

## Risk-Taking and Overcoming Challenges



We encourage learners to expand their comfort zone in a supervised setting, learn self-regulation, and how to conduct risk-benefit assessments for their activities.



## Leadership Skills

Forest Days coaches students to be self-confident and conscientious decision-makers, for themselves, each other, and the natural world. We encourage learners to help solve problems and compose guidelines for the group.



## FOREST DAYS AGREEMENTS

**Take Care of Yourself**  
**Take Care of Each Other**  
**Take Care of the Forest**

COMMUNITY BASED LAND CONSERVATION SINCE 1985

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## Forest Days

**Holistic and Child-Centered  
Outdoor Learning**

**A BHHT Program  
For Peninsula Schools**

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FOREST DAYS is founded on the belief that children are capable and intrinsically motivated, and will learn as they build relationships with each other and the land. Exploration, free play, appropriate and supervised risk-taking, gratitude, and care for the earth are at its heart.

EVERY SESSION unfolds differently depending on the season, weather, participant needs and interests. There are opportunities for ecological and interdisciplinary exploration using science, art, storytelling, and stewardship, all taking place in the natural world on school grounds. Fire circles, fort building, nature crafts, and cooking are also offered.

Please call Landere at BHHT for further information! 374-5118

# The Heart of the Program

- Direct Experiences with Plants and Animals
- Stewardship, Reciprocity, and Gratitude
- Leadership Skills
- Risk-Taking and Overcoming Challenges

**In addition we incorporate experiences that are ...**

- Play-based
- Place-based\*
- Guided by emergent curriculum\*\*
- Adaptable to all learning levels and grades
- Linked to Common Core and Next Generation Science Standards

Program occurs on a regular basis providing time to be present and learn in all seasons on the coast of Maine! Days and times are flexible.

**\*Place-based:** Place-based education uses local community and environment as a starting point to teach concepts in language arts, mathematics, social studies, science and other subjects across the curriculum. Emphasizing hands-on, real-world learning experiences, it increases academic achievement, helps students develop stronger ties to their community, enhances student appreciation for the natural world, and helps create active, contributing citizens. (Sobel, 2017)

**\*\*Emergent Curriculum:** Emergent Curriculum supports learning that is based on the children's interest. Learning occurs naturally, and children thrive and learn best when their interests are considered and captured. (CNAC, 2017)

## Direct Experiences with Plants and Animals



**Forest Days deepens connections to the natural world both in learning about the environment and in building relationships with the earth.**

“I am moved by how much learning is taking place outside and how observation and documentation are such powerful tools to capture all that magic. It was so special to watch the ideas, connections, conversations, innovations, and discoveries ripple throughout the forest. So much fun to watch [the children] teach, encourage, and inspire each other.”  
~ Kindergarten Teacher

## Stewardship, Reciprocity, and Gratitude



**Learning to care for the earth is central to this program whether this is actively engaging with the landscape in a sustainable way or offering a collective “thank you, forest!” at the conclusion of each session.**

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