



Forest School Home Learning Pack: Father's Day Themed

We have almost reached 2500 send-outs! Thank you to everyone who is supporting Primary Forest School during this time. If you have received a previous pack, it's never too late to send your feedback into us. You can do this by emailing a member of the team, leaving a review on Facebook or messaging us on Facebook. We'd love to hear how you get on, especially any photos!

This time the pack is father's day themed. We appreciate that father's and father figures appear in lots of different ways so this pack can be completed with/ for any family member. Inside the pack are ideas for you and your child(ren) during the lockdown period. We have generalised activities so that we offer all children the same regardless of age, you may find some activities are more suited to your child(ren) than others but all are worth a try!

Father's Day Home Learning Pack includes:

5 Classic Forest School Activities

3 Art Related Activities

3 English Related Activities

3 Health and Wellbeing activities

We will be frequently posting new ideas and information on our Facebook and website if you need more inspiration for activities. If you enjoy doing these activities please share your feedback and experiences with us - we'd love to hear from you.

Please stay safe during these activities and adult supervision is advised at all times but let the children lead the activities - if you end up off task that's brilliant! See where their imagination takes you...

We look forward to catching up with the children upon the phased return to the school.

Sending Our Best Wishes from,
Ellen Blackwood and Primary Forest School Staff

EXPLORE LEARN GROW

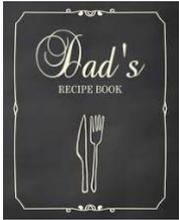
www.primary-forest-school.co.uk

T: 07814 786696
E: ellen.blackwood@primary-forest-school.co.uk

Reg. Co. Name: Primary Forest School & Sports Education Ltd
Reg. Address: 8 Marina Gardens, Weymouth, Dorset, DT4 9QZ
Company No: 11629451

	Activities	Resources Required	Potential Risks	Impact
<p>1. Make a Den</p> 	<p>Make a den - it's as simple as that! We would recommend heading to woodland areas or if the weather is poor what house items could you use?</p>	<p>Outdoors - Sticks Indoors - chairs, bedsheets, pillows</p>	<p>Use of Sticks, Risk of den collapsing</p>	<p>Children to experiment with construction and create a den.</p>
<p>2. Tic Tac Toe</p> 	<p>Classic game that can be enjoyed by the whole family. Use sticks or chalk to make the grid and choose a natural item as O or X. First to get 3 in a row wins!</p>	<p>4 Sticks or chalk, 2x 5 small natural items, an opponent</p>	<p>Use of sticks,</p>	<p>Children to replicate a classic game using natural items,</p>
<p>3. Make/ Fly a Kite</p> 	<p>Follow the help sheet included for instructions.</p>	<p>Plastic Bag, sticks, string, scissors, pen</p>	<p>Use of sticks and scissors. Kite/ child may fly away.</p>	<p>Children to use knot tying skills to create and fly a classic children's toy.</p>
<p>4. Bow and Arrow</p> 	<p>Follow the help sheet included for instructions</p>	<p>2x Hazel or willow stick ideally, elastic or string, target</p>	<p>Use of sticks, use of bow and arrow towards people.</p>	<p>Children to use knot tying and target practice with bow and arrow.</p>
<p>5. Raft Challenge</p> 	<p>Follow the help sheet included for instructions.</p>	<p>Sticks, String</p>	<p>Use of secateurs, testing near water.</p>	<p>Children use lashings to craft and test a raft that floats.</p>

Art	Activities	Resources Required	Potential Risks	Impact
<p>1. Nature Heart</p> 	<p>Two Options for this activity. Option 1: Make a heart shape and fill sections of the heart with different natural items. Option 2: Can you find any natural heart shapes in nature?</p>	<p>Natural items, camera</p>	<p>Contact with harmful items while collecting.</p>	<p>Children to use observation and scavenger skills to find/ create a heart</p>
<p>2. Leaf Family</p> 	<p>Find some leaves and using pens draw faces on them. You can create a family or tribe and give them names, roles and maybe build them a home too!</p>	<p>Leaves, Pen, Natural items for home</p>	<p>Contact with harmful items while collecting.</p>	<p>Children to use imagination and role play to create a leaf family</p>
<p>3. Wood Cookie Dad</p> 	<p>Using wood discs and pipe cleaners make your own wood-cookie dad! Follow the simple instructions provided.</p>	<p>2x wood discs, drill, 3x pipe cleaners, pens</p>	<p>Preparing wood if needed, use of tools</p>	<p>Children to use motor skills and tools to create a wood-cookie dad</p>

English	Activities	Resources Required	Potential Risks	Impact
<p>1. My Dad is...</p> 	<p>Using the world around you can you describe your Dad using similes. E.g. My Dad is as tall as an Oak Tree, My Dad is as hard working as a honey bee. A great idea to add inside a card too!</p>	<p>Imagination, pencil to write them down</p>	<p>N/A</p>	<p>Children to use similes to describe their Dad.</p>
<p>2. Dad's Favourite Recipe</p> 	<p>Find out your Dad's favourite recipe, Write it, Follow it, Serve it 😊</p>	<p>Any ingredients to complete recipe</p>	<p>Use of foods with risk e.g. chicken, rice.</p>	<p>Children to write and follow a recipe.</p>
<p>3. Helping Hand</p> 	<p>Draw around your hand (as many times as you would like). Cut them out and on each of the hands write a favour to help your Dad e.g. help mowing the lawn, help clean the car, help eat the popcorn during a film! Nice personalised present for Father's day too!</p>	<p>Child's hand, Card preferable, scissors, pencil/ pens</p>	<p>Use of scissors</p>	<p>Children to learn life skills/ hobbies of Dad.</p>

Health and Wellbeing	Activities	Resources Required	Potential Risks	Impact
<p>1. Picnic in the Garden</p> 	<p>Get the children involved in preparing healthy foods for a picnic in the garden or another safe outdoor space. Enjoy the change of scenery and fresh food prepared!</p>	<p>Healthy lunch items</p>	<p>Children using kitchen utensils.</p>	<p>Children to help prepare and to experience eating in different places</p>
<p>2. Tree Climbing</p> 	<p>Tree climbing is great for confidence. In forest school we have simple guidelines; 1. Climb on branches thicker than your forearm, 2. Do not climb underneath someone and 3. Climb to your head height, or with permission from parent try higher!</p>	<p>Tree</p>	<p>Risk of falling, scratches and scrap from bark.</p>	<p>Children to understand risks and explore by tree climbing.</p>
<p>3. Back Garden Camping</p> 	<p>Pitch up your tent or make your own den to sleep in! If it goes wrong or gets too cold at least home isn't far away!! Don't forget to star gaze and take in the dusk and sunrise experiences!</p>	<p>Back garden space, tent or den, sleeping items and warm blankets</p>	<p>Getting cold or wet during the night</p>	<p>Children to have the camping experience in the back garden with family members.</p>

Make a Kite

You will need:

Plastic Bag
3 sticks (one slightly longer than the others)
String
Tape
Scissors

Step 1. Secure the sticks together using the string to make a cross.

Step 2. Attached the ends of the sticks with string to give you the kite outline.



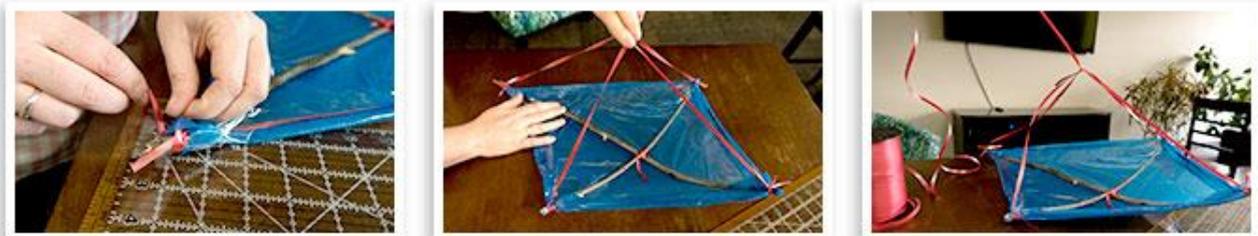
Step 3. Draw around your outline onto your plastic bag giving approximately 2-5cm extra in order to attach and cut it out.

Step 4. Using the tape secure the plastic bag cut out onto the kite.



Step 5. Attach string to all 4 corners and attach tie together in the middle.

Step 6. Attach a long length of string as your flying string.



Step 7. With the remainder of the string wrap it around your third stick to keep it tidy.

Step 8. Run into the wind and test your kite out!

Make a Bow and Arrow

You will need:

Hazel sticks ideally but can be done with others

Elastic or string

Homemade target

Step 1. Gently curve your hazel into shape, best to use your knee and pull the ends toward you.

Step 2. Once you are happy with the curve, attach the elastic the ends of the stick

Step 3. Find smaller sticks as arrows

Step 4. Test it out! Remember to never shoot towards people. Try and get the elastic to stay on the end of the stick and only hold the stick before releasing.

Step 5. Put up the target and practise aiming





EXPLORE LEARN GROW

www.primary-forest-school.co.uk

T: 07814 786696
E: ellen.blackwood@primary-forest-school.co.uk

Reg. Co. Name: Primary Forest School & Sports Education Ltd
Reg. Address: 8 Marina Gardens, Weymouth, Dorset, DT4 9QZ
Company No: 11629451

Make a Raft

You will need:

2 thick sticks for base

10 sticks of similar length for deck

1 stick for mast

String

Giant leaf, recycled item or something of your choice for a sail

Step 1. Lay the two base sticks out and use a deck stick to measure spacing. You will need to leave approximately 1 cm at either end. Cut a piece of strong approximately 1 metre to tie and lash the sticks together as shown in the pictures.



Step 2. Repeat the process with all the sticks on one side of the base, then repeat on the other base.



Step 3. Secure the sail to your stick, we would tie each end on or if you are using a leaf you can pierce the stick through.



EXPLORE LEARN GROW

www.primary-forest-school.co.uk

T: 07814 786696
E: ellen.blackwood@primary-forest-school.co.uk

Reg. Co. Name: Primary Forest School & Sports Education Ltd
Reg. Address: 8 Marina Gardens, Weymouth, Dorset, DT4 9QZ
Company No: 11629451

Step 4. Push the mast stick snugly on your raft and then tie the string around lashing like shown.



Step 5. Test the raft out on water, why not see how much your raft can carry before it sinks or have a raft race?



Photos from: <https://www.beafunmum.com/2015/03/stick-raft-boats/>

EXPLORE LEARN GROW

www.primary-forest-school.co.uk

T: 07814 786696
E: ellen.blackwood@primary-forest-school.co.uk

Reg. Co. Name: Primary Forest School & Sports Education Ltd
Reg. Address: 8 Marina Gardens, Weymouth, Dorset, DT4 9QZ
Company No: 11629451

Make a Wood-Cookie Dad

You will need:

2 Wood cookies/discs

Drill (hand or electric) - parent help/ supervision needed

Pipe cleaners

Pen

Step 1. Identify which wood cookie will be the head and which one will be the body.

Step 2. Take the head cookie and drill 1 hole into it (2 opposite if you want to be able to hang it)

Step 3. Take the body cookie and drill 5 holes in (1 neck hole, 2 arm holes and 2 leg holes)

Step 4. Using a small bit of pipe cleaner secure the head to the body

Step 5. Insert pipe cleaners for legs and arms

Step 6. Draw on the face

