

# The Forest Classroom

Where children learn from nature and each other

Michelle Rayner - Assistant Principal  
The Patch School



# Benefits of exposure to nature

- ▶ Positive mental health outcomes, such as reduced symptoms and severity of ADHD, reduced stress levels, reduced depression, and increased confidence and self esteem;
- ▶ Physical health benefits, such as reduced risks of obesity and myopia, and improved recovery from certain medical conditions;
- ▶ Enhanced intellectual development, such as improved creativity and imagination, and improved academic performance;
- ▶ A stronger sense of concern and care for the environment in later life.

# What underpins our Forest Classroom?

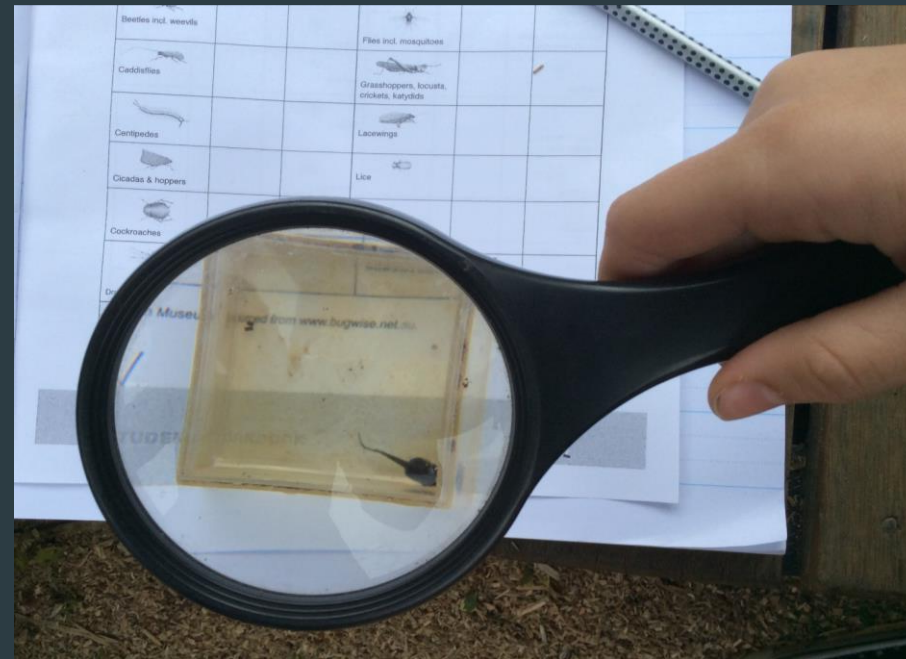
- ▶ Ecological connectedness
- ▶ Ecological literacy
- ▶ Ecological identity



# What will it look like?

- ▶ Fortnightly program with The Patch School
- ▶ 3 & 4 year old kinder children and Year 5 students as co-learners
- ▶ One on one child/student ratios (mostly)
- ▶ 11am - 1pm
- ▶ Delivered by school Environmental Educator and Kinder Teacher
- ▶ Experiential, authentic, hands-on immersion in nature
- ▶ All weather
- ▶ Outdoor fun, food, familiarity

# What will we do?











We came from

We came from the  
Rox. we are now at  
the spider web.  
we are going out  
of boxes. we are



Any questions?

[rayner.michelle.t@edumail.vic.gov.au](mailto:rayner.michelle.t@edumail.vic.gov.au)

