



# ADVANCED CERTIFICATE IN FOREST SCHOOL AND OUTDOOR LEARNING ONLINE TRAINING

This course includes **16 video masterclasses** and over **120 instructional activity videos** filmed across the year and organised into seasonal activities. You will also get unlimited access to the 'Using Tools' & 'Fire & Pedagogy' modules from our 'Forest School Activities Online Training'.

Each module also comes with **6 session plan ideas** and **curriculum links**, multiple generic & activity based **Risk Benefit Assessments** for all the activities, **simple songs** and additional downloadable resources linked to the course including key resources from our book 'The Essential Guide to Forest School and Nature Pedagogy'.

## Module 1: Early Spring

### Masterclasses

- Best practice Forest School
- Best practice Outdoor Learning

### Activity Videos

- Introduction
- Welcome to the spring module
- Sense meditation
- 4 key dynamics
- Fairy cakes in a biscuit tin using a fire bowl
- Beeswax sandwich wraps on a fire
- The wonder of clay
- Making seed bombs
- Basic whittling and knives
- Cooking with marshmallows in an urban setting
- How to make a bow and arrow
- Silver birch tapping
- Nest robbers nature awareness game
- How to make a Tippy Tappy
- Making popcorn in a sieve
- Tool user level indicators

## Module 2: Late Spring

### Masterclasses

- Writing Forest School and Outdoor Learning risk benefit assessments (part 1)
- Writing Forest School and Outdoor Learning risk benefit assessments (part 2)

### Activity Videos

- Nature centric model – spring Equinox
- Spring journey stick
- Sit spot
- A bee song
- Bees with palm drills, discs and wool
- Bees homes using a plastic bottle
- Pruning using the 3 step method
- Bee homes using an old log
- Bee story
- Egg blowing
- Egg dying
- Whittling a rolling pin
- Craft a cardboard butterfly or bird
- Gathering wild garlic for a wild pesto
- An introduction to wild garlic and cleaver juice
- Birds and beetles nature awareness game
- The 3 voices of birds
- Talbot's nature awareness game
- How to make a spring tonic





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## Module 3: Early Summer

### Masterclasses

- How nature stimulates sensory development and integration (part 1)
- How nature stimulates sensory development and integration (part 2)

### Activity Videos

- Nature-centric model: Early summer
- Gratitude for plants
- Gathering resources and the law
- The art of questioning
- Gathering dandelions
- How to make dandelion fritters
- A daisy summer balm
- Making a pine wood necklace
- 3D map making
- Fun with an egg box
- Hawthorn story & May crowns
- Hawthorn syrup, oxeye daisy pancakes & hawthorn tea
- Hawthorn water into mini containers to last a week
- How to make willow cordage
- How to make sweet chestnut bark pouches
- Primrose tea - a thank you to the plants

## Module 4: Late Summer

### Masterclasses

- How Outdoor Learning benefits mental health and wellbeing (part 1)
- How Outdoor Learning benefits mental health and wellbeing (part 2)

### Activity Videos

- Nature centric model: Late-summer
- How to make a corn dolly
- How to make a rush dolly
- How to make meadowsweet and yarrow tea & link to plant games
- Soap-making with silver birch leaves
- Making leaf puppets
- Leaf ticket idea
- Surely we need clean hands?
- Let's play Quoits
- Let's make smell sacs
- Let's create a smell trail game
- Come to our nature gallery
- Perspectives bamboo lens or mirror
- New Perspectives
- Our rainbow stones
- How to make bramble cordage and beads
- Creative bramble puppets
- How to make an Apache star







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## Module 5: Early Autumn

### Masterclasses

- Essential steps to understanding behaviour and mental health (part 1)
- Essential steps to understanding behaviour and mental health (part 2)

### Activity Videos

- Nature-Centric Model: The autumn
- Autumn foraging & sloe berry roasting
- Rosehip beeswax lip balm
- How to make a Palm Drill
- Buckwheat pancakes with nettle seeds
- Autumn plant games
- Apple cider vinegar health tonic with foraged berries
- Making a wand
- Making bannock bread on the embers
- Hazlenut oven and tinder bundle fire
- Planting elder

## Module 6: Late Autumn

### Masterclasses

- The fundamentals of Green Care and nature-based practice (part 1)
- The fundamentals of Green Care and nature-based practice (part 2)

### Activity Videos

- How to use a Kelly Kettle
- Carving a mushroom part 1: Getting started, wood and knife options
- Carving a mushroom part 2
- Felling a small tree using a gob cut
- Making mini-furniture part 1: Getting started and preparing the wood
- Making mini-furniture part 2: A mini table and chair
- Where can I buy or find wood for fire-making in an urban setting?
- How can I set up a fire in an urban space?
- Fire making in an urban space or garden
- Where can I buy or find wood for crafting?
- What woods could I choose for crafting?
- How to make a butter knife
- Thank you autumn





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## Module 7: Early Winter

### Masterclasses

- Best practice methods for deepening nature connection and nature awareness (Part 1)
- Best practice methods for deepening nature connection and nature awareness (Part 2)

### Activity Videos

- Nature-centric model: The winter
- Pine, honey, apple and cinnamon tea
- Gratitude and sense meditation
- Winter meditation
- The Forest School principles
- Story stones
- How to make a leather bag
- A tale: Fox steals fire
- Birdfeeders and conservation
- How to make a tripod
- Bread in a Dutch oven

### Forest School Routines & Boundaries

- Setting up a name game
- Why Boundaries?
- Ground Rules and Hazards
- Boundary games - using a bandana

## Module 8: Late Winter

### Masterclasses

- Outdoor learning in urban and wilder environments (Part 1)
- Outdoor learning in urban and wilder environments (Part 2)

### Activity Videos

- The nature play continuum
- Winter tree ID Nature games
- How to make walnut candles
- Festive candles part 1
- Festive candles part 2
- How to make a snowman
- How to make a wreath
- How to make a reindeer
- Make a willow Christmas tree
- Craft a Christmas star
- Mince pies in a Dutch oven
- Playing with ice sculptures
- How to make a Bridget's cross

