

## Example Wild Skills and Beginners' Bushcraft Session

<b>Lesson Title:</b>	<b>Wild Skills and Beginners' Bushcraft</b>	
<b>KS / Age / Level</b>	Year 6 and KS3, Youth Groups (Maximum group size of 10)	
<b>Date/time</b>	14 <sup>th</sup> November to 10 <sup>th</sup> of February, 10:30 – 15:00	
<b>Lesson objectives and benefits:</b>		<b>Provisional Session outline:</b>
<p><b>Increased understanding of the natural environment and wildlife</b></p> <ul style="list-style-type: none"> <li>• Tree identification and uses of some common UK woodland species</li> <li>• Increased understanding of the woodlands and sustainable use of natural materials</li> <li>• Introduction to environmental career opportunities</li> </ul> <p><b>Skill development</b></p> <ul style="list-style-type: none"> <li>• Ecological and practical conservation skills</li> <li>• Team working and social skill development</li> <li>• Knots; learn how to put up a tarp/hammock using a minimum of two different types of knots.</li> <li>• Shelter building; practice building shelters in the woods using just natural materials.</li> <li>• Water purification; learn how to locate, filter, and purify water</li> <li>• Fire lighting (weather/suitability dependent); learn how to light a fire in a safe environment.</li> </ul> <p><b>Improved mental health, wellbeing, and levels of physical activity</b></p>		<ul style="list-style-type: none"> <li>• <b>10:30 - 11:00:</b> Arrive at Brockhole - introduction and opportunity for a snack.</li> <li>• <b>11:00 - 11:30: Introduction to the woodland;</b> tree identification, uses and management of woodlands.</li> <li>• <b>11:30 - 12:30: Useful woodland skills;</b> shelter building &amp; knots. Put your skills into practice by putting up a tarp or hammock.</li> <li>• <b>12:30 - 13:00: Lunch</b></li> <li>• <b>13:00 - 14:30: Woodland skills and conservation:</b> One of - water purification/fire lighting/making sapling guards.</li> <li>• <b>14:30 -15:00:</b> Hot drink and reflection session. Opportunity for feedback and questions.</li> </ul>