

## Forest school medium term planning

### Autumn one term, 2025

#### Topic: Who am I?

<b>W/C:</b>	<b>Theme</b>	<b>Circle time</b>	<b>Activity</b>	<b>Creative</b>	<b>Reflection</b>
15/09/25	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