

# FREE FOREST SCHOOL

**Free Forest School** ignites children's innate capacity to learn through unstructured play in nature, fostering healthy development and nurturing the next generation of creative thinkers, collaborative leaders and environmental stewards. Unstructured play in nature has been shown to foster essential academic and life skills including focus, creativity, problem-solving skills, and collaboration, as well as plant the seeds for environmental stewardship.

Free Forest School is a national non-profit organization focused on creating **equitable access to nature-based learning** through:

*Local Parent/Child Chapters* are **free nature playgroups** for kids age 0-6 and their grownups. More than 115 chapters led by 700+ volunteers will create 150,000 kid/nature encounters on public lands across the U.S. during 2019. Our parent / child model emphasizes the health benefits of nature play for kids and families.

*Forest Days* is a program of Free Forest School that **builds capacity for outdoor learning** in elementary schools and classroom teachers. Forest Days provides meaningful, recurrent nature-based learning opportunities to students who otherwise may not have access to nature, laying the groundwork for STEM thinking and a lifelong connection to the natural world. Classes participating in Forest Days engage with the same curriculum and meet the same goals as their peers with the added purposeful implementation of time and space for outdoor play and exploration.

