

Forest SCHOOLS



Introduction

Adverse Childhood Experiences.

- ❖ Low-income, socioeconomic background
- ❖ Poor mental and physical health implications

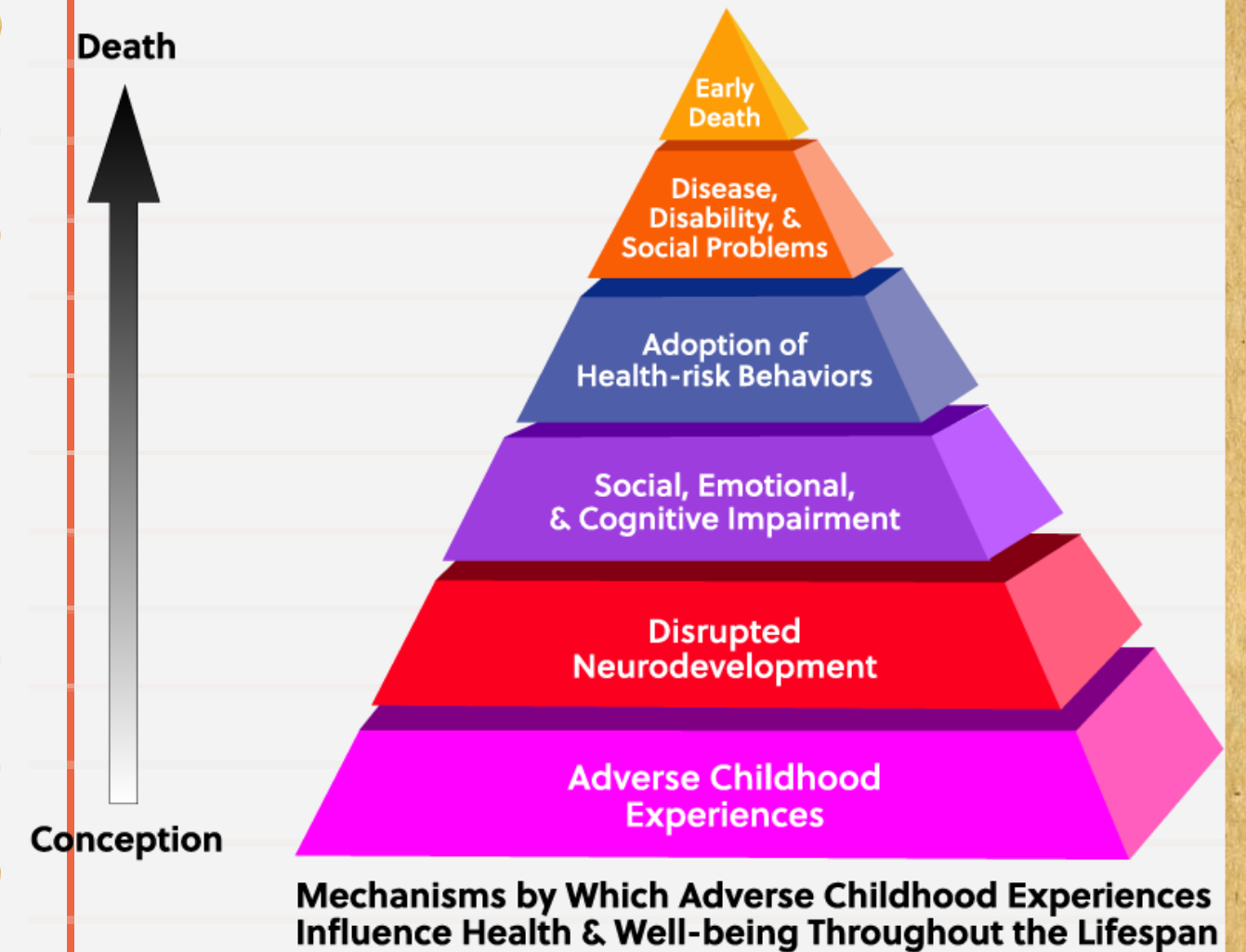
[Touloumakos & Barrable, 2020]



ACEs impact on children.

- ❖ Chronic stress
- ❖ Cognitive difficulties
- ❖ Social and emotional difficulties
- ❖ Behavioral problems
- ❖ Negative physical and psychological health

(Touloumakos & Barrable, 2020).



How does nature improve ACEs?

Stress reduction

Improved mental health

Enhanced cognitive functions

Engagement and confidence

Communication skills

Social, emotional and physical development.

Education

(Mann et al., 2022).





What is Forest Schools?



‘Child-centred inspirational learning process, that offers opportunities for holistic growth through regular sessions’

(Forest Schools Association, nd).

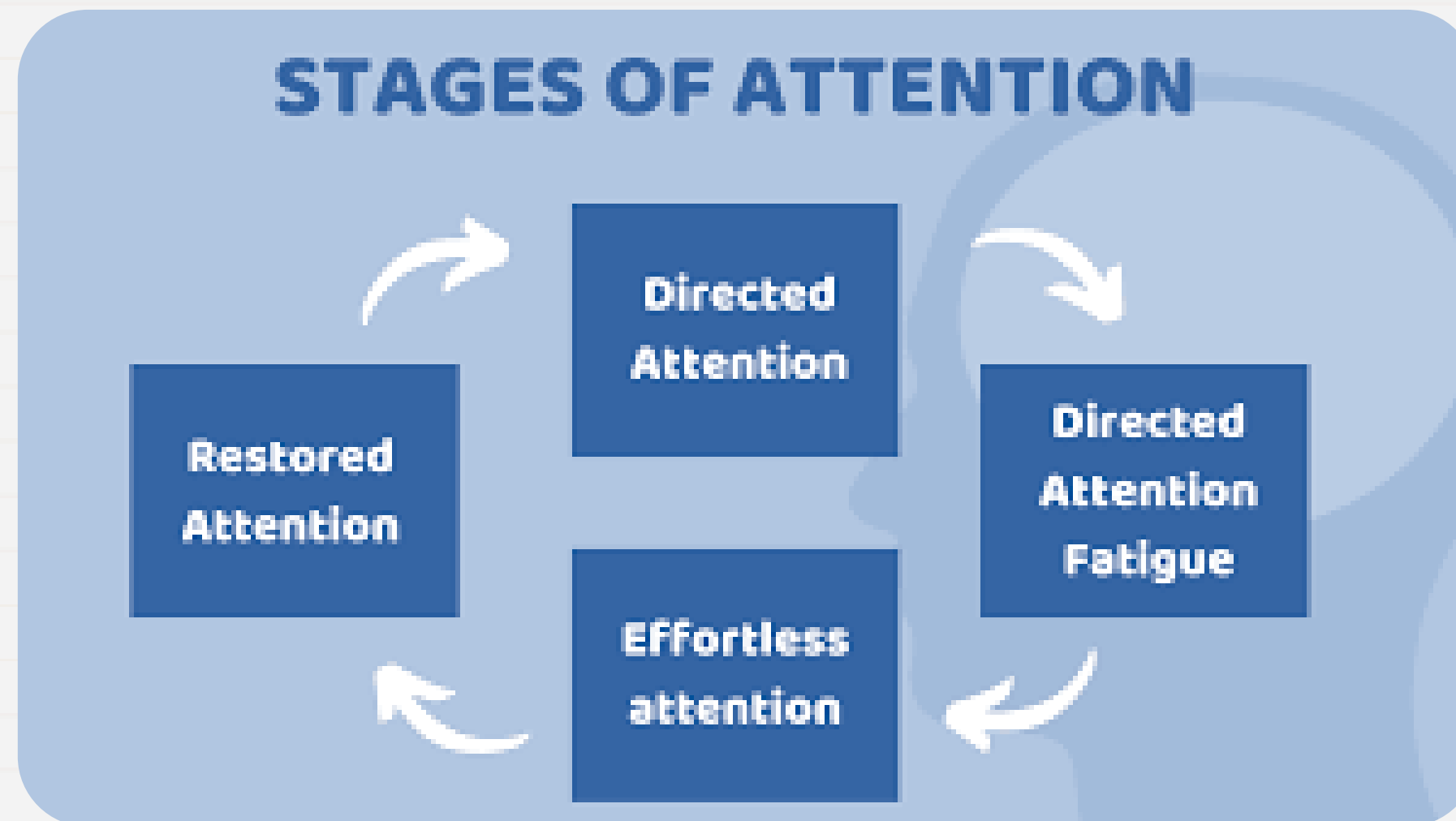


Theoretical Background

- Attention Restoration Theory [ART]

(Liu & Green, 2023).

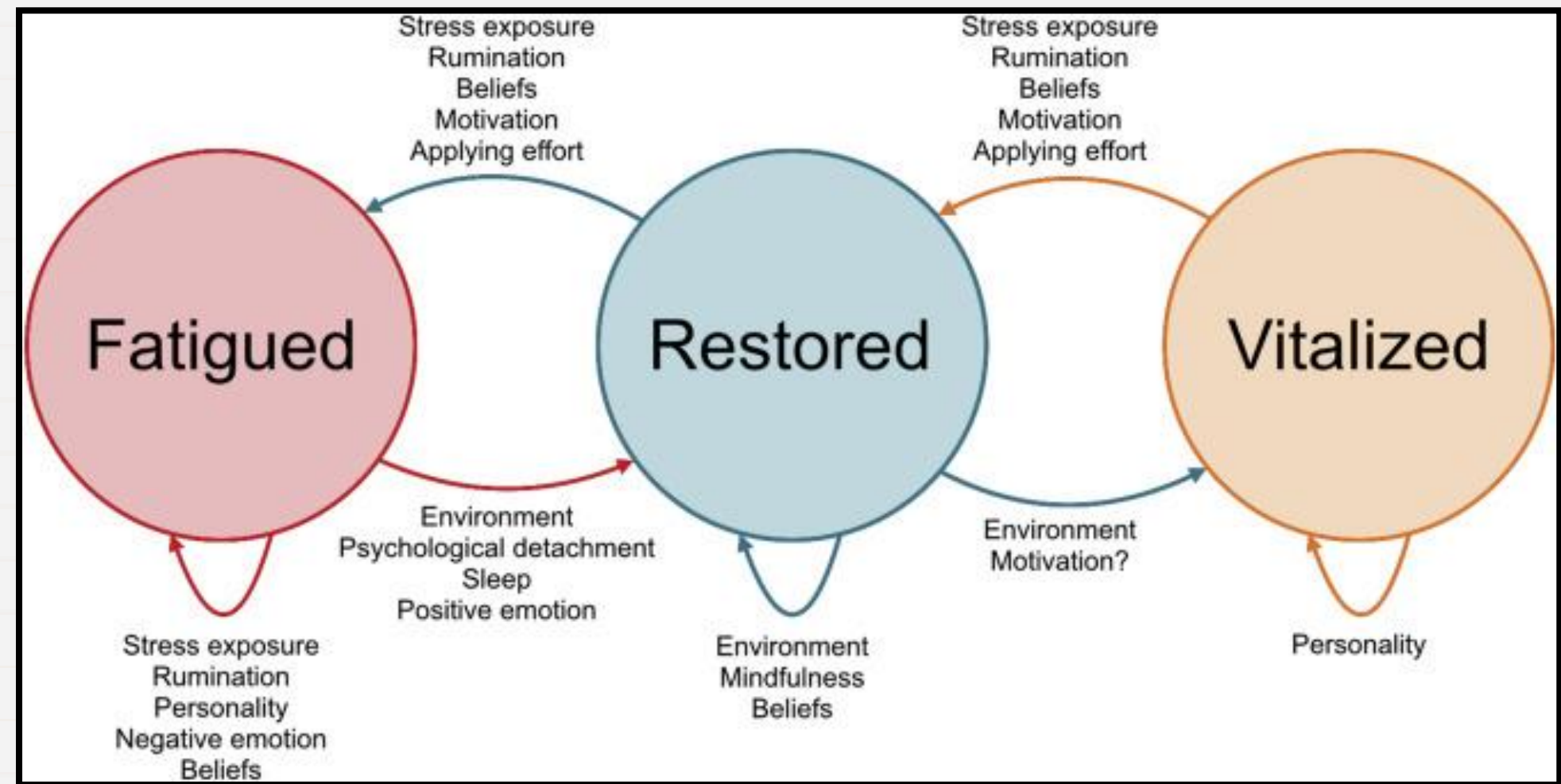
Kaplan – restorative effects on cognitive functioning.



Theoretical Background

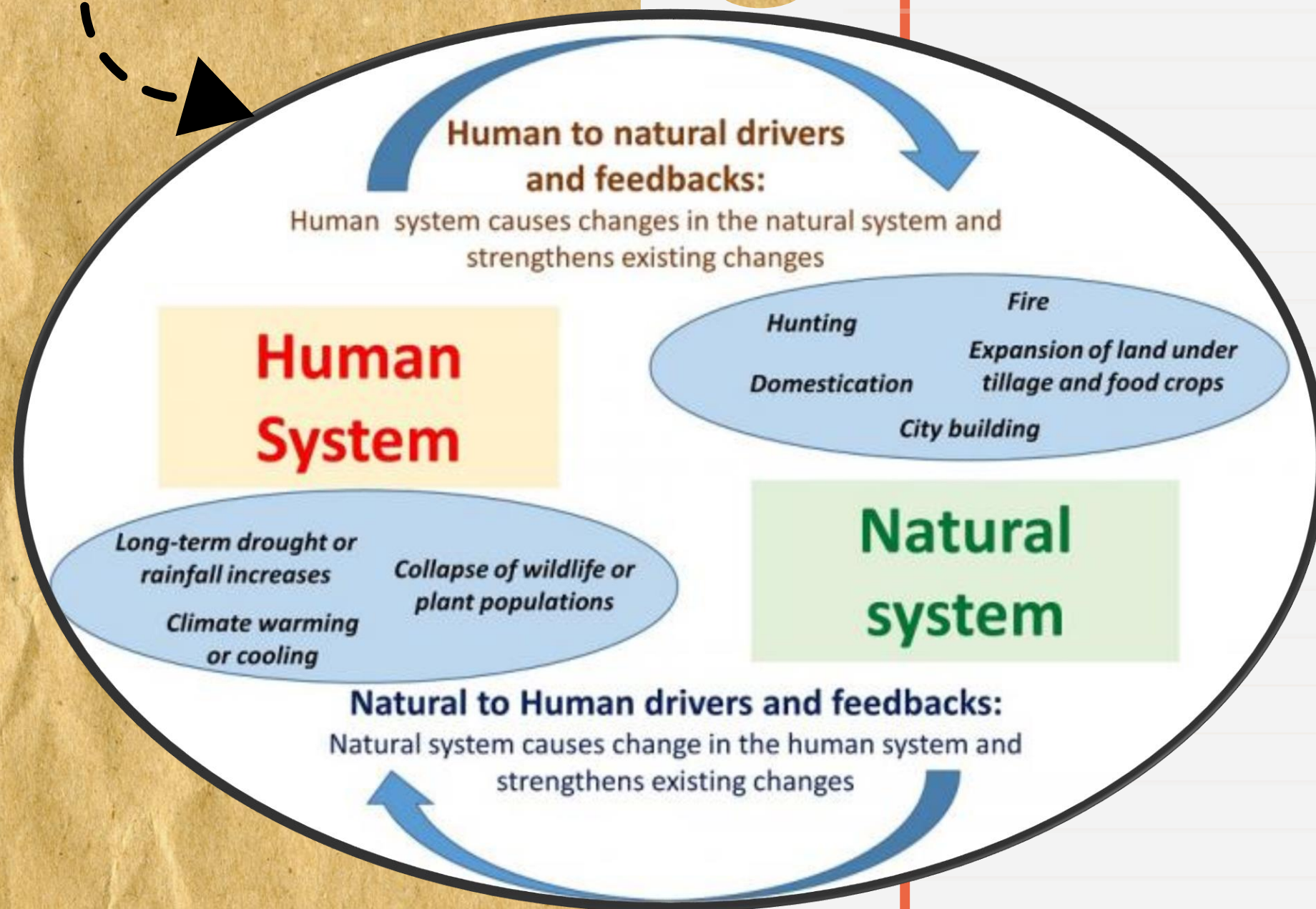
- Stress Recovery Theory [SRT]

Ulrich – exposure to nature, stress-relieving aspects



Theoretical Background

- Bronfenbrenner's Bio-ecological perspective



Nature has many benefits

Covid-19

Screen time vs Green time



Strengths

- Physiological

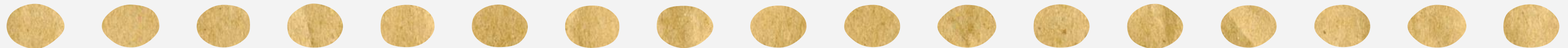
Physical activity

Reduced air and noise pollution

Exposure to natural sunlight

Reconnect with nature

Lower cortisol levels



Strengths

- Psychological

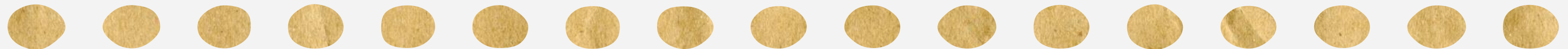
Improved sleep

In-person social interactions

Academic activities

Self-regulation and attention

A sense of purpose and belonging



Limitations

- Socioeconomic background
- Prolonged screen time
- Decreased exposure to nature
- Negative effects
- Contradicts traditional academic learning

(Oswald et al., 2020)



Screen time vs
Green time?

**MANAGING
CHILDREN'S SCREEN
TIME: STRIKING A
BALANCE IN THE
DIGITAL AGE**



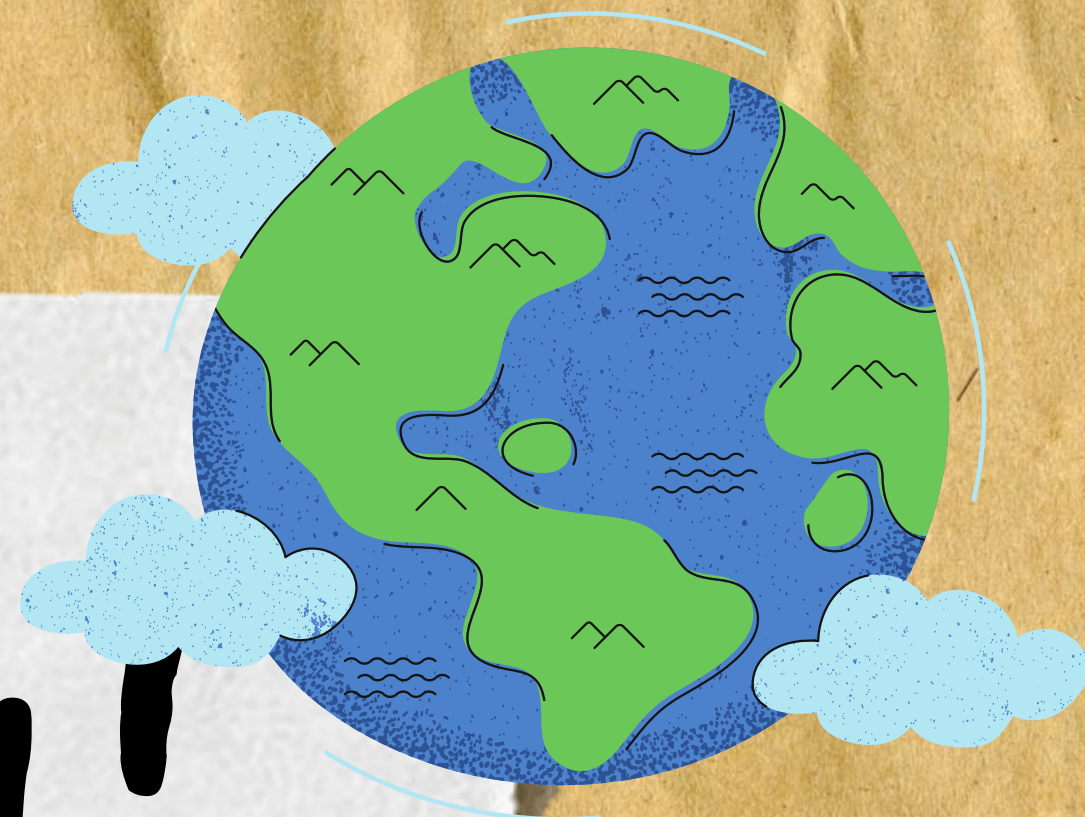
Further
research

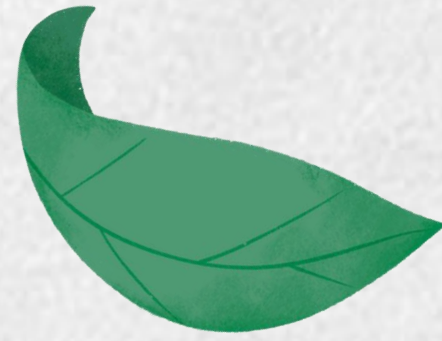


Early Intervention and
Prevention



Thank you!





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