

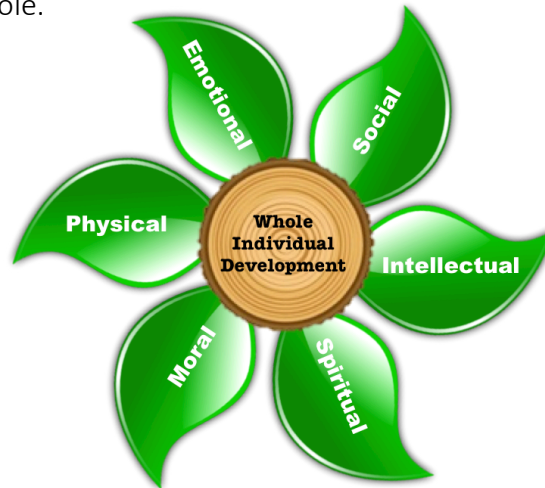
Learning in the Leaves







Holistic Education



Introduction:

Forest School offers an ideal opportunity to take a holistic view of the development of a children and adults. Essentially, by holistic we mean the whole of an individual, focusing on how we develop every aspect not just one. e.g. just literacy. Before we start looking at the whole child/adult we need to have a basic understanding of the different aspects that create the whole. The diagram below shows a summary of these different potentials that make up the whole.



 <p>Physical</p>	<p>Development of control over one’s body. Including control over muscles, physical coordination, ability, to sit or stand. Can also include growth as in height, length and mass.</p>
 <p>Emotional</p>	<p>Developing an understanding of their own emotions. Knowing why they feel certain ways after certain actions. Relating to others feelings and understanding their effect of others emotions.</p>
 <p>Social</p>	<p>Development of interactions(friendships, relationships) with others. Developing an understanding of themselves within the community. Understanding communications and actions of others, including dealing with conflicts.</p>
 <p>Intellectual</p>	<p>Developing skills to recognise, understand and reason, allowing them to make sense of what is seen, touched, heard. etc. Language development, understanding others and expressing themselves.</p>
 <p>Spiritual</p>	<p>Allowing the true authentic self to flourish and its connection to all that is around us.</p>
 <p>Moral</p>	<p>Developing proper attitudes and behaviours towards other people in the society. Often based on social and cultural norms, laws and rules. Understanding and cherishing of values and ethics such as honesty, integrity and fair play, and the consequences they bring, leading to developments of responsibility and empathy.</p>