

Secrets of survival



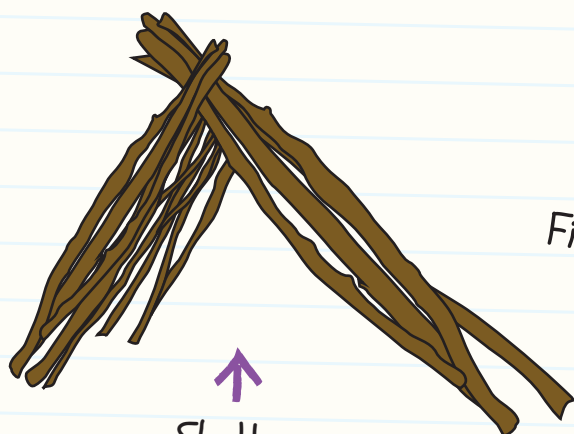
Survival skills



10 mins



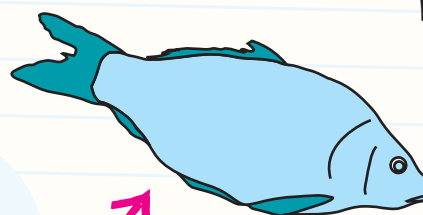
Jump straight in



Fire →



Fresh water ↓



Food



Aim of activity

Do you know how to keep yourself safe if you get lost outside? Let's have some fun remembering the most important things you will need.

What you'll get out of it

- Learn basic survival skills
- Use quick thinking
- Practise using your memory

What you'll need

- A large space to move around in



WE DISCOVER, WE GROW

Girlguiding



What to do

1 Sometimes we get lost and separated from our friends and family. If you were out in the wild by yourself, what do you think you would need to do?

2 Find a space where you can move around easily.

3 Your Leader will explain the most important things you need in order to keep yourself safe if you ever get lost outside in the wild:

- **Shelter** to keep safe from weather
- **Warmth** to stay warm
- **Water** to drink
- **Food** to give you energy

4 Your Leader will show you the actions below. Practise them a few times so you can remember them.

Actions

- **'It's starting to rain.'** This means you need shelter. Make a roof over your head using your arms and hands.
- **'It's getting cold.'** This means you need fire. Pretend to light a match.
- **'Your tummy is rumbling and you're thirsty.'** This means you need food and water. Pretend to eat food and drink some water.

- **'Call for help'.** There may be someone close by to help you. Shout 'Help!' and wave your hands above your head.
- **'Don't get lost.'** It's important to stick together so you don't end up on your own. All get together in the middle of the space, holding hands to form a circle.

Try it this way

Why not make your own actions? Does this help you to remember shelter, warmth, water and food?

5 Now we're ready to begin! Spread out and move around the space, pretending you're in a forest. Your Leader will call out one of the situations, and you've got to do the right action as quickly as you can.

6 Anyone who gets the action wrong, or who is slowest to do the right one, is out. Keep going until there's only one girl left - she's the winner!

7 Get back together as a unit and see if you can all remember the four things you need to keep safe if you're lost outdoors.

Why not teach what you've learned to your family and friends?