

# Woodland Wellbeing Forest School Sessions



**For children aged 6-12yrs**

**Saturdays 9.30-11.30am beginning Saturday 13<sup>th</sup> April**

**In the Grounds of Moorside Primary School and Nursery,  
Ripon, HG4 1SU**

**Ratio- 1 leader: 4 children (total 8 places)**

**This is a programme of 6 sessions aimed at supporting children with their  
physical, social and emotional wellbeing**

**Forest School in a small group environment, where individuals can be supported  
and have the space to flourish in nature**

**Our leaders play and explore with the children; side by side using a therapeutic  
approach, to build their confidence, resilience, independence and self-esteem**

**Sessions include natural craft, tools, fire lighting, campfire cooking, den building,  
mud play, tree climbing, hammocks and more....**

**£25 per session including snacks**

**For more information or to book:**

**Email- [outdooradventuresbookings@gmail.com](mailto:outdooradventuresbookings@gmail.com)**

**Call- 07739420136**

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