

	Nursery	Reception	Year 1	Year 2	Skills learnt during KS2 Forest School Club	Year 3	Year 4	Year 5	Year 6
<u>Tool Talk</u>	Small hammer Use a hammer safely	Peeler Use a peeler to peel the bark off a stick or peel off a carrot	Secateurs Use secateurs safely to cut sticks into specific lengths	Loppers Use loppers to create something from natural materials		Mora knives Whittle a stick safely	Bow saw Work with a partner to saw a length of wood into two sections	Billhook Work with a partner to split a length of wood into two sections	Folding saw Use a saw independently to make a tree cookie
<u>Fire</u>	Move around the fire pit safely with support	Move around the fire pit safely and independently	Collect different types of firewood	Recall the fire rules and get a spark with the flint and steel		Light a piece of cotton wool using the flint and steel and recall the fire triangle	Light a campfire using the flint and steel	Maintain the campfire with support	Light, maintain and extinguish the campfire safely
<u>Knots</u>	Leaf threading	Tie a knot of their own (overhand knot)	Timber Hitch Create a rope walk between two trees	Clove hitch Create a wand		Square lashing Joining two pieces of wood together to create something from natural materials	Sheer lashing Decorative stars	Tension knot Building a tarp shelter	Adjustable tension knot Building a range of different shelters
<u>Cooking</u>	Toasting Marshmallows with support	Toasting Marshmallows independently to make S'Mores	Popcorn maker Make popcorn with support	Dutch Oven Melting chocolate		Baking Damper bread	Frying Scotch pancakes	Toasting Bread/muffins/crumpets	Boiling Using the Kelly Kettle to make a hot drink
<u>Nature</u>	Identify one mini beast.	Go on a nature walk and create a journey stick	Discuss the seasons and changes.	Explore how seeds and bulbs grow into mature		Identify four trees/plants in Forest School, looking at	Identify five trees/plants in Forest School, looking at	Support work on site to improve the habitats of	On site maintenance of trees and shrubs

	Make a tree rubbing.		Explore wild plants verses garden and deciduous and evergreen plants.	plants and to understand different types of seed dispersal within our Forest School area		leaves, bark etc.	leaves, bark etc.	the wildlife e.g. habitats and planting	
<u>Mindfulness Skills</u>	Introduce Sit Spot with adults and encourage listening to sounds.	Sit together on a tarp and listen to the natural sounds.	Sit independently for Sit Spot within an allocated area.	Children to explore different breathing techniques such as breath counting, belly breathing, 4-7-8 breathing, morning breathing.		Children to understand the positive health impact of relaxation on their bodies. Children to understand that mental wellbeing is a normal part of daily life, in the same way as physical health.	Children to utilise visualisation to create and/or think of their happy place and memory. Children to understand how visualisation can play an important role in goal and target setting.	Children will articulate a range of different ways to relax and understand the impact of these on both the mind and body. Suggesting how to adopt breathing techniques to adapt according to their situation.	Children to practice self-regulation and to select & use strategies when emotional regulation is required. Children to explain what strategies they chose, and why.