



For further information on Mountain Biking and the other activities we offer, visit our website, or

email cycle4adventure@gmail.com

Telephone 0776 776 0992



Forest School

With Forest School we offer a unique experience that offers children, young people and adults the opportunity to succeed and develop confidence and self-esteem through hands-on learning experiences in a woodland environment; at any time of the year and in most weather conditions.

The activities are designed to be achievable and motivating for the individuals. Children, young people and adults have the opportunity to work with tools, play in the woodland environment, learn boundaries of behaviour. This allows them to grow in confidence, self-esteem and motivation whilst developing an understanding of the natural world and developing them personally, socially and physically.

This is achieved through:-

- Solving problems and challenges.
- regularly experience achievement and success
- discovering not everything works, but how to deal with it
- building confidence to make decisions
- reflecting on their learning and experiences
- learning in a way that suits them
- finding out about things that interest them
- develop practical skills; using tools, creating, building etc improve physical motor skills
- Starting to understand risk
- Discovering being more healthy
- discovering how humans are connected with wildlife and the environment
- working with other people in a team
- developing their language and communication skills
- become more motivated

Forest School uses the natural environment to allow children, young people and adults to gain confidence and respect for themselves, other people and the environment around them.

As a Forest School practitioner we use these experiences to allow people to develop socially and physically through carefully tailored opportunities; inspiring children, young people and adults to achieve new skills, develop confidence and self-esteem, whilst working in an enjoyable and supportive environment

Please [contact us](#) to discuss your Forest School requirements.





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Forest School and Bushcraft

While Forest School offers a unique experience that offers children, young people and adults the opportunity to succeed and develop confidence and self-esteem through a regular longer term programme, Bushcraft can be run as one off sessions.

Bushcraft offers a chance for individuals, families and groups to learn the essential skills of survival in the woods & wild. Skills include shelter building, leaving no trace, fire lighting and different types of fire, cooking on an open fire, safe use of tools, useful knots, making useful gadgets from natural materials and identifying trees, plants and wildlife.

We can run Bushcraft sessions in a half day or evening, over a full day or multiple days. We can operate in a location that suits you, or your group; for example from a youth organisations grounds next to their headquarters or building for an evening session, to a woodland setting we use regularly for full day (or multiple day) sessions.

Please [contact us](#) to discuss your Bushcraft requirements.



Venues

We can operate in a location that suits you, or your group; for example from a youth organisations grounds next to their headquarters or building for an evening Bushcraft session, a school field for regular Forest School or to a woodland setting for regular Forest School or for full day (or multiple day) Bushcraft sessions.

Please note all new venues will need permissions and be risk assessed to ensure suitability for Forest School or Bushcraft sessions.

