



Principles of Forest School

Forest School is a way of learning outdoors that encourages exploration, creativity, and connection with nature. It follows these key principles:

- **Respect Nature** – Follow the rule: “Leave only footprints, take only photos.” This means don’t damage or take things unnecessarily.
- **Be Safe** – Know and follow safety rules (e.g., no running, use tools correctly, stay in boundaries).
- **Work Together** – Teamwork is essential when collecting materials, building art, or sharing space.
- **Be Responsible** – Take care of your environment, tools, and others.
- **Learn Through Doing** – Forest School values hands-on experience, where making mistakes is part of learning.
- **Build Personal Skills** – Encourages resilience, confidence, and self-motivation.

How to Make a Natural Photo Frame

- **Forage responsibly** – Collect fallen sticks and natural decorations from the forest school.
- **Make the frame shape** – Lay out 4 sticks in a square or rectangle.
- **Join the corners** – Use a knot like a half clove hitch to secure each corner tightly.
- **Add a backing (optional)** – Weave natural fibres or use bark to make a back panel.
- **Decorate** – Attach leaves, berries, or flowers around the edge for decoration.
- **Display or hang** – Use more twine to hang it from a branch or fence.
- **Safety Note:** Always check sticks for sharp edges and be careful when tying knots or using scissors.

History of Dreamcatchers

Dreamcatchers come from the Ojibwe (Chippewa) Native American tribe and were traditionally used to protect sleeping people—especially children—from bad dreams and negative spirits.

- The circular shape represents the circle of life and the sun.
- Webbing inside was believed to catch bad dreams, allowing good dreams to pass through.
- Feathers often hung from the bottom and were said to help good dreams gently float down to the sleeper.

Dreamcatchers are now made by many cultures, but their origins are sacred, so it’s important to approach their use with respect and understanding.

In your outdoor art project, you’ll make a dreamcatcher using natural materials, inspired by the idea of hanging your dream for the planet.

Writing a Speech: Environmental Stewardship

What is Environmental Stewardship?

It means taking care of the Earth so that it remains healthy for future generations. It involves:

- Reducing pollution
- Conserving energy and water
- Protecting wildlife and natural areas
- Educating others about sustainability

Tips for Your Speech:

1. Talk about one environmental issue you care about (e.g., climate change, plastic pollution, deforestation).
2. Explain why it matters and how young people can help make a difference.

Example Opening:

“I have a dream that one day, our oceans will be free from plastic and sea creatures will swim safely again. I will do my part by recycling and inspiring my friends to do the same.”