



**MyLife**  
Reg. Charity No. 1167858



# FOREST School

for all ages and abilities

DEN BUILDING, FIRE MAKING, FUN GAMES, CRAFTS, AND MUCH MORE!



Our Forest School operates in ALL weathers, so appropriate clothing and footwear is essential

# FOREST School

for all ages and abilities

My Life is a registered charity based in Standish, Wigan on 84-acres of beautiful farmland. We also have access to our own private woodland and swamp, where we offer a unique, bespoke Forest School Programme for schools, groups and organisations, with our skilled and qualified Level 3 Forest School Practitioners. We can also deliver bespoke forest school sessions at your own school, college or organisation.

We can offer anything from a taster experience, to a programme over a few sessions which can be developed in line with your requirements, including:

- Games to reinforce and enhance learning and imagination.
- Exploration of flora and fauna, developing an awareness and understanding of the natural surroundings.
- Learning how to use natural resources through arts and crafts.
- Bushcraft, including using ropes and tools, making shelters and campfire cooking.
- Practical child-led activities to develop communication and co-ordination.
- Development of independence and responsibility.
- Promotion of self-esteem and relationship building through team activities.

We can work with all ages and abilities and specialise in making the sessions work for all. We plan the activities so that everyone is included and gets involved. We are happy for you to visit and discuss your requirements, as well as completing risk assessments and meeting all your learning needs.

Prices start from just £10 per person per day, half days can be arranged.

For enquiries or bookings,  
phone **01257 472900** or email  
**info@my-life.org.uk**



mylifecharity