



Guideposts Forest School Questionnaire

What is a Forest School?

A Forest School is a child led and adult facilitated approach to learning which enables groups of children or young adults to come together in a wooded area and take part in a wide range of activities. All activities are facilitated by qualified Forest School instructors and focused on fun, learning and stimulation. For this reason it has been found to be particularly effective for children with behavioural or learning difficulties, although there are benefits for everyone. Together the children create a learning platform that is by its very definition non-classroom bound!



What are the benefits of a Forest School?

Research into Forest Schools has shown that children who attend can benefit in a wide range of ways including:

- * Increased confidence and self-esteem
- * Improved social skills
- * Improved motivation and concentration
- * Increased emotional and physical wellbeing.

The environment is one that naturally fascinates individuals and as a result the children involved ask questions and therefore gain a better knowledge and understanding of nature and how to interact with it. Forest School activities stimulate the children's own initiative and imagination, which can be a hugely empowering experience.

Forest Schools at Guideposts

Guideposts developed Wild Times, a Forest School project funded by Children in Need in 2014. We are now reviewing this project in order to understand what we do well and what we could do better. We also want to learn if there are any changes we can make to make Wild Times more accessible and enjoyable for Children and Young People.



Guideposts have created a short questionnaire about Forest School and would appreciate if parents and carers could spare between 5 – 10 minutes to complete using this link <https://www.surveymonkey.co.uk/r/K9HDPGT>. You can also request a paper or emailed copy by contacting **Kelly Gough** on **01993 893560** or emailing kgough@guideposts.org.uk. Please feel free to **contact me directly** if you have any questions regarding this questionnaire.

