



THE FOREST SCHOOL *at Wild Coast Tented Lodge*

TIMETABLE OF COMPLIMENTARY ACTIVITIES





THE FOREST SCHOOL
at Wild Coast Tented Lodge
TIMETABLE OF
COMPLIMENTARY ACTIVITIES

Sprouts / 3 - 5 Years



MONDAY

**Morning: Animal Tracking
& Signs Investigation**

- Notice animal signs (tracks, feathers, scat) during walks
- Match track stamps to animal pictures
- Count toes and pads in footprints
- Use vocabulary: track, footprint, clue, sign

Learning Outcome:
Develops observation skills and introduces Yala wildlife

**Afternoon: Pebble Art
& Cloud Watching**

- Arrange pebbles into patterns and designs
- Observe cloud shapes and discuss what they resemble
- Create nature mandalas with collected materials

Learning Outcome:
Enhances creativity and fine motor skills

TUESDAY

Morning: Sand & Mineral Exploration

- Describe sand colors and textures
- Sort sand by color using sorting trays
- Explore sand with magnifying glasses
- Create sand art and patterns

Learning Outcome:
Develops sensory awareness and introduces earth science

**Afternoon: Nature Bracelets
& Leaf Exploration**

- Make bracelets with leaves and twine
- Compare textures of various leaves
- Create leaf rubbings with crayons

Learning Outcome:
Promotes fine motor skills and aesthetic appreciation



WEDNESDAY

**Morning: Bug BioBlitz
& Invertebrate Discovery**

- Identify 3-5 local invertebrates (butterfly, ant, spider, beetle)
- Count body segments and legs through observation
- Practice gentle capture and release
- Sort specimens by visible features

Learning Outcome:
Builds observation skills and empathy for small creatures

**Afternoon: Mud Painting
& Nature Art**

- Use mud as paint to create designs on stones
- Make handprints in mud for sensory exploration
- Create nature collages with leaves and flowers

Learning Outcome:
Develops sensory exploration and creativity

THURSDAY

**Morning: Predator-Prey Games
& Camouflage**

- Identify animals as hunters (predators) or hunted (prey)
- Match animals to habitats where they blend in
- Practice hiding and seeking games
- Recognize basic patterns: spots, stripes, colors

Learning Outcome:
Understands basic survival concepts through play

**Afternoon: Pretend Animal Walks
& Nature Sounds**

- Mimic animal movements through the forest
- Practice animal sounds and calls
- Counting seeds, pinecones, or acorns

Learning Outcome:
Builds gross motor skills and imagination

Morning Session: 9:00 AM - 11:30 AM / Evening Session : 3:30 PM - 5:30 PM



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Sprouts / 3 - 5 Years



FRIDAY

Morning: Bird Watching Basics

- Identify 5+ birds by sight and sound (crow, kingfisher, peacock, eagle)
- Match bird beaks to food types with hands-on tools
- Practice quiet observation to avoid disturbing birds
- Sort birds by habitat: land, water, trees

Learning Outcome:
Develops patience and bird identification skills

Afternoon: Flower Petal Art & Leaf Crowns

- Arrange flower petals to create patterns
- Create crowns using leaves and twine
- Make nature faces with leaves and flowers

Learning Outcome:
Builds fine motor skills and pattern recognition

SATURDAY

Morning: Beach Exploration & Dune Discovery

- Identify coastal plants and dune features
- Observe how wind moves sand
- Collect shells and beach treasures safely
- Build sandcastles and observe erosion

Learning Outcome:
Introduces coastal ecology and natural processes

Afternoon: Rock Stacking & Smell the Leaves

- Stack rocks of different sizes for balance
- Smell and identify scents of different leaves
- Explore tree trunk textures

Learning Outcome:
Enhances coordination and sensory awareness

SUNDAY

Morning: Nature Journaling Basics

- Draw simple observations: leaf shapes, flower colors
- Label drawings with 1-2 words
- Use different colors to match what they see
- Keep journal safe and personal

Learning Outcome:
Develops observation and early documentation skills

Afternoon: Mini Forest Walk & Nature Scrapbook

- Explore nearby paths and observe surroundings
- Collect leaves and flowers to create a keepsake
- Share discoveries with group

Learning Outcome:
Builds nature appreciation and memory preservation

Morning Session: 9:00 AM - 11:30 AM / Evening Session : 3:30 PM - 5:30 PM



THE FOREST SCHOOL
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DAILY
EXTRA SESSIONS

Sprouts / 3 - 5 Years



POTTERY
CORNER

60-minute session

Play with natural clay -
squeezing, rolling, flattening

Make simple pinch pots
and coil snakes

Create animal shapes
and nature impressions

Learn about clay from the earth

*Learning Outcome:
Develops fine motor skills
and tactile exploration*

NATURE PAINTING
WITH NATURAL COLOURS

60-minute session

Extract colors from flowers, leaves, and berries

Paint with natural brushes (twigs, leaves)

Create finger paintings with nature colors

Explore color mixing with natural pigments

*Learning Outcome: Introduces color theory
and creative expression*

NATURE ART
WITH LEAVES

60-minute session

Create leaf collages and mosaics

Make leaf prints and rubbings

Arrange leaves by color, size, and shape

Decorate rocks with leaf designs

*Learning Outcome:
Enhances artistic skills
and pattern recognition*

SIMPLE WEAVING
& THREADING

60-minute session

Thread large beads made from
seeds and wood

Weave with wide ribbons through
cardboard frames

Create simple braids with thick yarn

Make nature necklaces

*Learning Outcome:
Develops hand-eye coordination
and focus*

Morning Session: 9:00 AM - 11:30 AM / Evening Session : 3:30 PM - 5:30 PM



THE FOREST SCHOOL
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TIMETABLE OF
COMPLIMENTARY ACTIVITIES

Explorers / 6 - 9 Years



MONDAY

**Morning: Animal Tracking
& Field Investigation**

- Identify 3-5 common Yala species by tracks (elephant, leopard, sambar, wild boar)
- Measure track dimensions (length, width, stride)
- Infer animal behavior from signs (feeding, traveling, resting)
- Record findings in field notebooks with labeled sketches

Learning Outcome:
Develops scientific observation
and measurement skills

**Afternoon: Maker Lab - Tool Safety
& Measuring Frames**

- Learn proper tool names, purposes, and safety rules
- Practice measuring with rulers and tape measures
- Build simple measuring frame (30cm x 30cm)
- Use frames for track photography with scale

Learning Outcome:
Introduces carpentry basics and
precision measurement

TUESDAY

Morning: Sand & Mineral Analysis

- Identify mineral types using magnification
- Conduct magnetic mineral hunt with magnet wands
- Apply vinegar to test for carbonates (shell fragments)
- Sort grains by size using multiple sieves

Learning Outcome:
Introduces geology and
scientific investigation methods

**Afternoon: Bug Hotel Planning
& Design**

- Discuss which insects use which habitats
- Sketch bug hotel designs with labeled sections
- Gather natural materials (bamboo, bark, hollow stems)
- Learn about beneficial pollinators and predators

Learning Outcome:
Develops planning skills and
habitat awareness



WEDNESDAY

Morning: Bug BioBlitz & Classification

- Distinguish major groups: insects, arachnids, mollusks, myriapods
- Use simple dichotomous keys for classification
- Identify insect body parts: head, thorax, abdomen, 6 legs
- Create labeled scientific sketches with accurate proportions

Learning Outcome:
Develops classification skills
and scientific drawing

Afternoon: Nature Journaling Workshop

- Create multi-element journal pages with sketches and labels
- Use scientific observation: size comparisons, counts
- Distinguish observation (facts) from interpretation (ideas)
- Organize pages chronologically to track changes

Learning Outcome:
Develops documentation and
critical thinking skills

THURSDAY

**Morning: Predator-Prey Dynamics
& Camouflage Experiments**

- Define camouflage, mimicry, and warning coloration
- Explain how camouflage helps prey survive
- Conduct timed camouflage detection experiments
- Design camouflage for model animals with natural materials

Learning Outcome:
Understands adaptation
and conducts experiments

**Afternoon: Dune Formation
& Plant Stabilization**

- Explain formation and stabilization processes
- Examine root systems - how plants anchor sand
- Find and document signs of erosion
- Discuss how dunes protect coastlines

Learning Outcome:
Understands coastal processes
and conservation

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Explorers / 6 - 9 Years



FRIDAY

Morning: Maker Lab -

Bug Hotel Construction

- Cut and assemble wooden frame with supervision
- Prepare habitat modules: bundle bamboo, stack bark
- Install and secure modules with wire mesh
- Paint/seal exterior while leaving interior natural

Learning Outcome:

Builds complete hotels with 3+ habitat types

Afternoon: Bird Adaptations

& Shorebird Observation

- Explain relationship between beak shape and diet
- Identify foot adaptations: perching, swimming, wading
- Use binoculars effectively for distant observation
- Record field observations with sketches and species counts

Learning Outcome:

Develops tool skills and understands form-function

SATURDAY

Morning: Water Properties & Coastal Ecology

- Measure salinity and pH across different water bodies
- Conduct chemical tests for dissolved oxygen
- Sample plankton and observe under microscope
- Analyze which organisms thrive in which conditions

Learning Outcome:

Connects water properties to ecosystem health

Afternoon: Reptile & Amphibian Ecology

- Explain ectothermy: how temperature affects behavior
- Distinguish reptiles from amphibians by skin and life cycle
- Observe thermoregulation: basking, seeking shade
- Create dichotomous keys based on observed characteristics

Learning Outcome:

Understands thermoregulation and classification

SUNDAY

Morning: Food Web Investigations

- Construct 5+ organism food webs showing relationships
- Define producers, consumers, and decomposers
- Explain energy flow: why chains rarely exceed 4-5 levels
- Predict cascade effects: what if one species disappears?

Learning Outcome:

Understands ecosystem connections and energy flow

Afternoon: Coastal Stewardship & Beach Cleanup

- Conduct beach cleanup and trash audit
- Sort by type, count and record items
- Calculate percentages and create pie charts
- Plant native species in eroded areas

Learning Outcome:

Develops environmental citizenship and data analysis

Morning Session: 9:00 AM - 11:30 AM / Evening Session : 3:30 PM - 5:30 PM



THE FOREST SCHOOL
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DAILY
EXTRA SESSIONS

Explorers / 6 - 9 Years



POTTERY
CORNER

90-minute session

Learn coiling, pinching, and slab building techniques

Create functional pieces: bowls, cups, animal sculptures

Decorate with natural textures and patterns

Understand clay properties and firing basics

Learning Outcome:
Develops craftsmanship and three-dimensional thinking

BOTANICAL ART
WITH PRESSED FLOWERS

90-minute session

Press flowers and leaves for preservation

Create botanical greeting cards and bookmarks

Make framed nature art compositions

Label specimens with scientific information

Learning Outcome:
Combines art with scientific documentation

NATURAL
DYE PAINTING

90-minute session

Extract pigments from turmeric, beetroot, spinach, flowers

Learn about mordants for color fixing

Paint nature scenes on fabric or paper

Experiment with color intensity and mixing

Learning Outcome:
Introduces chemistry and artistic expression

WEAVING
& FIBRE ARTS

90-minute session

Learn basic weaving on cardboard looms

Create friendship bracelets with knots

Make dreamcatchers with natural materials

Explore traditional Sri Lankan weaving patterns

Learning Outcome:
Develops patience, pattern recognition, and cultural awareness

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THE FOREST SCHOOL
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TIMETABLE OF
COMPLIMENTARY ACTIVITIES
Trailblazers / 10 - 14 Years



MONDAY

Morning: Advanced Animal Tracking & Plaster Casting

- Distinguish substrate effects on track appearance
- Calculate stride patterns to estimate speed and gait
- Build track narrative: species, time, activity, direction
- Create plaster casts of quality tracks for lodge display

Learning Outcome:
Masters advanced tracking and inference skills

Afternoon: Maker Lab - Precision Measuring & Complex Projects

- Work with millimeters and calculate dimensions
- Measure complex angles using protractors
- Complete precision challenge (<2mm error tolerance)
- Design and build custom measuring tools

Learning Outcome:
Achieves precision in measurement and mathematics

TUESDAY

Morning: Advanced Geological Analysis

- Analyze grain size distributions with data collection
- Explain geological origins of Yala sand formations
- Compare samples from multiple locations
- Create data tables, graphs, and calculate percentages

Learning Outcome:
Conducts comprehensive geological analysis

Afternoon: Advanced Lashing & Structure Building

- Execute multiple lashing types: square, diagonal, tripod
- Master essential knots: clove hitch, square knot, bowline
- Build complex load-bearing structures
- Teach younger children basic techniques

Learning Outcome:
Masters advanced construction and engineering



WEDNESDAY

Morning: Invertebrate Biodiversity Research

- Classify invertebrates to order level using taxonomic keys
- Calculate biodiversity indices (richness, abundance, diversity)
- Design experiments testing habitat preferences
- Investigate roles in decomposition and food webs

Learning Outcome:
Conducts independent scientific investigations

Afternoon: Field Guide Creation

- Produce publication-quality field documentation
- Integrate sketches, measurements, photos, written analysis
- Use proper scientific notation and species names
- Develop personal field guide entries for Yala species

Learning Outcome:
Creates professional scientific documentation

THURSDAY

Morning: Evolutionary Biology & Adaptation Analysis

- Analyze trade-offs: camouflage vs speed, group vs solitary
- Conduct statistical analysis of detection experiments
- Explain evolutionary pressure driving adaptation
- Investigate how human activity disrupts predator-prey balance

Learning Outcome:
Understands evolutionary biology and experimental design

Afternoon: Coastal Geomorphology Study

- Measure dune profiles along marked transects
- Analyze erosion rates using time-series data
- Propose evidence-based conservation measures
- Create detailed maps and cross-sections

Learning Outcome:
Conducts longitudinal studies and proposes solutions

Morning Session: 9:00 AM - 11:30 AM / Evening Session : 3:30 PM - 5:30 PM



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TIMETABLE OF COMPLIMENTARY ACTIVITIES

Trailblazers / 10 - 14 Years



FRIDAY

Morning: Natural Materials Construction Project

- Design and build large functional structures (1m+)
- Use traditional building techniques with found materials
- Test structural integrity and discuss engineering principles
- Document construction process photographically

Learning Outcome:
*Demonstrates engineering mastery
and traditional knowledge*

Afternoon: Ornithological Survey

- Conduct systematic bird surveys using point count methodology
- Analyze niche separation: how multiple species coexist
- Investigate flight adaptations: wing shape, tail function
- Assess habitat quality through bird diversity indices

Learning Outcome:
Conducts professional ornithological research

SATURDAY

Morning: Comprehensive Water Quality Assessment

- Analyze complete datasets: pH, salinity, temperature, DO
- Connect water properties to ecosystem health indicators
- Create comparison charts and identify patterns
- Investigate pollutant sources and impacts

Learning Outcome:
*Conducts comprehensive
environmental assessment*

Afternoon: Herpetology & Conservation Biology

- Investigate metabolic trade-offs of ectothermy
- Analyze habitat requirements and population viability
- Examine conservation status: threats and solutions
- Design public awareness campaigns

Learning Outcome:
*Applies conservation biology
to real-world challenges*

SUNDAY

Morning: Advanced Food Web & Ecosystem Analysis

- Analyze trophic levels and energy pyramids (10% rule)
- Map complex food webs with 15+ species
- Investigate keystone species and population dynamics
- Model predator-prey oscillations using data

Learning Outcome:
Masters ecosystem ecology and systems thinking

Afternoon: Conservation Action & Community Engagement

- Design evidence-based conservation campaigns
- Implement restoration: plant natives, build sand barriers
- Create educational presentations for visitors
- Propose systemic solutions to conservation challenges

Learning Outcome:
*Becomes active environmental steward
and change agent*

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DAILY
EXTRA SESSIONS

Trailblazers / 10 - 14 Years



ADVANCED
POTTERY &
SCULPTURE

120-minute session

Master wheel throwing
or advanced hand-building

Create complex sculptural pieces
inspired by Yala wildlife

Experiment with glazing
and surface treatments

Understand kiln firing
and ceramic chemistry

Learning Outcome:
Develops advanced craftsmanship
and artistic vision

BOTANICAL
ILLUSTRATION &
SCIENTIFIC ART

120-minute session

Create publication-quality
botanical illustrations

Learn technical drawing
with precise measurements

Document specimens
with scientific accuracy

Explore career paths
in scientific illustration

Learning Outcome:
Develops professional-level
scientific art skills

NATURAL PIGMENT
CHEMISTRY
& PAINTING

120-minute session

Extract and process pigments
from minerals and plants

Study color theory
and pigment chemistry

Create detailed wildlife paintings
with natural colors

Experiment with different
binding agents (egg, gum arabic)

Learning Outcome:
Combines art, chemistry, and
environmental science

ADVANCED
FIBRE ARTS &
TRADITIONAL CRAFTS

120-minute session

Master loom weaving
with complex patterns

Learn traditional Sri Lankan
textile techniques

Create wearable art: scarves,
bags, wall hangings

Study cultural significance
of textile traditions

Learning Outcome:
Develops mastery and
cultural understanding

Morning Session: 9:00 AM - 11:30 AM / Evening Session : 3:30 PM - 5:30 PM



THE FOREST SCHOOL *at Wild Coast Tented Lodge* PROGRAM INFORMATION



SESSION TIMING & DURATION

Morning Session: 9:00 AM - 11:30 AM (2.5 hours)

Afternoon Session: 3:30 PM - 5:30 PM (2 hours)

Extra Sessions: Available throughout the day (60-120 minutes each)

SEASONAL ADAPTATIONS

Dry Season (May-September): Early morning starts (8:00 AM) to avoid peak heat. Excellent tracking conditions. Increased water breaks every 20-30 minutes. Emphasis on coastal water activities for cooling.

Monsoon Season (October-April): More indoor Maker Lab and craft sessions during rain. Focus on amphibian activity and erosion observation. Lightning protocol: immediate indoor retreat, 30-minute wait after last thunder.

RANGER INTEGRATION

Rangers join daily closing circles to share safari highlights. Co-facilitated tracking walks and wildlife observations. Special 'Wildlife Detective' sessions and evening walks for Trailblazers.

Rangers provide real-world context for all Field Lab activities.

SAFETY PROTOCOL

- Safety glasses mandatory during all tool use
- Wildlife observation distances: Leopards/bears 50m+, elephants 100m+, snakes 2m+
- Hats and sunscreen (SPF 50+) mandatory for all outdoor activities
- Full-body tick checks at end of each session using buddy system
- Maximum 6-8 children per educator for safety supervision

INFORMATION ON EXTRA SESSIONS

All extra sessions (pottery, painting, nature art, weaving) are available daily and can be scheduled between main sessions. These activities require advance booking to ensure materials are prepared. Small group sessions (2-6 children) ensure personalized instruction. All materials provided.

Know the wild. Care for it. Build with your hands. Leave no trace.