



# Forest Walk



## About the activity

Our staff lead a walk into the forest around Dalguise, (our Scottish centre near the Tay Forest Park) to discover the natural environment through activities, set tasks and games that will help your pupils get the most from their experience.

## Activity aims

### The aim of this activity is to:

- Explore the local environment with challenging tasks.
- Allow each participant to experience the forest and take part in tasks and games.
- Encourage participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Improve the quality and consistency of their knowledge of the environment.
- Take the initiative in evaluating their performance and that of the group.

### In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Using initiative

## Learning outcomes

### Upon completion of the activity, participants will have:

- Explored the local area around Dalguise
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- An understanding of associated hazards, be able to assess risks and understand how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Associated vocabulary

### Words relevant to safety

e.g. risk assessment, group safety.

### Words relevant to the activity

e.g. walking, exploring, challenging, games, environment, forest.

### Words relevant to teamwork

e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.