

What greater gift could you give to your children than to help them fall back in love with the forests?
Clare Dubois, *Tree Sisters*

The Children's Forest is a rich treasury of seasonal stories and songs, natural crafts and outdoor games, animal, tree and plant lore, wild food recipes, meditations and ceremonies. Celebrating the essence of the changing seasons, chapters follow the cycle of the sun through the year, offering activities that nurture a lifelong love of the natural world. Ancient Celtic stories and traditions are shared alongside inspiring new ideas and creative approaches to bring alive the magic of nature.

- Follow hidden tracks, build a shelter, carve an elder fire stick, sew a woollen cloak, and practise the art of deep listening...
- Cook dandelion drop-scones, make daisy ointment, drink herbal infusions, sip honeysuckle honey, brew rosehip tea
- Welcome the summer with song, play the waggle-dance game, make a hazelnut mouse
- Play secret squirrels and hibernating hedgehogs, dance the bramble-reel, make a broom from birch twigs



Celebrating the Forest School philosophy of learning by doing, this book weaves together direct experience in nature with the richness of the imagination: the perfect companion to help spark children's love of the outdoors.

Ideal for children aged 3–12, families, Forest Schools and anyone else who loves trees.

Forests give us a solution to climate change.

Forests show us how to live in community.

Forests provide an infinite world of play, exploration and relationships.

Let us remember to give back.

Let us plant, tend, restore and protect forests throughout the land.

For the benefit of all life let us create,

The Children's Forest.

£28.99

Outdoor Education

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