

Attachment: Safety in natural environments

Here are some things to talk to children about.

Keeping yourself happy and safe in the woods:

1. Things about you:

- **Take care of your feet:** This area has uneven ground and holes, nettles, brambles. Try to walk when we are not doing running around games.
- **Take care of your eyes:** Watch out for twigs and branches sticking out at eye level.
- **Take care of your hands and mouth.** When we are collecting natural resources, keep an eye out for badger, fox, cat or dog poo. Don't put anything in your mouth and use hand-wipes before you eat anything.
- **Toilets:** The plan is...
- **The rule about playing with sticks and climbing trees is...**
- **Feeling unhappy, cold or uncomfortable?** Tell a grown-up who can help you.

2. Things about our outdoor 'classroom':

- **Boundary:** How far are the children allowed to go; where is the boundary?
- **Any particular features to be aware of:** e.g. streams, ponds, roads, dogs, other people...
- **Foraging:** Often we will collect stuff from the woods and use for art activities. The general rule is to use what you can from the floor. If you do need to pick living stuff, just take one or two leaves from each branch. Never strip a plant of its leaves or flowers, or pull twigs or branches off a living tree.
- **Litter:** When we leave, there should be no trace of us.