

# Out of The Box Forest Fun After School Club FAQs

Activities may include:

Hammocks, rope swing and slack line  
Mud kitchen  
Minibeast and Scavenger Hunts  
Tool work  
Crafts

## WILL MY CHILD BE SAFE?

**Full and detailed risk assessments are carried out.**

If you would like further information, please ask to see the Out of the Box Forest Fun handbook or see terms and conditions which should be read before booking your child onto any sessions.

Janet Lavender has a full 16 hour outdoor first aid qualification. You are responsible for bringing your child's medical needs and previously identified allergy management/ inhalers/ EpiPen etc as detailed in the terms and conditions.

Janet, Hannah and any volunteers supporting the sessions have full enhanced DBS certificates.

## WHAT SHOULD MY CHILD WEAR?

We will be working outside in almost all weathers. Please wear suitable clothing, remember it is **always** cooler in the woods. Waterproof coat and trousers or all in one puddle suit and wellies are your child's best friends. Warm layers, hats and strong shoes please. Sunhat/ Cream/ Insect repellent/water bottle

## WHERE ARE OUT OF THE BOX FOREST FUN SESSIONS HELD?

The sessions are held in the woodland on the opposite side of the road to the Visitor Centre. Driving from the Visitor Centre, please take a left into the woodland just after the gates for Park House. At a short distance you will find a drop off point for your children, where you will be met by a leader.

We do not share photos to social media, however we may take pictures of individual activities, please see the terms and conditions for more information.

## *Why are forest fun activities so important for your child's learning and mental wellbeing?*

Children are physically active a lot of the time during a Forest Fun session and their stamina improves as they go through their Forest sessions.

As the children gain confidence and improve their self-esteem this can impact on their emotional and mental well-being.

The 'wild', yet controlled, safe environment of Forest Fun activities ensures that children taking part naturally learn to assess risk and are encouraged to make informed decisions in familiar and unpredictable situations

At Out of the Box Forest Fun sessions, children can develop their social and emotional diet and learn to become more independent. Forest Fun activities helps children to develop their confidence and self-regulate their emotions and solve problems.

