

WILDLINGS

ADVENTURES IN NATURE



RECOGNIZED SCHOOL



Accredited to
Level 3
Practitioner Award
www.forestschoools.com



About WILDLINGS

Welcome to Wildlings, we've been on a mission to get more people in urban Singapore playing, learning and growing together in the great outdoors and in connection with nature since January 2019.

Our home-base is our very own nature space in the heart of Dempsey in Singapore. Its a magical space which inspires the imagination and encourages the spirit to run wild and free. At the heart of everything we do is sustainability, fun, holistic development, and wellbeing. We offer adventure camps, forest school, workshops, nature play, events and parties and services for schools and groups like yours.

We collaborate with organisations which share and help us to further our mission.



Why Choose WILDLINGS

PROGRAMMES TAILORED TO YOUR GROUP'S NEEDS

Choose from our most popular activities in this brochure. Alternatively, let us know your objectives so we can design activities for you. We have designed programmes to meet Boy Scouts Association badge requirements, International Baccalaureate Primary Years Programme Units of Inquiry, and much more.



QUALITY FACILITATION YOU CAN TRUST

Wildlings staff are first aid trained, have completed child safeguarding training, and your group will have at least one member of staff who has completed the Forest Schools Leader Training.



EXCLUSIVE NATURE SPACE IN DEMPSEY

Your group will have full use of our 1.25 acre private nature space in Dempsey. Our space is 1/3 nature playground, 1/3 jungle and 1/3 shelters and functional gardens. It is a truly unique facility designed to deliver Forest School and immersive nature playtime experiences for children up to 11yrs old.



Using THIS BROCHURE

This brochure is split into the main categories of services that we offer to groups and schools:

- Nature Playtime
- Day Excursion Programme
- Forest School for Schools
- Extra Curricular Activities

Activity Categories:

- Campfires
- Outdoor cooking
- Shelter Building
- Plantlife
- Wildlife
- Wild Art
- Nature & Heritage Hike

Each activity includes:

- Description
- Recommended duration
- Recommended age
- Learning outcomes
- Number of participants
- How to extend the learning after the session, or to prepare the learners before your visit

Group visits usually follow the same programme flow:

- Welcome and warm-up game
- Educational site tour with health and safety talk
- Activities
- Nature playtime with activity book
- Reflection
- Farewells

We recommend groups provide enough adults to keep children safe outdoors and to meet their pastoral care needs. Our ratios for group visits are 1:6 for 4-5yr olds, 1:8 for 6-7yr olds, and 1:10 for 8+ yr olds.

Group Visit time slots are available seven days a week. For weekdays please check availability [here](#). For weekends and Thursday and Friday afternoons the time slots double with our party time slots so please check availability [here](#).

We include a Frequently Asked Questions section at the end of this brochure.



Wildlings SITE MAP



Nature Playtime ONLY @WILDLINGS



DESCRIPTION

Up to 2hrs of self-guided play in our nature space for children aged 2-10yrs.

PRICE

\$25 per child, \$6 per accompanying adult

INCLUSIONS

Activity booklet
Two Wildlings staff to help supervise the children

PARTICIPANTS

80 Pax

LEARNING OUTCOMES

Children develop resilience and confidence playing outdoors and embracing the natural elements.

Age-appropriate exposure to risky play experiences develops risk management skills and independence.

Children develop physically through outdoor play in ways not possible in an indoor environment.

The child-led nature of the experience develops team work and social skills.

“ Of all the paths you take in life, make sure a few of them are dirt.
- John Muir ”

Day Excursions OVERVIEW

DESCRIPTION

Wildlings 'Adventures in Nature' day excursion programme takes place at 27A Loewen Road, Dempsey, Singapore, 248839.

Choose up to three activities in addition to our welcome, warm-up game and site tour, and nature playtime. As children get older they are able to enjoy longer excursions and more activities. For children 3yrs and under we recommend nature playtime only.

For young persons 11yrs and above we replace nature playtime with an additional age-appropriate activity.

Our day excursion programme is our most popular service for groups.

PRICE

With a starting price of \$25 per child and \$6 per accompanying adult we have an affordable option for all groups. Each additional activity is priced at \$10 per activity per child. There is a minimum spend of \$550. A \$200 non-refundable booking deposit is required to secure a date and time slot for your excursion.

INCLUSIONS

- Nature Playtime plus activity booklet
- Activities facilitated by Wildlings Staff
- Guaranteed exclusive use of our nature space with spends over \$1250

PARTICIPANTS

Usually 20-60 pax, plus adults. The maximum is determined by the individual activities selected.

“

Let them once get in touch with nature and a habit is formed which will be a source of delight through life

- Charlotte Mason, 1891

”



Activities

CAMPFIRES



DESCRIPTION

There's more to fires than watching them burn! Our campfire experiences are true Forest School style experiences. Participants learn about fire safety, what makes a fire burn well, and different types of fire fuel.

Participants collect fire fuel from the forest and can prepare the fuel using Forest School tools to cut, saw, and split the wood.

Participants can collect dry tinder and kindling from our nature space and make 'fire nests' to try and light using a magnesium rod and fire steel.

The older the learners the more in-depth the experience becomes, with older participants able to manage the fire and add the fuel themselves. The campfire experience leads nicely to our outdoor cooking experience described on the next page.



DURATION

30 minutes

PARTICIPANTS

Participation is in groups of up to 24 at a time. Divided into smaller groups, participants will take turns collecting fuel, preparing the fuel, and making and lighting the fire nests.

AGE

From 4yrs+

LEARNING OUTCOMES

- Learners differentiate between different materials and make successful selections to create an efficient fire.
- Learners demonstrate the ability to use a fire steel to light a fire nest which requires perseverance, grip, finger dexterity, and an understanding of force and friction.
- Learners show they are responsible by following safety procedures.
- Learners develop resilience by completing sustained physical tasks such as chopping or sawing firewood.

EXTENDING THE LEARNING

Consider asking inquiry questions such as:

- How did the discovery of fire aid human evolution?
- In what ways is fire useful?
- What actions can we take to fire-proof our lives?
- Can you remember the steps we need to take to use fires safely?

Share your stories and memories of campfires with your group.



Activities

OUTDOOR COOKING



Baked apples with oats



Wild Salad

DESCRIPTION

Outdoor cooking experiences either involve cooking on the campfire or foraging in the gardens for edibles to make into a salad and a drink. What we can make from the gardens depends on what we have growing at the time of your visit.

Participants will typically gather and/or prepare their ingredients and will have something to individually make and consume. You can choose from the following list of items:

- Salad and a botanical drink
- Breadsticks baked on the campfire
- Baked apples with oats
- Toasted marshmallows

DURATION

30 minutes to 60 minutes to prepare, cook and eat

PARTICIPANTS

Participation is in small groups who rotate and take turns with other groups. Over the course of 2.5hrs, we would be able to accommodate up to 40 participants for cooking experiences, except for marshmallow toasting, which we can make available for 80+ participants during this time.

AGE

Marshmallows from 4yrs
All other items from 6yrs

LEARNING OUTCOMES

Learning outcomes will differ depending on the cooking items chosen:

- Participants develop independence through producing their own food.
- Learners show they are responsible by following safety procedures and helping to wash up.
- Learners develop greater proficiency at cooking.
- Learners gain an understanding and appreciation of edible plants in our environment.
- Outdoor foraging and cooking connects learners to the origins of their food.
- Learners experience the different variables of cooking on an open fire and get the chance to adapt their process to achieve a positive outcome.

EXTENDING THE LEARNING

Ask your session leader to provide cuttings of edible plants in our gardens to grow in your own environment.

Bread sticks



Activities

SHELTER BUILDING

DESCRIPTION

Our shelter building experiences are great for team building. Participants can work in small groups to build several shelters, or they can take turns in their smaller groups to add to a communal shelter that they can all fit inside at the end of their experience. Participants can make their shelters waterproof and we can put these to the test which is great fun when participants hide inside and we test the shelter with the hose! We often make this into a competition to see which shelter is built the best.

Learners can also choose to make shelters out of mainly natural materials, man-made materials, or a mix of both. We also have shelter kits which can be used to make high shelters, communal shelters, or kit shelters using instructions which are great for older learners.

Participants can learn some basic Forest School knots and lashes and put these immediately into practice. We will advise on the best experiences based upon your group profile and objectives for your excursion.

DURATION

Minimum 30 minutes

PARTICIPANTS

Up to 24 participants at a time.

AGE

Basic shelter building with adult support from 4yrs

Basic knots and shelters from 6yrs

More advanced knots and shelter kits from 9yrs



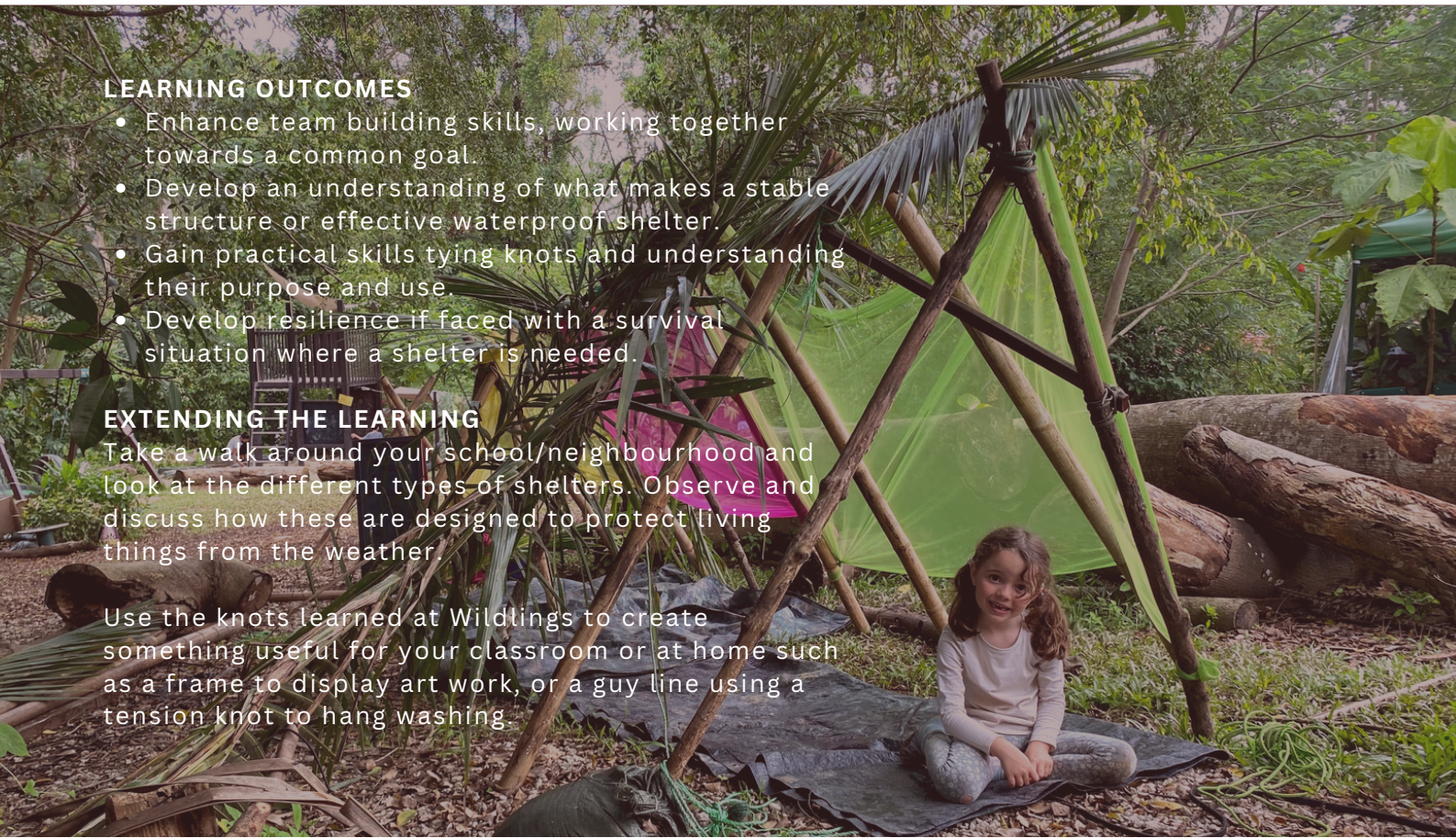
LEARNING OUTCOMES

- Enhance team building skills, working together towards a common goal.
- Develop an understanding of what makes a stable structure or effective waterproof shelter.
- Gain practical skills tying knots and understanding their purpose and use.
- Develop resilience if faced with a survival situation where a shelter is needed.

EXTENDING THE LEARNING

Take a walk around your school/neighbourhood and look at the different types of shelters. Observe and discuss how these are designed to protect living things from the weather.

Use the knots learned at Wildlings to create something useful for your classroom or at home such as a frame to display art work, or a guy line using a tension knot to hang washing.



Activities

PLANTLIFE



DESCRIPTION

Our plant life experiences can either focus on planting activities to improve the biodiversity of our nature space, or to provide the participants with plants to take home or back to your facility.

Participants will learn about plant health and propagation and the types of functional plants that grow well in the tropical environment in Singapore through an interactive tour of our gardens.

Participants can make mini herb or butterfly gardens to take home in a plant-based bio-degradable container or make nutritious root balls out of different soil mixes to encourage the roots of new plant cuttings and plant these directly into the gardens or take these away with them.

Older participants can support our efforts to improve the biodiversity of our nature space by helping us to rehabilitate our jungle area. They can also make self-watering planters by repurposing plastic bottles and taking plant cuttings from our gardens.

If you are interested in a plantlife experience we will advise on the best experience based upon your group profile and objectives for your excursion. Tree planting experiences can be arranged upon request.

DURATION

20 minutes for young learners, up to 40 minutes for more advanced sessions.

PARTICIPANTS

Approximately 40 for mini-gardens or self-watering planters

Up to 60 for planting into the ground, conservation work and root balls

AGE

Root balls can be made by very young learners from 2yrs old and above
Mini-gardens from 4yrs

Self-watering planters from 6yrs

Planting into the ground from 8yrs

Biodiversity enhancement and tree planting from 10yrs

LEARNING OUTCOMES

- Gain knowledge about plantlife in the tropics and an appreciation for plants.
- Gain the skills to propagate plants and identify signs of ill-health.
- Be able to identify the useful functions of plants.
- Develop physical strength from digging and cutting and planting in the ground.

EXTENDING THE LEARNING

- Bring 1.5 to 2 ltr plastic water bottles to your visit to be repurposed into planters.
- Take planters back to your facility and care for the plants and watch them grow before participants take them home or plant them into the ground.





Get hands-on with local insects

Activities WILDLIFE

DESCRIPTION

Our nature space is teeming with Wildlife! We kick start this experience with nature bingo - how many wild creatures can you find? Next we meet some of the local insects living in our nature space before going out to hunt for insects using our bug-hunting gear. We'll gather together and see what we were able to find and have a go at identifying the species. Next you can extend the experience by getting hands-on helping insects to thrive by either helping to develop insect habitats or creating mini-bee houses or wormeries to take away with you.

DURATION

30 - 60 minutes

Insect exploration counts as one activity. Creating bee houses or wormeries or developing insect habitats in our nature space counts as another activity. Each can be booked individually.

PARTICIPANTS

Participation is in groups of up to 24 at a time and we will divide groups into smaller groups where possible and rotate parts of the experience.

AGE

From 4yrs+

LEARNING OUTCOMES

- Learners develop their observational skills looking for signs of wildlife.
- Learners gain a new appreciation and wonder for nature through our hands-on experiences with living creatures.
- Learners value conservation and feel empowered through taking direct action to make a difference to the quality of the environment.
- Learners know what steps to take to keep safe when undertaking an inquiry into living creatures.
- Participants get the chance to handle insects and get their hands dirty, thereby expanding their comfort zones.

Hunt for insects and see what you can discover



Help develop our insect habitats

EXTENDING THE LEARNING

- Bring in materials to recycle to make your wormeries or bee houses.
- Observe your mini-bee houses and watch to see if solitary (stingless) bees visit. Plant flowering plants nearby to encourage bees by providing their food.
- Watch the soil layers in your mini-wormery with its African Nightcrawler Worm inhabitants. Do the layers mix together? What do you need to feed to your composting worms?
- Consider adding all of your wormeries together into your school composting pile, and if you don't have one, start one!
- Add-on a plantlife experience to make mini-gardens with flowering plant cuttings to attract pollinating insects.



Activities

CHICKENS



DESCRIPTION

Children find chickens absolutely fascinating. They come in all different shapes and sizes and display their personalities for all to see. There is so much to learn about chickens, from funny chicken sayings to what they like to eat.

We'll explain how to create a safe environment for chickens and how to care for them. Participants will get to feed the chickens and hold them. We'll forage for their favourite plants in our gardens and make a 'Wild Salad' for them to eat. Children can hunt for worms to feed to them or we may even provide scrambled eggs for them with some veggies or make them some popcorn which they love! We'll help participants to understand what chickens are useful for and see that its possible to care for their own flock of chickens and enjoy daily fresh eggs, even in Singapore.

DURATION

20-30 minutes

PARTICIPANTS

Participation is in groups of up to 20 at a time and we will divide groups into smaller groups where possible and rotate parts of the experience.

LEARNING OUTCOMES

- Learners develop empathy for living creatures through caring for them.
- Learners develop inquiry skills through observing the chickens and drawing conclusions about their behaviour.
- Participants may get the opportunity to overcome any fears they have about living poultry.
- Participants gain the confidence and knowledge to rear their own chickens in the future, at home, or at your facility.
- Participants gain an understanding of the predator-prey relationship in the wild and what it may mean to be a 'prey' animal.

EXTENDING THE LEARNING

- Work with Wildlings to introduce chickens into your setting.
- Make a chicken care poster informing others how to raise happy and healthy chickens.
- Research and discuss the issues around free-range, barn-laid, and caged eggs. Draw conclusions about which are the best and why.





Activities

WILD ART

DESCRIPTION

For us, Wild Art is any kind of creative expression that happens outdoors using natural or eco-friendly medium. Participants can use the methods and materials provided to create something of their choosing. Wild Art can be big or small, create something temporary, or something to last and take away. Participants can work as individuals or collaboratively on their artwork.

Our favourite Wild Art experiences include making natural paints out of a mud base and painting large-scale along our pathway, collecting the colours from nature and using hammers to bash out these colours onto fabric to make a design, and designing wands/talking sticks/swords and so on from sticks and a mix of environmentally friendly materials. We also like to sculpt with mineral clay and natural materials. We will make a recommendation on a suitable wild art experience based upon your group profile and objectives for your excursion.

DURATION

30-40 minutes

PARTICIPANTS

This depends on the type of wild art experience that would best meet your learning objectives.

AGE

From 3yrs

LEARNING OUTCOMES

- Participants gain a new perspective on what is art and what can be used to make art.
- Learners develop their motor skills, fine or gross, depending on the scale for the creative experience.
- Participants experience the effectiveness of collaborative art
- Learners can experience art on a large scale.

EXTENDING THE LEARNING

Take a look at the creative idea in our [blog](#) and reproduce these in your own setting.



Activities

ART FROM WASTE



DESCRIPTION

The Art from Waste experience is inspired by the work of artist Llina Klaus who works with communities to collect waste from the beaches in Bali and make attractive artworks which also raise awareness of the issue of littering and plastic pollution in the oceans. At Wildlings, we collect the recyclable waste created from our activities, including parties and events, and store this for a similar experience for our group visits. Participants are invited to contribute their own colourful waste, either through collecting this before their visit or, for older participants, joining us for a litter picking exercise in our local area before taking this waste back to Wildlings. Onsite we show images of Llina's work to inspire the participants to use the materials to make their own creation. We also collect natural materials to add colour and contrast with the man-made waste materials.

DURATION

30-40 minutes (without litter picking), 60 minutes+ with litter picking.

PARTICIPANTS

This experience is suitable for large groups of up to 40 to participate together or in smaller groups.

AGE

Art from Waste at Wildlings only using our materials and materials contributed by our groups: 6yrs+ with adult support.

Art from Waste at Wildlings including local litter picking: 8yrs+

LEARNING OUTCOMES

- High impact experience of the waste issue to stimulate behaviour change.
- Improving the environment through litter collection empowers participants to take action on waste.
- Develop team working skills through making a large-scale collaborative art-work.
- Develop critical thinking skills.

EXTENDING THE LEARNING

- Contribute brightly coloured recyclable materials to the experience.
- Make mini-versions of Art from Waste using recyclable waste materials from your setting.
- Organise a beach or local litter picking session.



NATURE & HERITAGE HIKE

Activities



NATURE & HERITAGE *Activities* HIKE



Open Farm Community

DESCRIPTION

Let us take your group on our unique Nature and Heritage Trail that we have designed to highlight the most interesting features of our location in Dempsey and Loewen:

- Learn about local tree species which are a characteristic of the area which is in a conservation zone.
- Pass through the spaces once occupied by the British Army and spot relics from the old army barracks.
- Stop by interesting features of the landscape such as the large telecommunications towers and St George's Church.
- Spot interesting flora and fauna along the way, passing through Open Farm Community to enjoy the community garden and see what is growing in the farm.

The trail is approximately 1.2km.

DURATION

Approximately 90 minutes depending on the walking pace of the participants.

PARTICIPANTS & AGE

Up to 20 participants per trail leader, 60 in total. We recommend a minimum age of 6yrs.

LEARNING OUTCOMES

- Younger participants may find the trail physically challenging and develop strength and stamina.
- Participants will develop observation and critical thinking skills.
- Learners will gain relevant local knowledge of Singaporean heritage and nature.
- Participants will be able to identify the items they need to take with them, and the actions they need to take on a hike, to stay safe.

EXTENDING THE LEARNING

Research the history of Dempsey Hill, including its past as a nutmeg plantation before becoming a location firstly for the British. then the Singaporean, Army.

For Schools FOREST SCHOOL

DESCRIPTION

Not every school has the skills, resources and access to the quality of natural space required to run an authentic Forest School programme so why not let Wildlings do it for you?

We can provide a Forest School programme delivering the full principles of Forest School for your learners, either at our Nature Space, at your facility, or a combination of your facility and a nearby public space.

Contact us for an initial discussion to see how we can work together to bring the global phenomenon of Forest Schools to your school.

PRICE

The price is determined by the duration of the programme and each session, the frequency of sessions, and number of participants. Please [Contact Us](#) for a quote.

INCLUSIONS

Wildlings Staff, including at least one qualified Forest School Leader who is first aid trained
An authentic Forest School programme. Each Forest School programme is unique and bespoke to the participants in the session.
All gear and materials.
Optional use of Wildlings facility

PARTICIPANTS

At Wildlings Nature Space we can accommodate two classes per session, approximately 44 participants.

AGE

From 3yrs+



“

The wild world is becoming so remote to children that they miss out – and an interest in the natural world doesn't grow as it should. Nobody is going to protect the natural world unless they understand it.

- Sir David Attenborough

”

For Schools

EXTRA CURRICULAR ACTIVITIES

DESCRIPTION

We're on a mission to get more children playing and learning together in the great outdoors and we believe that children need to spend hours of time each week outside and active in connection with nature for their emotional and physical wellbeing.

However, it is increasingly difficult to find the time and the opportunities to make this happen. Among the barriers, suitable natural spaces are becoming ever scarcer and the time in a child's weekly schedule for play ever smaller. **Forest Schools** exists to overcome the barriers and get more children back outside for longer, spending meaningful time together and rediscovering a love for the natural world.

It can be hard to find time within the normal school day for a Forest School programme. Forest School should ideally take place every week, for the course of a whole school year, with each session a minimum of 90 minutes. The ideal solution is to bring Forest School to your learners, either at your facility or at Wildlings, to experience a Forest School session once the school day is done. Forest School is ideal as an ECA as it is learner-led, social, and play-based. The activities we offer for our Day Excursion programme are an example of the types of activities available to children attending Forest School as a regular ECA. If you would like to discuss offering a Forest School ECA at your school or at Wildlings please **Contact Us** to enquire.



PRICE

\$45 per child for a 90 minute session

\$55 per child for a 2hr session

INCLUSIONS

Wildlings Forest School Leader who is first aid trained plus assistant(s)

An authentic Forest School programme. Each Forest School programme is unique and bespoke to the participants in the session, inclusive of all gear and materials.

Optional use of Wildlings facility as a location for the ECA.

PARTICIPANTS

Minimum of 10 participants to start

AGE

From 4-5yrs. 6-8yrs and 9-11yrs

FREQUENTLY ASKED QUESTIONS

How do we book?

Please make a **Group Visit Enquiry** via our website where you can select your preferred date and time. There is no obligation to making the enquiry. Our Schools Coordinator will then get in touch.

When and how do we pay?

A \$200 non-refundable deposit will be required to secure your booking. We will send an invoice once the visit details are confirmed. The invoice will also contain an estimated total cost of the visit based upon your estimated numbers of participants. A final invoice with confirmed numbers will be sent after the visit and will be due within 28 days. All prices quoted in this brochure include all fees and taxes required by the Government. Payment options are credit card, PayNow and bank transfer.

How do we get to you and is there parking?

We are located in Dempsey at 27A Loewen Road.

There is a drop-off space large enough for a full-sized school bus at the entrance to the main car park. Vehicles can park in nearby car parks in the Dempsey area.

Do you have risk assessments?

Yes. We have a full range of risk assessments we can provide to you on request.

Are you first aid trained?

Yes. You will have at least one first aid trained member of staff from Wildlings and we have a first aid kit onsite. There is an AED located at Core Collective. The nearest hospital is Gleneagles, less than five minutes away by vehicle. Our space is accessible by emergency services.

Have you completed child safeguarding training?

Yes. All of our staff have completed Child Safe Guarding training provided by <https://childsafeguarding.com>. We implement our Child Safeguarding Policy and work proactively to ensure children are safe from harm and abuse when visiting Wildlings. We are recognised as a child-safe organisation.

What do we do if there is adverse weather?

We have plenty of shelter and shade onsite and go ahead in normal wet conditions. If we have adverse weather we have a few options for you, depending on the size of your group. We will devise a plan together and postponing your excursion to another day and time is an option at no extra cost.

How many activities can we have?

You may choose up to three, in addition to what already exists at Wildlings to engage children with nature and the outdoors. The duration and number of activities will determine the price of your excursion. Please include as many details as possible in your **Group Visit Enquiry**.

FREQUENTLY ASKED QUESTIONS

What shall we wear?

Our recommendation is old cloths suitable for the outdoors which parents don't mind getting mucky and wet. Participants can change into their P.E. kit afterwards before the journey home. Clothes should be loose and easy to change, and cover the skin where possible to minimise insect bites and exposure to the sun.

It's likely footwear will get wet and muddy so a change of shoes is essential. For campfire activities shoes must be closed toe and children must have hair tied back and no loose dangling items attached to them.

Alternatively, if you prefer, participants can simply wear their school P.E. kit and bring a change of clothes and change into back at school or home if needed, we find that this is the easiest option for most.

What shall each child bring?

A water bottle (we provide drinking water to top-up), small towel and change of clothes and shoes. Mosquito repellent should be applied before your visit. We have plenty of shade and we also provide mosquito repellent. We also recommend bringing a snack.

Are there changing facilities?

We have tents that children can change in at Wildlings. Alternatively, there are male and female changing rooms at Core Collective. Changing space onsite is limited and groups should aim to change back at school or home where possible.

Are there bathrooms?

Yes. At Core Collective there are bathrooms. These are a short 50m walk from our gate and part of the same complex.

What about snacks?

Please bring snacks with you. We can incorporate a snack time into the programme. If you would like full catering please contact us.

Do you offer any other activities or programmes?

Yes! This brochure presents our most popular activities, however, we have been running Forest School and adventure camps in Singapore for four years and have amassed a wealth of knowledge and experience during this time on what works in the tropics for groups large and small.

At our exclusive nature space we have a wonderful facility and huge variety of resources to call upon to design a programme to meet your specific group's objectives. We also collaborate with like-minded organisations and specialists to bring more Forest School style experiences to our community. Please let us know your needs in our [Group Visit Enquiry form](#).



FOREST SCHOOL
NATURE PLAYTIME
HOLIDAY CAMPS
GROUPS & EXCURSIONS
PARTIES & EVENTS
VENUE HIRE



www.wildlings.sg
WhatsApp: 8875 5919
Email: hello@wildlings.sg
Instagram: @wildlings_singapore