

Forest school medium term planning

Autumn one term, 2025

Topic: Who am I?

| W/C: | Theme | Circle time | Activity | Creative | Reflection |
|-------------|------------------------------|--|--|---|--|
| 15/09/35 | Getting to know me | Children gather in base camp and meet Frida the fox. She teaches them 'Let's all go to forest school', our song. Chn to introduce themselves and say something they like using the talking stick | Autumn scavenger hunt | Nature self-portraits using clay and natural materials | Share one special thing about themselves and work together to play hide and seek |
| 22/09/25 | My family | Frida the fox will introduce forest school rules Children share their family photos | Collect things to make a family nest | Build a family nest | Read guess how much I love you and play the floor is lava |
| 29/09/25 | My feelings, my colours | Frida the fox will sing the song with the chn and go through the rules. Frida to read the colour monster to the group | Children choose autumn leaves that match how they feel using the colours from the story | 'feeling crowns' made from chosen leaves to represent their mood | Chn to use their senses in basecamp to explore what they can see, hear and smell. Chn to share their thoughts and feelings |
| 06/10/25 | My body, my movements | Sing heads, shoulders, knees and toes with Frida | Take part in the floor is lava using movements like animals 'squirrel jumping, owl flying) | Make an obstacle course to help Frida cross the environmental centre without touching the floor | Share which movement made them feel strong, fast, calm. Hide and seek to end the session |
| 13/10/25 | My strengths, my superpowers | Each child shares something they are good at and can show their friends in the middle of base camp | Finding nature treasure that they think is special | Make superhero nature bracelets using card and masking tape with their nature treasure | Celebrate each child's superpower with a superhero nature bracelet show |
| 20/10.25 | Adventure to the woods | Discussing how to stay safe on our walk to the woods and making sure everyone knows the golden rules of our outing | Bug hunt, tree spotting, den building | Bark rubbing with crayon Explore woodland music with natural sounds | End with a 'forest band' performance |