



COMPLETE COURSE GUIDE

# The Advanced Certificate in Forest School & Outdoor Learning

## Online Training – Course Contents & Session Plans

This course includes 16 video masterclasses and over 120 instructional activity videos, filmed across the year and organised into seasonal activities. You'll also get unlimited access to the 'Using Tools' and 'Fire & Pedagogy' modules from our Forest School Activities Online Training - plus session plan ideas, curriculum links, Risk Benefit Assessments and downloadable resources linked to every module.

Every module comes with ready-to-use, adaptable **session plans**, organised into seasonal activities and by age group. Most are adaptable across different key stages, so you can shape each session around the group in front of you. Session plans are written to flex across key stages - one plan, many ages - so your planning time goes further.

**120+**

ACTIVITY  
VIDEOS

**16**

MASTER-  
CLASSES

**48+**

SESSION  
PLANS

**8**

MODULES

**∞**

LIFETIME  
ACCESS

**Spring**

Modules 1–2

**Summer**

Modules 3–4

**Autumn**

Modules 5–6

**Winter**

Modules 7–8

## Module 1

## Early Spring

### MASTERCLASSES

- Best practice Forest School
- Best practice Outdoor Learning

### ACTIVITY VIDEOS

- Introduction
- Welcome to the spring module
- Sense meditation
- 4 key dynamics
- Fairy cakes in a biscuit tin using a fire bowl
- Beeswax sandwich wraps on a fire
- The wonder of clay
- Making seed bombs
- Basic whittling and knives
- Cooking with marshmallows in an urban setting
- How to make a bow and arrow
- Silver birch tapping
- Nest robbers nature awareness game
- How to make a Tippy Tappy
- Making popcorn in a sieve
- Tool user level indicators

### DOWNLOADS AND SESSION PLANS:

#### General & Seasonal Resources

- Spring Mind Map
- Curriculum session plan ideas: Weather & climate
- How to guide: Climate session ideas
- How to build a weather vane
- The Beaufort Scale
- OPAL air survey
- OPAL lichen ID chart

#### Spring Bulbs & Plants (Curriculum)

- Session plan ideas: Spring bulbs & plants
- How to guide: Making paper pots; Pyramid game and basic botany
- Plant cycle journey
- Green light plants
- Best woods for campfires
- Best woods for cooking
- Best woods for crafting
- UK knife law guidance notes

#### Birds, Eggs and Natural Cycles (Seasonal)

- Session plan ideas: Birds, eggs & natural cycles
- How to guide: Eggs and natural dying
- Games for nature connection: Beetle Tag, Scavenger Hunt and Bat and Moth

#### Birds (Seasonal)

- Session plan ideas: Birds
- Gathering resources and the law

#### Fire & Food (Generic)

- Games for nature connection: Finger Grab and Fire in the Forest
- Fire: Key considerations

#### Session Plan Ideas: Trees

- Opal tree identification guide
- Opal tree health survey booklet
- Tree stories through the year
- Plant propagation by stem cuttings

## Module 2

## Late Spring

### MASTERCLASSES

- Writing FS and Outdoor Learning RBAs (part 1)
- Writing FS and Outdoor Learning RBAs (part 2)

### ACTIVITY VIDEOS

- Nature centric model – spring Equinox
- Spring journey stick
- Sit spot
- A bee song
- Bees with palm drills, discs and wool
- Bees homes using a plastic bottle
- Pruning using the 3 step method
- Bee homes using an old log
- Bee story
- Egg blowing
- Egg dying
- Whittling a rolling pin
- Craft a cardboard butterfly or bird
- Gathering wild garlic for a wild pesto
- An introduction to wild garlic and cleaver juice
- Birds and beetles nature awareness game
- The 3 voices of birds
- Talbot's nature awareness game
- How to make a spring tonic

### DOWNLOADS AND SESSION PLANS

#### Magic Toy Year 1 (Curriculum)

- Session Plan Ideas: Magic toy
- The lost words explorer's guide
- Magic toy photos

#### Stanley Stick (Curriculum)

- Session plan ideas: Stanley Stick
- Inspirational ideas: Stanley's Stick and the curriculum

#### Bees, Living Things & Their Habitats (Seasonal)

- Session plan ideas: Bees, living things & their habitats
- Polli:Nation survey booklet
- Maintenance booklet for pollinators
- Bee photo resource
- How to guide: Bee hotels and the Honeybee Waggle game

#### Forest School Plant-Based Activities (Seasonal)

- Session plan ideas: Forest School plant-based activities
- Wild garlic information
- Green light plants

#### Birds, Butterflies and Beetles (Generic)

- Session plan ideas: Birds, butterflies and beetles
- How to guide: Birds, butterflies & beetles
- OPAL hedgerow ID guide
- OPAL invertebrates guide
- OPAL bug count survey

#### Animals and Bows and Arrows (Generic)

- Session plan ideas: Animals and bows and arrows
- Aesop's Fables: The Hare and the Tortoise story
- Tool user level indicators

#### Early Spring - Session Plan Ideas: Trees (continued)

- Tree Nursery Schools Project Ireland: How to collect and grow local tree seeds
- Meet a tree game
- How to guide: Trees

## Module 3

## Early Summer

### MASTERCLASSES

- How nature stimulates sensory development and integration (part 1)
- How nature stimulates sensory development and integration (part 2)

### ACTIVITY VIDEOS

- Nature-centric model: Early summer
- Gratitude for plants
- Gathering resources and the law
- The art of questioning
- Gathering dandelions
- How to make dandelion fritters
- A daisy summer balm
- Making a pine wood necklace
- 3D map making
- Fun with an egg box
- Hawthorn story & May crowns
- Hawthorn syrup, oxeye daisy pancakes & hawthorn tea
- Hawthorn water into mini containers to last a week
- How to make willow cordage
- How to make sweet chestnut bark pouches
- Primrose tea – a thank you to the plants

### DOWNLOADS AND SESSION PLANS:

#### Birds and Nests

- Session plan: Birds and nests

#### Butterflies and Life Cycles

- Session plan: Butterflies and life cycles

#### Dandelions

- Session plan: Dandelions

#### Journey of a Worm

- Session plan: Journey of a worm

#### Sensory Summer Treasures

- Session plan: Sensory summer treasures
- Summer mind map

#### Summer Leaves

- Session plan: Summer leaves

## Module 4

## Late Summer

### MASTERCLASSES

- How Outdoor Learning benefits mental health and wellbeing (part 1)
- How Outdoor Learning benefits mental health and wellbeing (part 2)

### ACTIVITY VIDEOS

- Nature centric model: Late-summer
- How to make a corn dolly
- How to make a rush dolly
- How to make meadowsweet and yarrow tea & link to plant games
- Soap-making with silver birch leaves
- Making leaf puppets
- Leaf ticket idea
- Surely we need clean hands?
- Let's play Quoits
- Let's make smell sacs
- Let's create a smell trail game
- Come to our nature gallery
- Perspectives bamboo lens or mirror
- New Perspectives
- Our rainbow stones
- How to make bramble cordage and beads
- Creative bramble puppets
- How to make an Apache star

### DOWNLOADS AND SESSION PLANS:

#### American Road Trip Topic

- Forest School session plan week 1
- 3 Sisters soup recipe
- The Iroquois Confederation
- People of Corn, People of Light
- Wildlife Trust: 'Discover animal tracks and signs'
- RSPB: 'Animal track guide'
- Forest School session plan week 2
- Thanksgiving address
- Forest School session plan week 3
- Forest School session plan week 4
- Black bean chilli and tortilla recipe
- The Haudenosaunee creation story
- Forest School session plan week 5
- Forest School session plan week 6



## Module 5

## Early Autumn

### MASTERCLASSES

- Essential steps to understanding behaviour and mental health (part 1)
- Essential steps to understanding behaviour and mental health (part 2)

### ACTIVITY VIDEOS

- Nature-Centric Model: The autumn
- Autumn foraging & sloe berry roasting
- Rosehip beeswax lip balm
- How to make a Palm Drill
- Buckwheat pancakes with nettle seeds
- Autumn plant games
- Apple cider vinegar health tonic with foraged berries
- Making a wand
- Making bannock bread on the embers
- Hazlenut oven and tinder bundle fire
- Planting elder

### DOWNLOADS AND SESSION PLANS:

#### Explorers, Adventurers & Survival Topic

- Forest School Progression
- Forest School session plan week 1
- Best woods for crafting
- Forest School session plan week 2
- Forest School session plan week 3
- Clay Fairy Example
- Forest School session plan week 4
- Forest School session plan week 5
- How to make hawthorn syrup
- Forest School session plan week 6

## Module 6

## Late Autumn

### MASTERCLASSES

- The fundamentals of Green Care and nature-based practice (part 1)
- The fundamentals of Green Care and nature-based practice (part 2)

### ACTIVITY VIDEOS

- How to use a Kelly Kettle
- Carving a mushroom part 1: Getting started, wood and knife options
- Carving a mushroom part 2
- Felling a small tree using a gob cut
- Making mini-furniture part 1: Getting started and preparing the wood
- Making mini-furniture part 2: A mini table and chair
- Where can I buy or find wood for fire-making in an urban setting?
- How can I set up a fire in an urban space?
- Fire making in an urban space or garden
- Where can I buy or find wood for crafting?
- What woods could I choose for crafting?
- How to make a butter knife
- Thank you autumn

### DOWNLOADS AND SESSION PLANS:

#### Autumn Foraging and Plant Treasures

- Session plan: Autumn foraging and plant treasures

#### Autumn Magic

- Session plan: Autumn magic

#### Autumn Leaves

- Session plan: Autumn leaves

#### Let's Celebrate Autumn

- Session plan: Let's celebrate autumn

#### Mighty Trees

- Session plan: Mighty trees

#### Autumn Animals

- Session plan: Autumn animals



### Sarah Cox, Headteacher, Brook Infants School, Crawley

The Outdoor Teacher's course has enabled us as a school, to train several members of staff to a high standard so they can confidently lead woodland sessions with our young children.



## Module 7

## Early Winter

### MASTERCLASSES

- Best practice methods for deepening nature connection and nature awareness (part 1)
- Best practice methods for deepening nature connection and nature awareness (part 2)

### ACTIVITY VIDEOS

- Nature-centric model: The winter
- Pine, honey, apple and cinnamon tea
- Gratitude and sense meditation
- Winter meditation
- The Forest School principles
- Story stones
- How to make a leather bag
- A tale: Fox steals fire
- Birdfeeders and conservation
- How to make a tripod
- Bread in a Dutch oven

### DOWNLOADS AND SESSION PLANS:

#### Celebrating Winter

- Lesson plan: Celebrating winter
- Winter mind map

#### Light and Dark

- Session plan: Light and Dark

#### Wise Winter Owls

- Session plan: Wise winter owls

#### Winter Plants

- Session plan: Winter plants

#### Winter Weather

- Session plan: Winter weather

#### Wonderful Winter

- Session plan: Wonderful winter

## Module 8

## Late Winter

### MASTERCLASSES

- Outdoor learning in urban and wilder environments (part 1)
- Outdoor learning in urban and wilder environments (part 2)

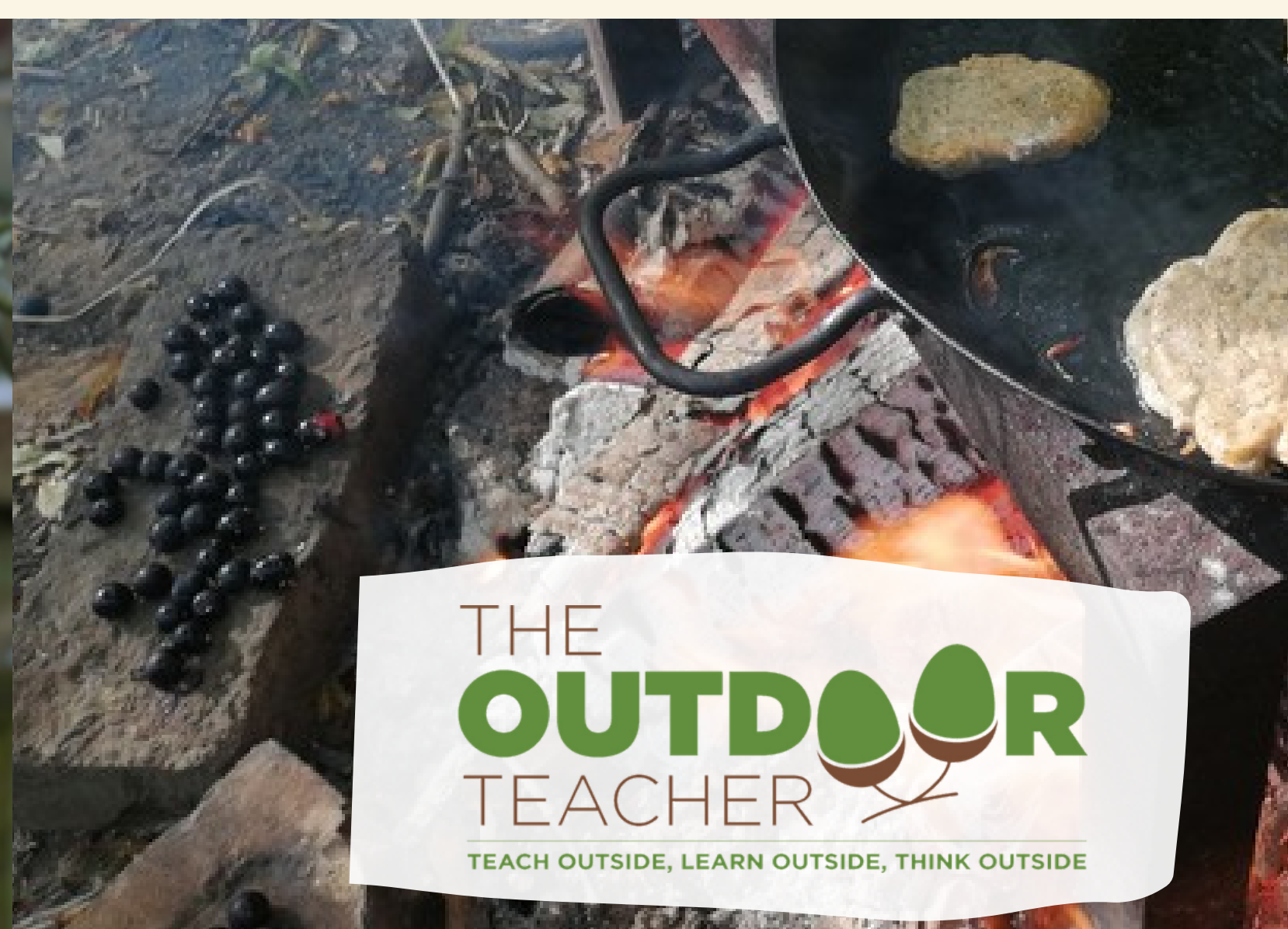
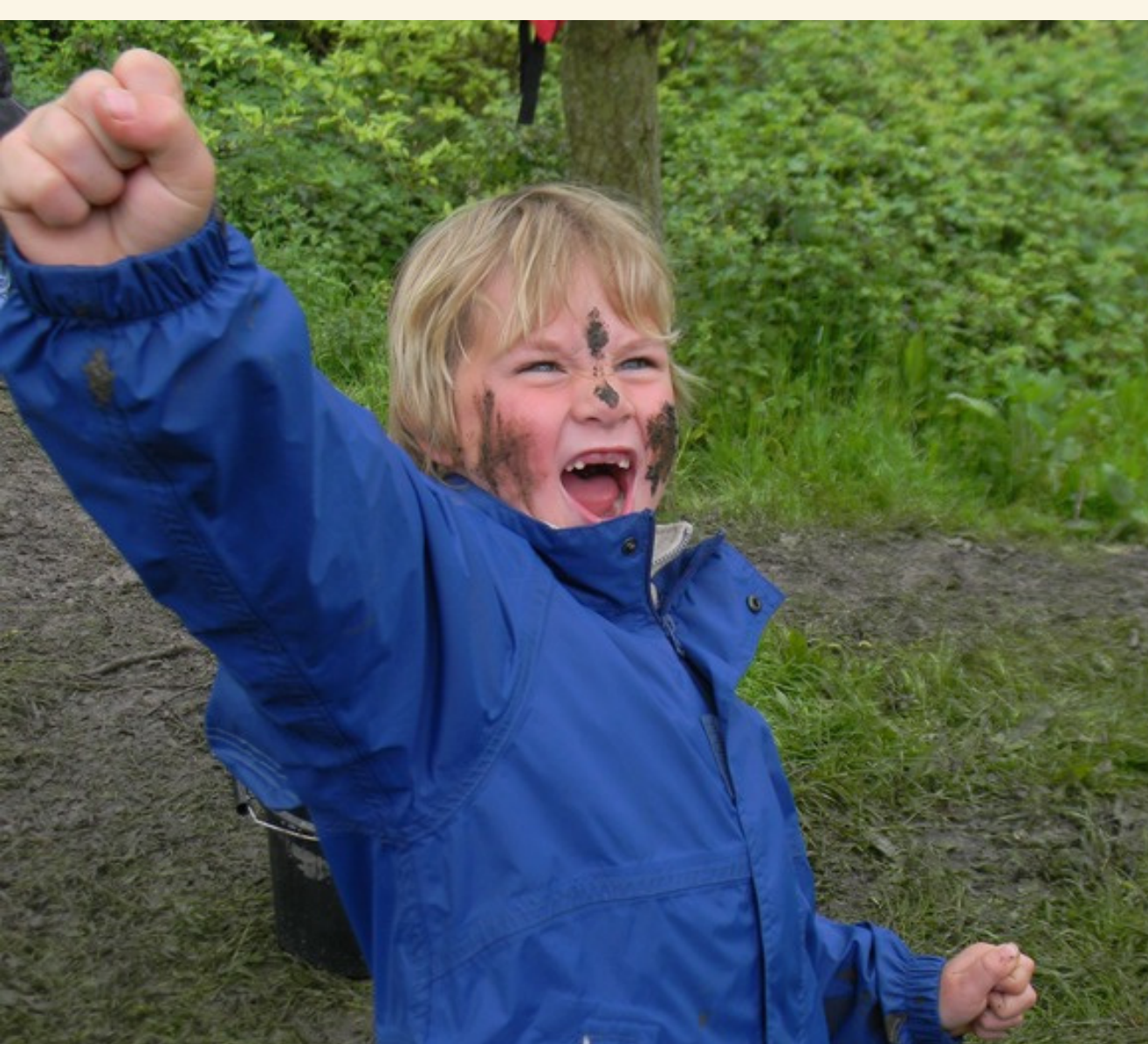
### ACTIVITY VIDEOS

- The nature play continuum
- Winter tree ID Nature games
- How to make walnut candles
- Festive candles part 1
- Festive candles part 2
- How to make a snowman
- How to make a wreath
- How to make a reindeer
- Make a willow Christmas tree
- Craft a Christmas star
- Mince pies in a Dutch oven
- Playing with ice sculptures
- How to make a Bridget's cross

### DOWNLOADS AND SESSION PLANS:

#### The Middle Ages Topic

- Forest School Lesson Plan Week 1
- The Middle Ages
- Nature-based wide games
- Discover animal tracks and signs
- Vegetable pottage recipe
- Forest School Lesson Plan Week 1
- Honey cakes recipe
- Homemade butter recipe
- Oatmeal bannock bread recipe
- Spicy apple pudding recipe
- Forest School Lesson Plan Week 3
- The Irish Ogham
- Irish Celtic symbols
- Native American symbols
- Homemade butter recipe
- Forest School Lesson Plan Week 4
- Natural tinder
- Pease pudding recipe
- Forest School Lesson Plan Week 5
- Forest School Lesson Plan Week 6
- Acrostic poem for Christmas



# Includes Lifetime Access To

- **Modules 1 & 2:** 35 Activity Videos, 4 Masterclasses & 12 Spring session plans
- **Modules 5 & 6:** 24 Activity Videos, 4 Masterclasses & 12 Autumn session plans
- **Bonus:** Fire & Pedagogy (Module 1 - FS Activities Course)
- **Bonus:** Forest School Routines & Boundaries course
- **Bonus:** 6 Spring session plans for Early Years
- **Modules 3 & 4:** 34 Activity Videos, 4 Masterclasses & 12 Summer session plans
- **Modules 7 & 8:** 24 Activity Videos, 4 Masterclasses & 12 Winter session plans
- **Bonus:** Using Tools (Module 6 - FS Activities Course)
- **Bonus:** Primary & Early Years curriculum resource packs
- **Bonus:** 'Facts About Outdoor Learning' e-book

*“Meaningful outdoor learning takes more than a collection of activities — it requires an understanding of how and why children learn outdoors, and the confidence to plan and lead experiences that are safe, engaging and purposeful. That deeper understanding is at the heart of the Advanced Certificate.”*

**Marina Robb — Founder, The Outdoor Teacher & Course Leader**

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## Ready to bring this into your setting?

Get in touch to find the right plan for you - full enrolment and payment details are available on request.

### Spring

12 session plans

### Summer

12 session plans

### Autumn

12 session plans

### Winter

12 session plans



## MARINA ROBB (Bsc, PGCE, MA, Msc, Author & Founder)

Marina has more than 30 years experience in outdoor learning and is a leading Forest School endorsed trainer and practitioner.

She is co-author of 'Learning with Nature' (Bloomsbury), 'The Essential Guide to Forest School and Nature Pedagogy' (Routledge) and is a pioneer in creating nature-based programmes for the NHS.

