

Survivor: North Woods



Audubon Center
of the North Woods

Purpose: Through demonstration and activities, students learn the basic survival skills related to shelter, fire, signaling, water, and food. Skills are put to use in a mock survival situation that stresses positive mental attitude and group cooperation. The lesson emphasizes the preparation needed before any excursion to prevent survival situations from occurring.

Concepts:

- To identify and prioritize the seven basic survival needs: Positive Mental Attitude (PMA), first aid, warmth, shelter, water, signaling, and food
- To utilize preparation and skills necessary to survive outdoors for 24 hours

Learning Outcomes: Students will be able to:

- Students will develop a list for what will go into their own survival kits
- List the Rule of Threes and be able to give an example of how to meet each need
- Students will build shelters from a variety of supplies and natural materials
- Demonstrate how to properly build and start a fire

Minnesota Academic Standards:

Science:

- 4.3.1.3.1 Recognize that rocks may be uniform or made of mixtures of different minerals.
- 5.3.1.2.2 Explain how slow processes, such as water erosion, and rapid processes, such as landslides and volcanic eruptions, form features of the Earth's surface.
- 8.3.1.2.2 Explain the role of weathering, erosion and glacial activity in shaping Minnesota's current landscape.
- 8.3.1.3.3 Relate rock composition and texture to physical conditions at the time of formation of igneous, sedimentary and metamorphic rock.

REVISOR: 2009

CLASS LENGTH: 3 HR

AGES: GRADES 4-8

SEASON: F, SP, S

GROUP SIZE: 10-15

SAFETY: Kneeling, possible smoke inhalation, handling various plants and plant materials, fire and danger of getting burned.

MATERIALS: Fire pans, hot chocolate, cups, water tins, jugs of water, fire starters(matches, flint and steel, steel wool, batteries), backpack, extra birch bark, white board, Rules of 3 poster.

PRE-CLASS PREP: Check to see if all items on materials list are present for each activity. If cold, light a fire in the Yurt. Fill up water jugs and have enough cups for each person in the class.

CLASS OUTLINE:

- I. Introduction
- II. Class Experiences
 - A. Survival Needs Skills
 - 1) Wants vs. Needs
 - 2) Prioritizing Needs
 1. Five Stages of Getting Lost
 - 3) Rule of Threes
 - 4) What Happens when we get cold?
 1. Discussion
 2. First Aid for Hypothermia
 3. Prevention: Hypothermia Layering Activity
 4. Frostbite
 - B. Shelter-Building
 - C. Fire-Building
 - 1) Outside
 - D. What fires need
 - E. Demonstration
 - F. Survival
 - III. Optional Activities
 - A. Quinzhee Building
 - B. Insulation Experiment
 - C. Wild Edibles
 - IV. Conclusion