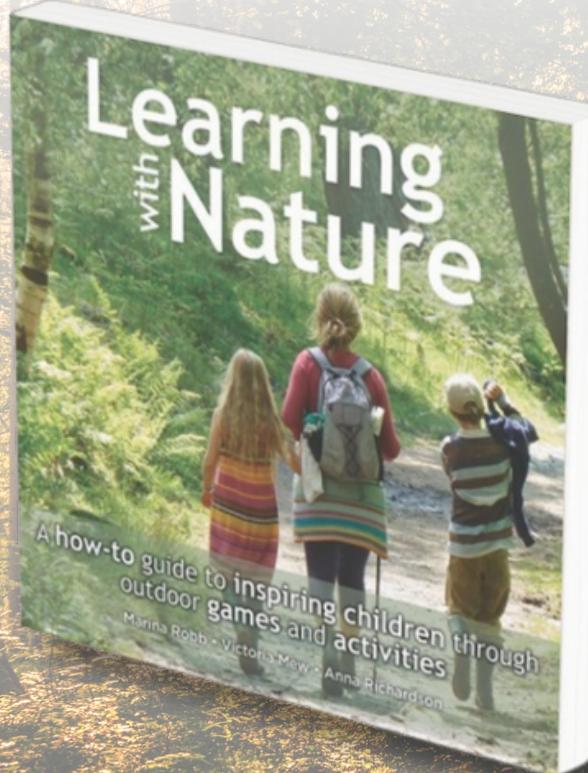
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“

I couldn't have asked for a better training. I've felt in very safe hands with CLR; from knowledge, planning, delivery and a whole host of ideas to begin my new chapter as a Forest School leader. I can't wait to get started.

“

The course has pushed me out of my comfort zone and opened up a whole new pathway for me I didn't think was possible. With amazing support from Marina and her team, I feel so much more confident in my abilities, as a learner and as a practitioner. This work is important for future generations.

