



# FOREST SCHOOL

Our Forest School session this month was inspired by the children's class topic on the Vikings.

The session started with a discussion about typical Viking life and what they would eat. In the Viking times their diets were restricted and only consisted of seasonal food available where they lived. With no shops or supermarkets, the Vikings had to grow, hunt or catch everything they ate. Stews and soups were popular dishes because all of the ingredients could be added together to make one big tasty pot.

We then became Vikings for the afternoon and split up into two teams to make our own Viking vegetable soup. One team was in charge of preparing the vegetables, which involved peeling and safely chopping the onions and potatoes into small cubes. The other team was tasked with preparing, lighting and managing a fire.

Once the children had successfully completed their tasks they enjoyed free playtime while the soup cooked over the roaring campfire. When the soup was ready we all come together around the fire square to share the tasty soup we had all worked hard to make.

