



Our Forest School Daily Rhythm

BY CARLY GARNER

YARNING CIRCLE

10 minutes ~ 1 hour

We sit in circle, under a tree or on the mat on the deck, with all children present.

We make settle in, do some seated yoga, connect with earth, self and one another and then discuss what has been brought to Natureweavers by the children today, what happened last week that we would like to continue exploring, what we may like to do today, where we would like to go, how our seedlings are going, what we dreamt about last night, which birds we heard this morning.

There may/may not be some drawing/art and/or intentional teaching in here - for example, last Friday a child brought some flowers with her, and we dissected them and used the 3-part flower cards to identify and name the parts of the flower, then headed off into the garden to find and identify more.

We often finish our Morning Circle with a Sit Spot practice and/or Annual Tree Study.

MORNING TEA

10 ~ 30 minutes

Seated and conscious eating. Children who want to forage in the garden for fresh additions to their morning tea.

HANDWORK



Wood work, gardening, craft, art, knots and swings, cubby building, herbal potions, BioBlitz, water courses.

Children choose what they would like to engage with and for how long. Support and scaffolding by me/mentors. This is either on the property or in the forest, depending on the interest. This is the majority of our day - at least a few hours of uninterrupted time for the children to explore their interests deeply and without the pressures of time, skillfully and compassionately mentored by me/mentors.

Seasonal focus - Mostly gardening related - either in the vegie garden/swales (what is growing well? mulching, composting, feed the worms, water the seedlings, plant seeds...) or in the forest (for example, at the moment - why is the creek so dry? let's follow it and discover what the animals and trees do when there is no water).

This often crosses over with the Handwork.

LUNCH

We eat together if possible, but the children eat whenever they are hungry, really.

PLAY

A game, a book, a swing in the hammock for the younger children who may need rest.

Some afternoon tea if some children need it. A cool drink or tea with herbs from the garden.



CLOSING/ REFLECTIVE CIRCLE

Whatever time we have left
10 ~ 15 minutes

We come together and often use a Reflective Dice - six sides, one word per side (Learnt, Feel, Next, Thanks, Best, Worst) and the children roll the dice and share something about their day related to the word they rolled. "I learnt....I felt....The best bit was.....etc"

I find this a really non-confrontational and playful way of reflecting on our day, which helps me to support the children going forward and to plan for possibilities and interests into the future.

The children made this dice on the woodworking bench (it was an awesome geometrical maths exploration!) and we woodburned the words onto the sides. Those who don't want to share don't have to but they do have to be in the circle.

We keep going around and around until the parents start to arrive for hometime!



Thank you!
If you are
interested to
learn more...

CONTACT CARLY



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