



# INSIDE OUT & WATATUNGA DAY VISITS

Hello from the Inside Out team!

Since 2014, we've been delivering bushcraft and adventure activities to families throughout Norfolk, and we are delighted to be partnering with Watatunga to provide young people with important outdoor experiences.

## WHAT IS BUSHCRAFT?

Bushcraft is more than just survival; it is the art of understanding and utilising the natural environment as a sustainable resource.

## OUR WORKSHOPS

During your visit to Inside Out, we will provide a range of activities that

- **Wild games** | Focused on building team work skills, these action packed games make full use of our woodland.
- **Introduction to Fire Craft** | This session will cover the basics of fire lighting, including the science behind fires, and the materials required to make one. Every child will get the opportunity to light their own fire, as well as working together to collect resources. We teach 20 methods of fire lighting, therefore the method used will be subject to the conditions on the day.
- **Open fire cooking** | After an exploration into the art of fire craft, visitors will then make a small snack to cook over the fire they have helped construct.

\*\* Please note that visitors are likely to get dirty and smokey during these sessions. We strongly recommend wearing older clothes that you don't mind getting a bit of "Woodland character" \*\*

We are thoroughly looking forward to welcoming you all to our woodland, and beginning to explore the world of bushcraft!

Yours sincerely,

*Team Inside Out*



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Issue Date | **February 2026**

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