

# FOREST SCHOOL ASSOCIATION

## NATIONAL CONFERENCE 2017

### WORKSHOP LIST & CONFERENCE TIMETABLE

(Workshops maybe subject to change)

Friday	
17:00 - 22:00	Arrival & registration   Networking & Social
18:00 -18.30	Canteen Supper
Saturday	
07.30 - 08.30	Breakfast
08.30 - 09.15	Registration and Networking
09.15 - 09.30	Welcome Address
09.30 - 09.45	Comfort break and walk to First Workshop
09.45 - 11.45	Activity 1
11.45 - 13.45	Lunch and Networking
13.00 - 14.30	Activity 2
14.30 - 15.00	Comfort break
15.00 - 17.00	Activity 3
18:00	Evening meal
19.30 onwards	Entertainment
Sunday	
07.30 - 8.30	Breakfast
09:00 - 10.30	Activity 4
10.30 – 11:00	Comfort Break
11:00 - 12.30	Activity 5
12:00 - 13.30	Lunch
13:30 - 14:00	Closing statement and raffle

#### 1. Wellbeing Assessment (WS1)

With Jon Cree



To justify our Forest School provision, we must demonstrate the impact it has on well-being. This workshop will explore several ways of defining wellbeing and how we work with our learners at Forest School to assess our wellbeing, learners and practitioners alike, so it feels like an integral part of the Forest school experience.

Jon is a FSA Director and has been involved with training in environmental and outdoor learning for over 30 years and been a Forest School trainer for 10 years. He has worked at FSC Bishops Wood Centre for the last 17 years as training co-ordinator and manager of teenage programmes run at Bishopwood Centre.

#### 2. Re-igniting the Spark within (WS2)

With Iza Moon

This workshop will be a soothing and uplifting journey of original Soul-Full Songs, interspersed with enchanting Storytelling, poignant Poetry and empowering visualisations. It will culminate in an outdoor Fire Ceremony, an ancient and magical form of ceremony, where participants will be led through this ancient and incredibly memorable experience.

Iza is a travelling Songstress, Poet, Storyteller and Alternative Therapist. She has been drawn to alternative ways of living my life, and has lived 'off grid' for the last 12 years.

#### 3. Free your imagination, free your voice, and free yourself (WS3)

With Iza Moon

Using group singing and storytelling, Iza will be inviting participants to be involved in a joyful journey of the imagination and creative, soulful expression. She will lead some simple, uplifting group singing where we will discover that we ALL have a voice (cont.)

We will feel the exhilaration, harmony and strength that comes from working together as One Common Voice. Using short story to evoke the imaginations, we will explore and discuss what makes a good story and a good storyteller and what the benefits of stories for adults and children? Finally, participants can create and share short, simple stories with a meaningful message.

#### 4. Meditation and Mindfulness for Wellbeing (WS4)

With Vanessa White



The workshop will offer participants an introductory session on the use of mindfulness and meditation for wellbeing. It will include a guided, walking meditation (in barefoot for those who would like to). It will include activities that support mindful participation using natural materials and the environment and may include felt making, basic weaving or natural art formations.

#### 5. Voices from the Heart (WS5)

With Elizabeth Swift

The workshop will share some ideas on how to make singing easy and give Forest School leaders the confidence to introduce songs and singing to Forest School practice. It will look at Natural Voice techniques and practices that help make singing an easy and integral part of Forest School practice and gives everybody the chance to have a good outdoor sing too!

#### 6. The Happiness Tree – A Magical Healing Story (WS6)

With Danny English

This workshop aims to merge storytelling with the therapeutic benefits of spending time in the outdoors. Danny will be telling a magical and unique story of his own that deals with the topic of healing through nature connection and includes the opportunity to make a willow crown.

Danny is the founder and Director of CommuniTree, an Outdoor Education project operating in Greater Manchester and Lancashire.

#### 7. Sit Spots for Wellbeing (WS7)

With Dr Chris Walton and Mell Harrison



This workshop focuses on inspiring the facilitation of sit spots for children, young people and ourselves. A series of sensory activities and stories build up to create a solitary 'sit spot' in nature. In turn, this shows how a creative and slow pace to nature connection can support the creation of space to improve wellbeing. The workshop will also offer the opportunity to discuss how sit spots could be integrated into Forest School for all ages and you will hear about the latest research in this area.

Mell joined the Green Light Trust in 2016 and has been facilitating Nature Connection work for over 15 years. She has worked with all ages and abilities, facilitating through the theories of Forest School, Earth Education, Nature Connection and Environmental Education.

Until he retired in 2015, Chris was Co-Director of the Ringsfield Eco Activity Centre in Suffolk. He is a Baptist minister and his lifelong care of children and young people resulted in his PhD research that investigated the responses of children to solitude in the natural world.

#### 8. "Great Forest School Bake Off" (WS8)

With Mell Harrison



This workshop will be a practical session experimenting with campfire cooking to develop creativity and help build self-esteem and show how it can support teenagers' holistic wellbeing. It will involve foraging common plants and conclude with a 'Great Forest School Bake Off' using different cooking techniques.

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## 9. Projects with Willow, Obelisks and Wreaths (WS9)

With Sue Croasdale



This workshop will demonstrate how therapeutic and rewarding creating projects with willow can be, for all ages. It will introduce willow as a great craft resource for Forest School demonstrating how to make obelisks and wreaths to take home. It will also be an opportunity to share ideas, discuss cost and accessibility to materials and will be fun and rewarding too.

Sue is a lecturer in Childhood Studies at Blackburn College in Lancashire, teaching on the CACHE Level 3 Childcare and Education (with Early Years Educator Status) to students in the Further Education Sector. She has long had a passion for outdoor play. As part of her Masters study did research into Forest Schools that sparked her desire to train as a Forest School educator.

## 10. Natural Rhythm (WS10)

With Bearnumber9

This workshop aims to promote the therapeutic, life quality, and community benefits of the use of drumming and rhythm within forest schools. The session is held around the fire in a traditional 18ft Native American tipi. We start with a introduction to the benefits of drumming, a history of the frame drum, and the use of rhythm. Through hands on experience, we will show participants how they can integrate regular drumming and rhythm within their sessions using a traditional frame drum.

## 11. The Utterly Butterly Ukelele Project (WS11)

Steve Nutter and Nick Penny

The Utterly Butterly Ukulele Project is a music and junk instrument making workshops that will amaze and amuse you, and help you learn a lot while having fun! At our workshops, we bring everything you need to make your own TUB-Ukulele, teach you how to play a repertoire of songs, and then do an end of day performance with the assembled TUB-Uke orchestra and the Utterly Butterly Band. To everyone's amusement and amazement, the TUB-Uke is fully functional and tuneable and played the same as any conventional ukulele. TUBUP will also be providing some entertainment on Friday evening for campers.

## 12. Inspiration – Idea sharing / Problem solving (WS12)

With Mark Clarke

Are you a 'Newbie', a long time served practitioner or anywhere in between? The 'Idea Sharing/Problem Solving' round table workshop is for all.

Do you have an idea, problem or question you would like to discuss with a like-minded, positive, supportive group? Do you need to work out some issue or need a recommendation for a source of tried and tested equipment or resource? Then this workshop is for you

## 13. Autism and Forest School (WS13)

With Michael James



The workshop aims to raise autism awareness amongst Forest School practitioners with little prior knowledge of ASD, to discuss the benefits of a Forest School approach for autistic learners, and provide an opportunity for those already providing sessions that include autistic learners to share practice and ideas. It will involve activities that will help to focus on the needs and experience of autistic learners and will involve role-play scenarios to encourage people to put the approaches discussed into practice.

Michael works for The National Autistic Society as Forest School Coordinator based in Bath & North East Somerset (BANES), a role that involves managing and delivering Forest School to adults with ASD.

## 14. Looking Back Moving Forward (WS14)

With Plas Derw Trust

It is easy to be stuck in a rut or to focus all your attention to one aspect of Forest School and lose sight of the benefits of other aspects. Each new group of participants brings new dynamics and sometimes-new problems or hurdles. With this in mind, we have created a session that allows participants to refresh their thinking, share thoughts and ideas on best practice and develop new strategies for dealing with behaviour including case studies and discussion.

## 15. Nature in words and Numbers (WS15)

With Plas Derw Trust

Many schoolteachers are undertaking Forest School training so how can Forest school sessions incorporate the curriculum without losing sight of the Forest School Ethos. Focusing on the key stage 1 Literacy and Numeracy skills this workshop will give your ideas and inspiration for activities to meet the curriculum during your Forest School session.

## 16. Social Value (WS16)

With Mantell Gwynedd

*'What Wales is doing today the rest of the world will do tomorrow'* This is an introductory session on Social Value and Social Return on investment. The What, Who, Why and How. Social Value to us means the value of the things that change because of activities you do and it is a great tool for demonstrating the worth of your work to stakeholders and can be used to strengthen grant applications.

## 17. Experimenting with Yoga and Bodywork in Nature (WS17)

With Suzy Strudwick



A practical session for people to understand a little of the theory behind what links yoga with wellbeing, experience the positive impact of yoga and bodywork for themselves (hopefully in the outdoors) and to get some ideas about how and when yoga and bodywork could be used in a Forest School session.

Suzy has have been a full-time Forest School leader for 9 years, working in and around Croydon, Surrey and Sussex and has lots of experience of working with children and young people with learning difficulties and disabilities and is a qualified youth worker.

## 18. Making and playing the “Viking Game” (WS18)

With Tim Evans

A workshop to learn how to play and make the Viking Game. Work in teams to make the pieces for the game using coppiced wood and saws. Each group then plays the game with the pieces they have made. It is ideal for developing team spirit, self-esteem and fun! For children, this activity includes measuring, cutting safely, and working as a team, learning rules, taking turns, developing accuracy and throwing skills.

## 19. From Glue Sticks to Relationships (WS19)

With Sarah Hennessey

This workshop will look at the ways in which young people with attachment issues can have difficulties within the structure and expectations of a traditional school setting. It will explore how using an outdoor setting and participating in imaginative and creative arts can offer an alternative way of working with young people who are struggling to manage their own emotions and to develop the empathy needed for collaborative working.

Sarah has worked as a teacher, with children with social, emotional and behavioural difficulties. She has a Masters in Art Psychotherapy, trained, and worked as a freelance Forest School Leader. She has worked with children with attachments difficulties, Autism, ADHD and many other presentations.

## 20. Simple Products from Coppice Hazel (WS20)

By the Woodland Skills Centre, Denbigh

A practical workshop to show how hazel can be grown as a sustainable woodland material and using simple tools that to create a variety of simple projects. Led by staff from the Woodland Skills Centre all of whom are level 3 Forest School Leaders, level 3 Social Forestry Practitioners and experienced craft tutors.

## 21. Introduction to Writing for Wellbeing (WS 21)

With Deborah Alma

A gentle introduction into writing for the self for those with little or no experience of writing. Through a series of exercises, conversations, and looking at your own life experiences, Deborah will help you to transform some of your material into imaginative writing. The workshop will focus on the positive, help to achieve self-acceptance, calmness and be properly in the moment. There will be no pressure to share your writing. Deborah is a published poet, taught writing poetry at Worcester University and is an experienced workshop facilitator. She was recently Poet in Residence at a NHS Conference for physiotherapists.

## 22. Forest School Providers Scheme (WS22)

With Forest School Association



This workshop aims to share information on the FSA's Recognised Forest School Provider Scheme it will give you and an opportunity to find out more about the new FSA Recognised Forest School Provider Scheme including the benefits, application process and self-assessment tool.