



Dear Educator,

Natural Pathways Learning Centre is a non-profit charitable organization dedicated to fostering a deep connection with nature by providing meaningful outdoor learning experiences where curiosity and discovery unfold naturally.

Our certified Forest School Educators offer safe, supportive environments where students can explore the natural world and develop a lasting relationship with the land. We provide flexible options to suit your needs:

- ✓ Bring your class to the forest for an immersive outdoor learning experience
- ✓ We come to your forest or green space to create a customized nature-based program.

To learn more about our mission and guiding principles, please visit [www.naturalpathways.ca](http://www.naturalpathways.ca).

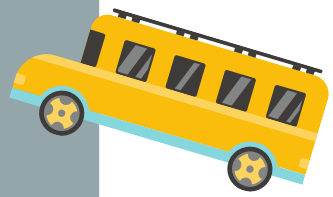
For program details and booking inquiries, contact:

Kimberley Alice

☎ 226-347-1492

✉ [kim@naturalpathways.ca](mailto:kim@naturalpathways.ca)

We look forward to exploring the wonders of nature with you!



# VISIT NATURAL PATHWAYS FOREST SCHOOL

1431 Gore rd Harrow, Ont.

## Program options

- single visit & multi-visit programs available
- accomodations for various class sizes
- contact directly for pricing, subsidy available for select programs

### Supervision:

- 5:1 minimum required for EY to Kindergarten
- 8:1 minimum required for grades 1-6
- 10:1 minimum required for grades 7- 12



## Outline and Expectations of the Day

### Pre-Visit Session:

- Our staff may visit your class prior to the site visit to offer a 'sneak peak' into what your Forest School day will be like and how to prepare for it. \*Must be booked in advance (additional charge)

### Site Visit Day:

- Introduction: a collaborative discussion of community agreements, opportunities/resources available, and engagement with curiosity
- Main Session: a forest hike, exploration of space - adults model activities to inspire curiosity, engagement and scaffold skills through observations, games, crafts.
- Reflection: students have an opportunity to sit in a quiet spot in nature or sit in groups and share skills, experiences, and aspects they have enjoyed



# CURRICULUM CONNECTIONS

## Bringing The Learning Outdoors

### **The Arts**

- drama: creating and presenting in storytelling
- visual arts: bush craft using a variety of materials
- reflecting, responding and analyzing art work created

### **Health & Physical Education**

- active participation & physical fitness: hiking and exploring
- healthy eating: exploring various healthy food choices
- making healthy choices: demonstrating personal safety and prevention practices
- making connections for healthy living: connecting our environment with our food sources and choices
- mental health and well-being

### **Mathematics**

- strategic planning and problem solving
- construction of structures
- manipulation of materials

### **Language**

- oral communication
- reading: using I.D. charts and books
- writing: nature journaling

### **Science & Technology**

- life cycles
- structure and mechanisms
- matter and energy
- earth and space systems
- scientific process
- inquiry

### **Social Studies**

- Indigenous ways of knowing and being
- Canada & world connections
- impact of urban & rural communities, natural resources



# VISIT OUR FOREST SCHOOL



## Topics - Ideas - Themes

- animal tracking
- shelter building, wood craft skills, and use of tools
- fire building, tending, and cooking
- bush craft
- knots
- creating structures using natural loose materials
- nature based games
- I.D. of plants and animals



## Assessment Strategies

- For Learning:
  - observations, key skills checklist, student produced products from learning situations, ongoing assessment that guides further instruction, self-assessment, questioning techniques
- As Learning:
  - dialogue, feedback and self-reflection during sharing time
- Of Learning:
  - observations, curriculum outcomes demonstrated, problem-solving strategies demonstrated

**Do you have a forest or green space at your school?  
We can work with you on your property as well. We  
are happy to explore options that exist and help  
bring education outdoors.**

# PREPARE FOR ALL-WEATHER LEARNING

"Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather." - John Ruskin

There is much benefit to all of you to be willing to go out in all weather. Be sure that students are adequately prepared with layers of clothing, good footwear, and rain gear if needed. This is a matter of both safety and comfort. Considering carrying small squares of tarp for students to sit upon if the ground is damp.

At Natural Pathways Forest and Nature School programs, we subscribe to the saying that "there is no such thing as bad weather; only bad clothing." Dressed properly, children can enjoy their experience in the outdoors regardless of the weather. Learning how to dress appropriately is part of the experience. Your children will get wet and muddy and we encourage it!

## **Summer/Early Fall/Late Spring (hot and warm weather)**

- Closed-toe, supportive shoes
- Long pants (pants will protect your child from scratches and insect bites)
- Waterproof rain gear—pants and jacket
- Rain boots
- Sun hat
- Sunscreen (optional)

## **Late Fall/Early Spring (cool weather)**

Same as early fall plus:

- Long john top and bottom
- Warm top layer and pants (thick fleece is ideal) that fit under the rain gear

## **Winter (cold weather)**

Students must have appropriate winter clothing to safely participate in the Forest School program especially in the winter months.

### **Base Layer (closest to the body):**

- Long johns top and bottom—not cotton because cotton absorbs sweat and can make your child cold. Silk is great, but expensive; wool works, but can be itchy. Synthetic is the most affordable and effective.
- Non-cotton, reasonably thick socks (wool)

### **Insulating Layer (between base layer and outer layer):**

- Fleece pants—Fleece keeps the body much warmer than cotton. As they say, "Cotton is Rotten".
- Fleece jacket or pull-over

### **Outer Layer (top-most layer)**

- Water-resistant snow suit (for younger children, ideally one piece; for older children, ideally a jacket with bib pants to insulate the upper body)
- Winter boots
- Non-cotton hat/tuque (snug-fitting that covers the ears)—fleece or thick, tightly knit wool
- Neck-warmer (fleece)—It is much safer for children to wear tube neck-warmers than scarves in the woods.
- Insulated mittens with water resistant outer material