



# Laois Forest School workshops (Toddlers)

The following workshops are suitable for primary-aged and teen learners.

Provided by Laois Forest School, the workshops and can be held in public parks, woodlands, school grounds etc. on request and with the necessary permissions.



## Nature-Play & Sensory Explorers

A playful session full of sensory games – exploring textures, smells, and sounds in nature. Includes “Meet a Tree” and collecting natural treasures.

### Optimum time of year:

Spring - Autumn  
(Outdoors)



## Mini-Bug Hunt & Nature in a Box

Gentle bug-spotting with magnifying glasses, followed by a hands-on exploration of seasonal objects with sensory play stations and a short circle time reflection.

### Optimum time of year:

Spring - Summer  
(Outdoors)



## Seasonal Songs & Nature Crafts

Singing nature-themed songs, using sticks and leaves to create simple crafts, and celebrating the changing seasons.

### Optimum time of year:

All Year  
(Outdoors)



## Storybook Nature Play

Interactive storytelling with puppets and props, followed by simple craft or movement play linked to the story's theme.

### Optimum time of year:

All Year  
(Indoors)



## Mini Music & Rhyme in Nature

Singing, rhythm games, and percussion with wooden & natural props (sticks, seeds, shakers) to encourage listening and coordination.

### Optimum time of year:

All Year  
(Indoors)

Prices for workshops vary depending on group size, duration and location. For a quote, email [laoisforestschool@gmail.com](mailto:laoisforestschool@gmail.com).



# Laois Forest School workshops (Primary & Teens)

The following workshops are suitable for primary-aged and teen learners.

Provided by Laois Forest School, the workshops can be held in public parks, woodlands, school grounds etc. on request and with the necessary permissions.



## Tracks & Signs of Wildlife

Learn to spot tracks, feathers, feeding marks, and trails left by animals. Includes interactive games and exploration challenges.

### Optimum time of year:

Autumn-Spring  
(Outdoors)



## Mindfulness & Nature Art

Guided mindful "sit spot" reflection followed by collaborative art using natural materials such as leaves, stones, and sticks.

### Optimum time of year:

All Year  
(Outdoors)



## Trees & Their Stories

Discover local tree species, learn folklore, and create bark rubbings. Children share their own "tree story" at the end.

### Optimum time of year:

Spring-Autumn  
(Outdoors)



## Nature Detectives

An investigative workshop with natural objects to examine (feathers, pinecones, fossils, bones), encouraging observation, discussion, and teamwork.

### Optimum time of year:

All Year  
(Indoors)



## Eco-Crafts & Upcycling

Creative crafting using recycled and natural materials – e.g., leaf printing, seed bomb making, or paper recycling projects.

### Optimum time of year:

All Year  
(Indoors)

Prices for workshops vary depending on group size, duration and location. For a quote, email [laoisforestschool@gmail.com](mailto:laoisforestschool@gmail.com).



# Laois Forest School workshops (Adults)

The following workshops are suitable for adult learners.

Provided by Laois Forest School, the workshops can be held in public parks, woodlands, school grounds etc. on request and with the necessary permissions.

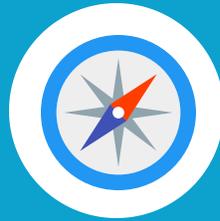


## Forest Bathing & Mindful Walking

Gentle guided walk with sensory focus, breathwork, and reflective journaling to reduce stress and reconnect with nature.

### Optimum time of year:

Spring - Autumn  
(Outdoors)



## Nature Exploration in the Park

A guided exploration of an outdoor space using group games, mindful observation, and journaling prompts – perfect for connecting with urban green spaces.

### Optimum time of year:

All Year  
(Outdoors)

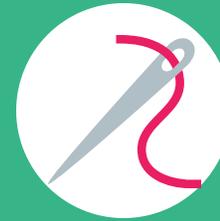


## Nature Connection & Team Building

A blend of cooperative outdoor games, problem-solving activities, and reflective sharing circles to strengthen group connection and resilience.

### Optimum time of year:

All Year  
(Outdoors)



## Weaving & Nature Printing

Hands-on craft session combining simple weaving (e.g., cup-cosies) with hapazome printing (flower/leaf hammering to create textile patterns).

### Optimum time of year:

All Year  
(Indoors)



## Mindful Moments & Nature Journaling

A gentle guided session with breathing exercises, reflective journaling, and creative writing prompts based on seasonal nature themes.

### Optimum time of year:

All Year  
(Indoors)

Prices for workshops vary depending on group size, duration and location. For a quote, email [laoisforestschool@gmail.com](mailto:laoisforestschool@gmail.com).