



Double Decker

# FOREST MORNING

## PHILOSOPHY



**The forest offers natural phenomena, objects and materials that inspire creativity, play and craftsmanship, as well as environmental awareness.**

Plants, animals, weather and various forest locations provide the foundation of our programme. The curriculum aims to nurture and support the development of the inspired, confident and happy child whereby we will:

- Perceive Nature through all of the senses.
- Provide a holistic experience within the natural world.
- Encourage an interest in the processes of Nature by means of direct experience.
- Develop a sense of responsibility for the environment and an understanding of environmental protection.
- Experience the joy of movement and play in Nature.
- Stimulate the child's innate curiosity for the natural world.
- Allow the development and expression of individual creativity.
- Nurture individual learning.
- Allow experimentation.
- Strengthen the immune system through exposure to the outdoors.
- Promote the power of concentration.



## TICK INFORMATION



Ticks are active from February to November. Appropriate precautions are important!

- Always wear long pants and closed shoes.
- Tuck a long-sleeved top into your pants and pull long socks up over your pant cuffs.
- Always wear a hat/cap and tie long hair up.
- Light-coloured clothes allow one to discover ticks more easily (tight weaves are also recommended).
- Clothes, shoes and particular parts of the body (neck, hairline, wrist) may come in contact with ticks, therefore be sure to apply anti-tick spray at home prior to the Forest Morning. Recommended are 'Anti Brumm-green' and 'No Skito'.







## FOLLOWING THE FOREST MORNING

- Check the entire body of your child very carefully as ticks are attracted to warm areas and can settle in inaccessible parts of the body such as backs of the knees, armpits, pubic area, navel, groin.
- Should you find a tick, remove with tweezers, grasping it as close to the child's skin as possible and pull firmly to remove. Even better are the special removers are available at most chemists.
- Lyme disease or encephalitis can still be transmitted one month after the tick bite. Symptoms that may occur are flu-like. In the case of Lyme disease, a rash around the bite appears. Typically the redness "moves". If in doubt, go to the doctor!







Double Decker

## Ausrüstungs-Tipps Wald / Forest Tips

KÖRPERTEIL BODY PART	WARME TEMPERATUREN WARM TEMPERATURES	KALTE TEMPERATUREN COLD TEMPERATURES
<b>Kopf</b> <b>Head</b> 	Kappe; idealerweise mit Nacken- und Ohrenschutz (Sonne und Zecken) Hat: Ideally with neck and ear protection due to sun and ticks	Warme Kappe; die Ohren sind bedeckt, idealerweise wasserfest Warm hat: Ears should be protected; ideally waterproof
<b>Hals</b> <b>Neck</b> 	Leichtes Stofftuch (vor allem Frühling/ Herbstzeit) Light cotton scarf. Important in Spring and Autumn	Buff (Fleece-Stoffschlauch) Nicht zu empfehlen sind Schals, da sie sich oft lösen und damit nicht genügend Bewegungsfreiheit für die Kinder gewährleisten Important to use a fleece snood. Shawls are a no-go as it is hard for the children to move if there is too much material around the neck
<b>Oberkörper</b> <b>Upper body</b>	Zwiebe- Schichtenprinzip Layered look	Zwiebel- Schichtprinzip Wasserfest Layered look and waterproof
<b>Hände</b> <b>Hands</b> 		Dünne Fingerhandschuhe Dicke Fausthandschuhe, wasserfest (Je 2 Paar / 2 pairs of each) Thin finger gloves Thick waterproof mittens
<b>Unterkörper</b> <b>Lower body</b> 	Lange bequeme Hosen Regenhosen: idealerweise Latzhosen, somit sind die Kinder besser um die Hüfte geschützt. Long comfortable pants Rain pants: Ideally overalls to protect around the waist	Lange Thermo-Unterhosen -gefüllte wasserfeste Hose Bei sehr kaltem Wetter: Skianzug Long thermal underwear Lined waterproof pants When very cold: ski outfit
<b>Füsse</b> <b>Feet</b> 	Lange Socken knöchelhohe Schuhe (Wanderschuhe) Knee socks and hiking boots that reach over the ankle	Warme lange Socken Warme hohe Schuhe Warm knee socks Lined warm shoes/Boots
<p>Schuhe zum Binden, da Klettverschlüsse dem Matsch nicht wirklich standhalten. Keine Gummistiefel, da die Kinder darin stark schwitzen und die Stiefel ausserdem sehr rutschig sind, da das Profil nicht griffig ist.</p> <p>Shoes with laces. Velcro will not hold once children are muddy.            No rubber boots as children sweat. Rubber boots have no grip and lead to slipping and sliding - and accidents.</p>		



Double Decker

<b>AUSSERDEM</b> <b>FURTHERMORE</b>	<b>WARME TEMPERATUREN</b> <b>WARM TEMPERATURES</b>	<b>KALTE TEMPERATUREN</b> <b>COLD TEMPERATURES</b>
<b>RUCKSACK</b> <b>BACKPACK</b> 	Kinderrucksack mit Brustgürtel oder Hüftgürtel; wasserdicht oder mit Regenschutz Children's backpack: waterproof, equipped with a chest clip or hip belt.	
<b>TRINKEN</b> <b>DRINKS</b> 	Trinkflasche: mind. 0.4l mit Wasser oder Tee ungesüsst Water bottle: min. 0.4l; filled with water or unsweetened tea	Thermosflasche: mind. 0.4l mit warmem Tee ungesüsst Thermos: minimum 0.4l; filled with warm water or unsweetened tea
<b>ESSEN</b> <b>FOOD</b>	Gesunde Brotzeit: Kein Joghurt und Esswaren, die aufwendig verpackt sind. Healthy snacks: No yoghurt or food that has excessive packaging.	
<b>SPIELSACHEN</b> <b>TOYS</b>	<b>Keine</b> <b>None</b>	
<b>GESICHT</b> <b>FACE</b> 	Wetterentsprechend eincremen: Sonnencreme / Wind & Wettercreme Crème suitable for different weather conditions: Sun cream / wind and weather cream	
<b>ZECKEN</b> <b>TICKS</b> 	Anti Zecken Spray zusätzlich direkt auf Textilien sprühen. Bitte sucht die Kindern gemeinsam nach ihrem Waldbesuch nach Zecken ab. So lernen die Kinder auch den Umgang mit diesen Tieren. Die Kinder erkennen sie dann selbständig und wissen, was sie tun sollen, wenn sie eine Zecke haben. Anti-Tick Spray - Apply also on clothing. Please check your child thoroughly for ticks after returning from school. It's important to involve your child in this process and build their awareness about these insects.	
<b>WICHTIG</b> <b>IMPORTANT</b>	<b>Packt den Rucksack immer gemeinsam mit den Kindern,</b> damit die Kinder ihre Sachen kennen und lernen damit umzugehen. <b>Always pack your child's backpack with your child</b> so s/he can learn what is needed for the weekly woods adventure.	