



# Forest Schools How can Parents Help?



Parents you can help by encouraging your child/children to look after their own local environment, recycling rubbish, planting flowers, fruit and vegetable seeds (e.g. flowers to help bees and butterflies), looking after wildlife such as, feeding the birds and creating bug houses. You can go on walks and explore, encourage your child to talk about the weather, talk about what they can see and the changes taking place during different seasons etc.

There are several websites you can visit with fun activities see the links below

Woodland trust- <https://www.woodlandtrust.org.uk/>

RSPB Website-<https://www.rspb.org.uk/>