Postcards from the Farm:

Insights from The OWL Collaboration

Sarah White
The Ernest Cook Trust

What do you see?

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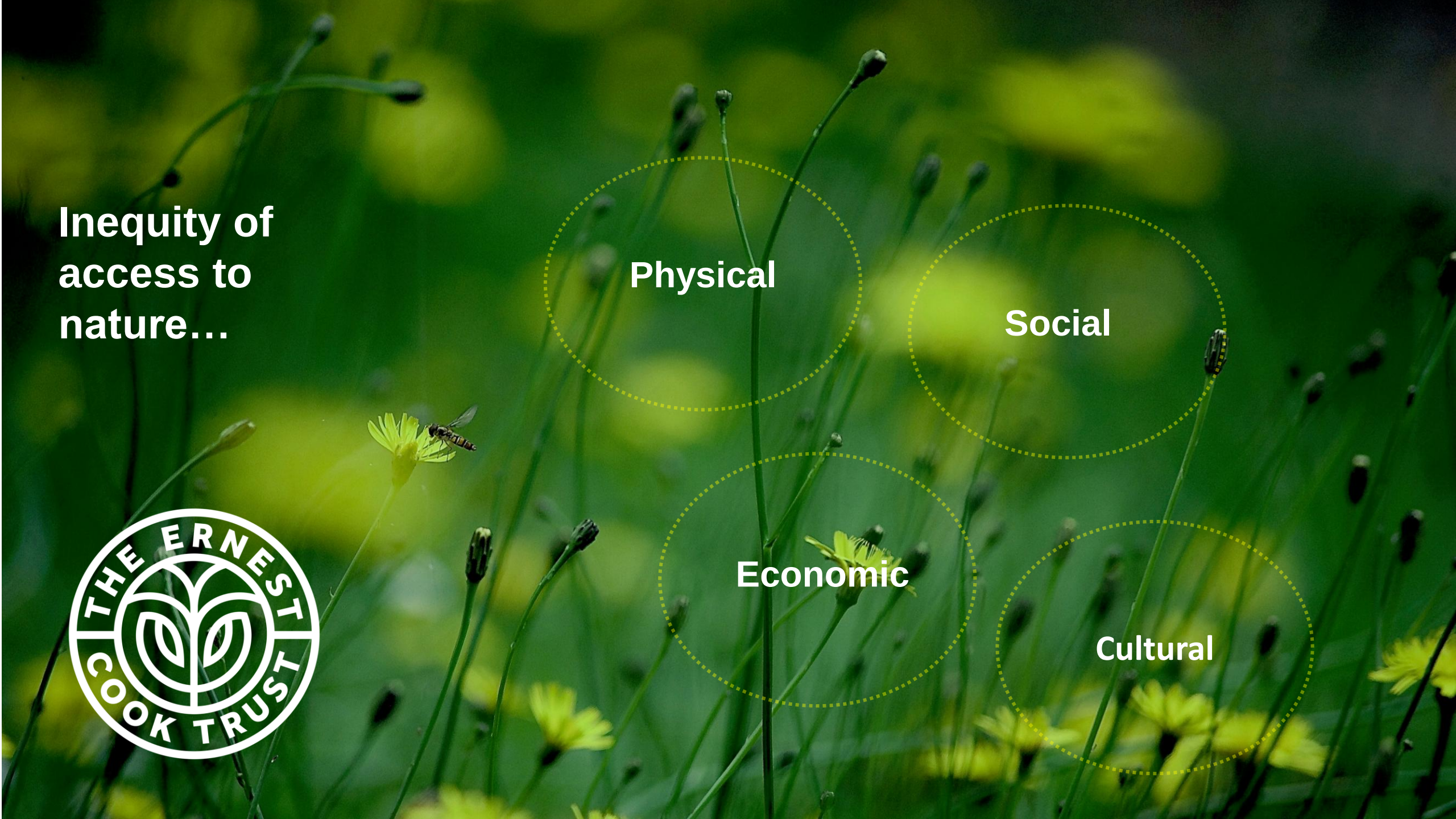
Inequity of access to nature…
Physical
Social
Economic
Cultural
THE ERNEST COOK TRUST

THE DULVERTON TRUST

The OWL Collaboration

“It’s just phenomenal the impact this week has had on the children. I wish I could bottle it!”

Headteacher

THE ERNEST COOK TRUST

the Countryside Education Trust

Ufton Court

JAMIE'S FARM CULTIVATING CHANGE

Shallowford Farm making the difference

lambourne end centre for outdoor learning inspired to inspire

MAGDALEN ENVIRONMENTAL TRUST

Country Trust Connecting children with the land that sustains us all

THE OUTWARD BOUND TRUST

BORE PLACE

FARMS FOR CITY CHILDREN

Transport Grant

Cultural Inclusivity

Familiarisation & Consultation

Developing an Accessible Approach

Residential-in-a-Box

- **Feeling at home**
- **Feeling confident**
- **Feeling excited**

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Feeling at home

Residential Kit List

Waterproof coat with hood	Trainers or walking boots (for outside)
Waterproof trousers	Warm hat
Wellies (in a carrier bag)	Small backpack
Joggers/Leggings (no jeans)	Water bottle (named)
T-shirts	Large Bath towel
Jumpers and long sleeve tops	Plastic bags for dirty clothes
Pyjamas	Toiletries
Underwear	All items need to be named
Socks (including thick ones)	Small case or holdall
Slippers (for inside)	

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Feeling confident

Mood Map

Introduction:

For many pupils a residential will mean having to do at least one thing for a first time. For some pupils it will mean overcoming significant hurdles in their home lives to attend. For others the change from their normal routine may be worrying, wonderful, frustrating or freeing.

This activity aims to provide a space for pupils to reflect on the feelings that they may have been having ahead of a residential. They may not have realised that their worry is only focused on one specific thing and spending some time reflecting on that might help them to have the conversations which will help them to feel ready. It will also provide a lead teacher with a chance to understand the feelings of the group and encourage them think of how they can support each other and explore how they might do this.

Equipment list

From the Box
Affirmation bead template- These will need to be cut out ahead of the lesson following the lines to create long isosceles triangles. You will need one for each pupil

From the website
Print out a Mood Map for each child

From the classroom
A range of coloured pencils (at least 6 colours)
Prit stick
Small lengths of string (to attach the affirmation bead to bags)

Objectives

To provide space for pupils to reflect on how they are feeling ahead of a residential

To reflect on how a residential is not just one 'thing' but many experiences. Pupils may feel excited about some and worried about others

To reflect on how pupils may feel different to their peers about aspects of the residential

To create a sense of conradery and team work within the group

Starter Activity (10 minutes)

Look at your mood map and the emotion words. Explain that this mood map is going to work like a heat map which are usually used to show the temperature of different parts of a thing or area using colours to show different temperatures. In this case, rather than map temperature it's going to map emotion. Ask the pupils to colour each word on the emotions

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These resources have been developed by The Country Trust with support from The Ernest Cook Trust, and as part of The

FARM MASTER

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www.countrytrust.org.uk

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Pupil Consultation

- Enquiry led
- Pupil voice
- Pupil choice

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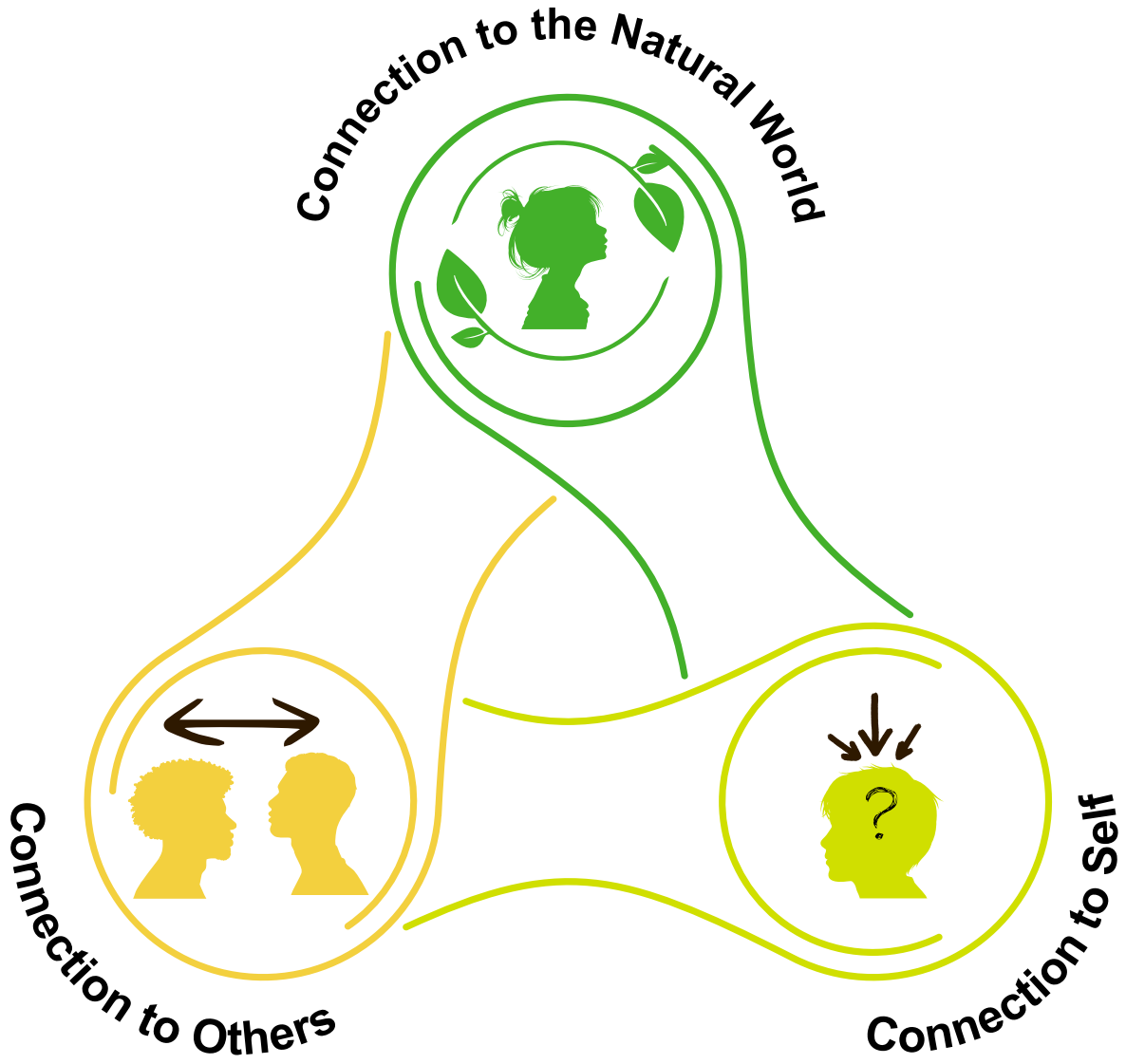
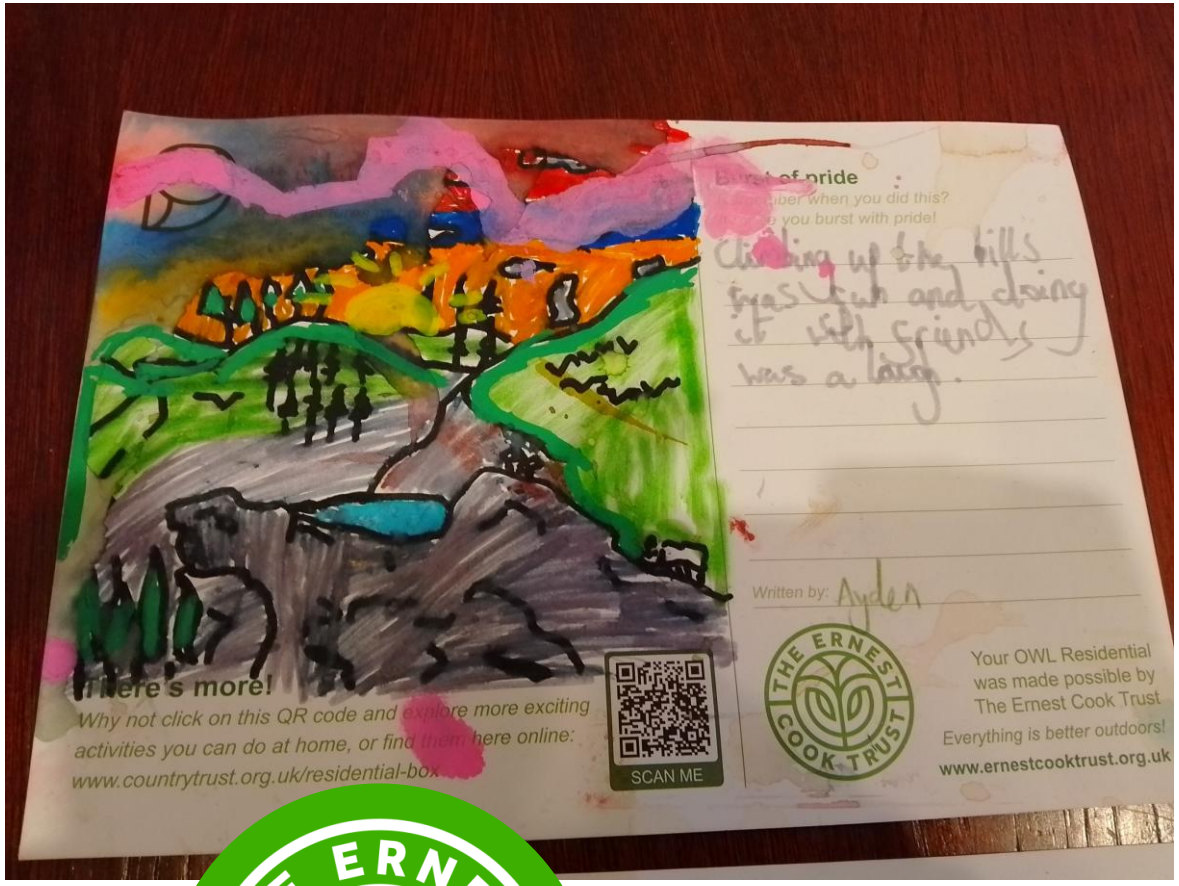
School Outreach Visits

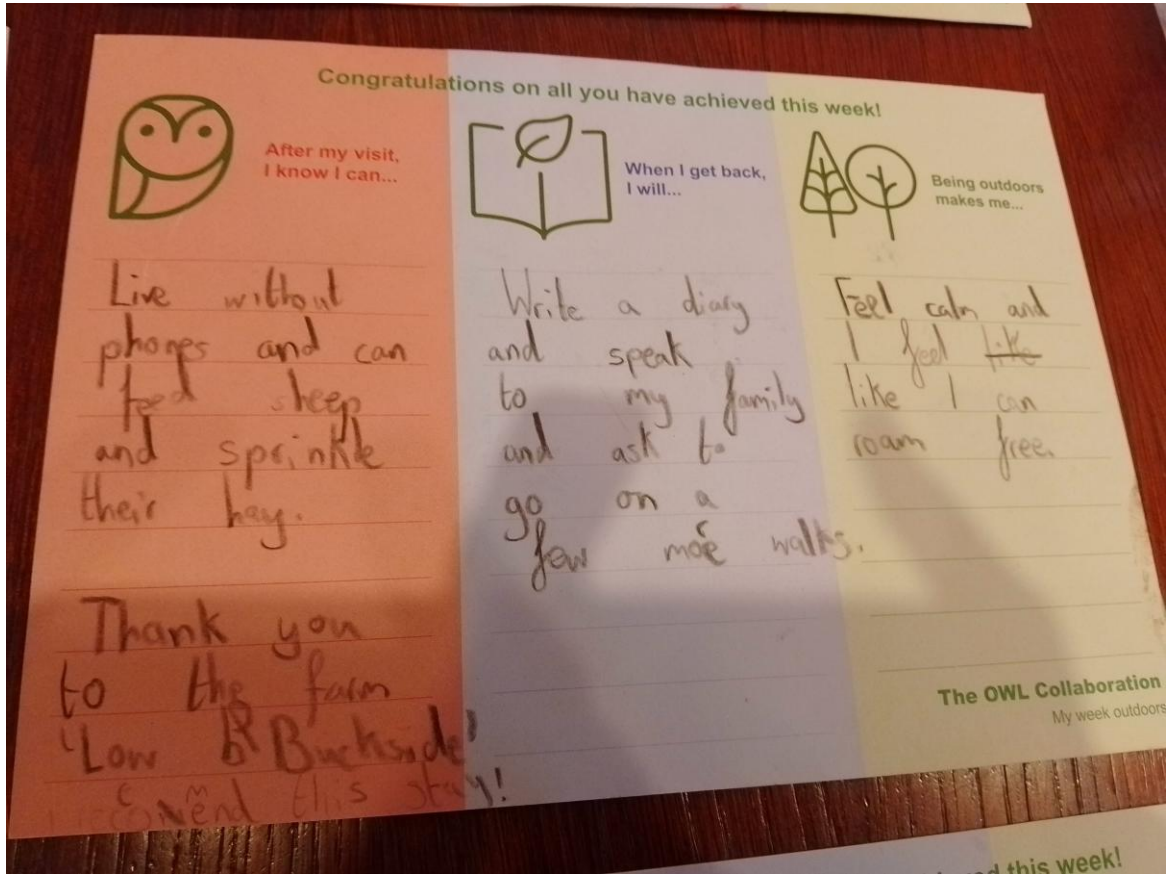
Connection


Connection to the Natural World
Connection to Others
Connection to Self

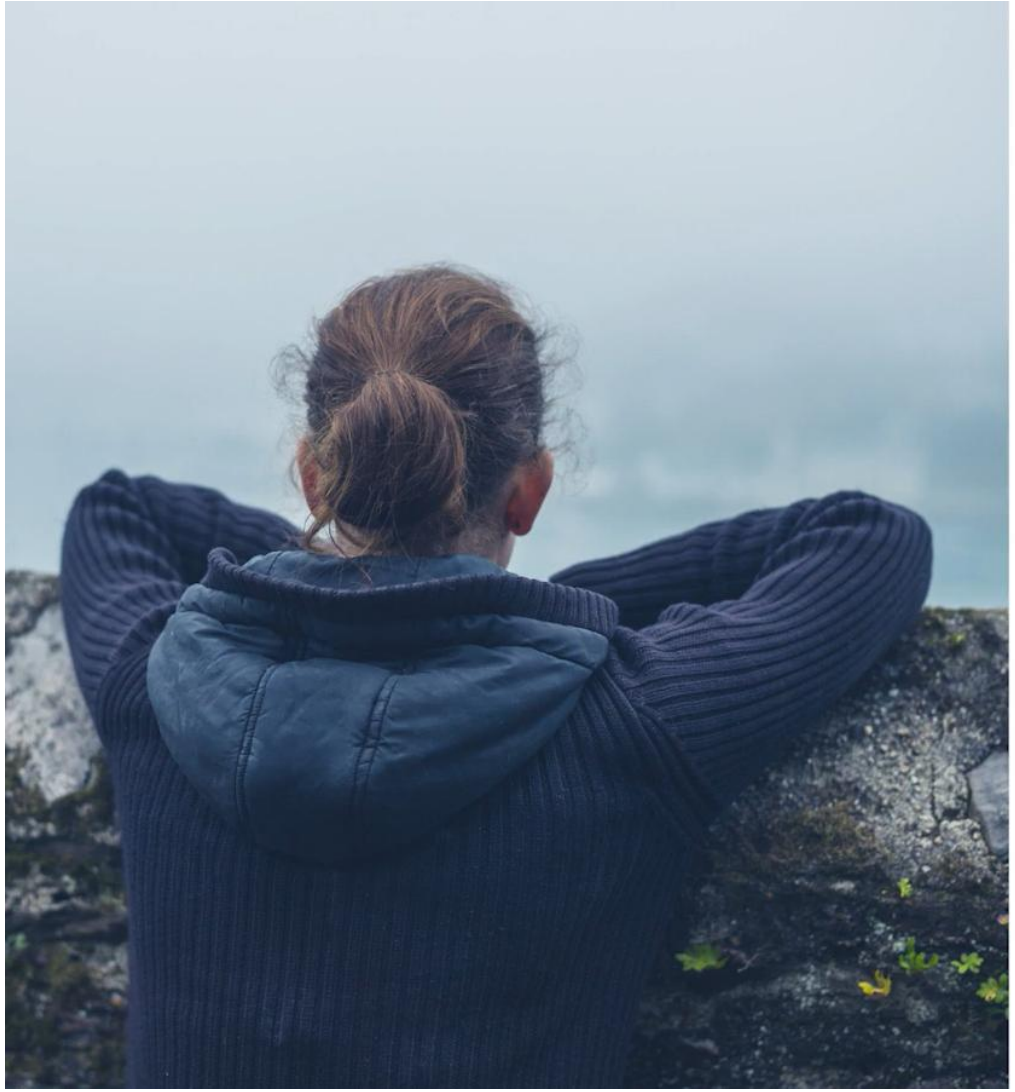
Pleasure, Purpose, Grit & Growth

What have we learnt?


Burst of pride
Climbing up the hills was fun and doing it with friends was a bang.
Written by: Ayden
There's more!
Why not click on this QR code and explore more exciting activities you can do at home, or find them here online:
www.countrytrust.org.uk/residential-box
SCAN ME
THE ERNEST COOK TRUST
Your OWL Residential was made possible by The Ernest Cook Trust
Everything is better outdoors!
www.ernestcooktrust.org.uk


Congratulations on all you have achieved this week!
After my visit, I know I can...
Live without phones and can feed sheep and sprinkle their hay.
Thank you to the farm 'Low Buckside' for a fun and this story!
When I get back, I will...
Write a diary and speak to my family and ask to go on a few more walks.
Being outdoors makes me...
Feel calm and I feel like I can roam free.
The OWL Collaboration
My week outdoors

1/11 Million…



“I thought I’d be crying about not having my phone, but I actually haven’t missed it at all.”

Thawing

“I’ve never walked so far in my life-phew!”
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"I used to hate anything to do with mud and this trip has made me slide down it - with **no regrets!**"

Joy

“The thing I found best was everyone coming together like a **family**.”

Belonging

I want to remember that...

"I am good at
cheering people up."

"I can be friends
with animals."

"I am a good friend."

"Thank you, I have loved it. I will never forget this experience.
It was the best week of my life."
NIKE
THE ERNEST COOK TRUST

OWL Summary Impact Report

Thanks for listening!

The Countryside Education Trust · Ufton Court · lambourne end centre for outdoor learning inspired to inspire · Magdalen Environmental Trust · Farms for City Children · Shallowford Farm making the difference · Jamie's Farm Cultivating Change · Bore Place · Country Trust Connecting children with the land that sustains us all · The Outward Bound Trust