

SisterWood is a brand new programme for young people aged 12-16 identifying as female to have fun in the woods together



what is SisterWood?



- ◊ Whittling
- ◊ Playing games
- ◊ Building fires
- ◊ Singing
- ◊ Storytelling
- ◊ Tree/plant ID
- ◊ Exploration
- ◊ Outdoor yoga
- ◊ Campfire cooking
- ◊ Listening circles
- ◊ Den building
- ◊ Mindfulness

A toolkit supporting you in community to flourish and thrive