

WINTER SURVIVAL

LESSON PLAN



WOLF RIDGESM
ENVIRONMENTAL LEARNING CENTER

WINTER SURVIVAL



CLASS DESCRIPTION: A Group Building class

Students will use the winter woods as a classroom as they participate in a small group survival situation. During the first 45 minutes indoors, students will participate in a simulated bus crash, make a list of the seven body needs for survival, and learn about hypothermia. Two hours will be spent on a survival activity in the Sawmill Creek Valley. Using limited resources, each group will construct a shelter, make a fire, boil water and make a hot beverage. As the instructor makes rounds from group to group, team building skills and a positive attitude will be stressed. Students will relate this experience to small group performances in everyday life and the benefit of positive group interaction to the environment.

Total Time: 3 hours (2 hours outdoors)

Audience: 6-20 students, 4th grade through adult

Activity Level: moderate

Travel: 1/4 mile

Total Uphill Travel: 200 ft.

GUIDING QUESTION

How do outdoor skills and teamwork help in a winter survival situation?

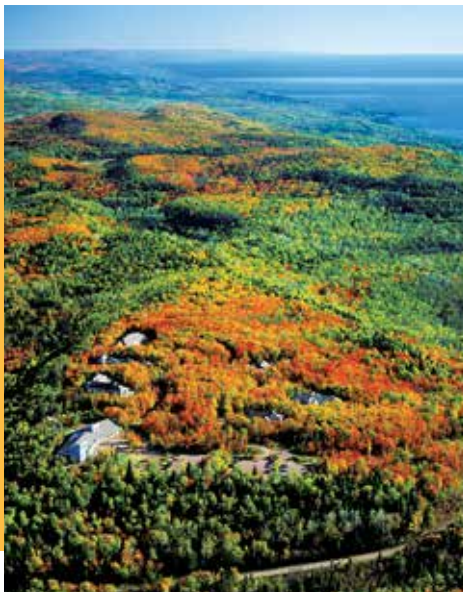
CONCEPTS

1. The essence of human survival is maintaining internal body temperature, which is accomplished by meeting 7 basic needs: oxygen, shelter, warmth, water, rest, food, and a positive mental attitude.
2. Outdoor survival skills, such as shelter and fire building, follow basic scientific principles and good judgement.
3. Successful survival requires creative thinking, growth-oriented mindsets, constant experimentation, and effective communication and teamwork.
4. Lessons learned from challenging experiences can be applied to future experiences.

OUTCOMES

Upon completion of Winter Survival class students will be able to:

- List the 7 basic needs for human survival and the causes and effects of hypothermia.
- Collaborate with a team to build a survival shelter, maintain a fire, and possibly melt snow for water.
- Practice and recognize the physical, mental, and interpersonal skills required for successful outdoor survival.
- Identify how meeting challenges in outdoor survival can apply to teamwork and other challenges encountered in future situations.



Our mission is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

6282 Cranberry Road | Finland, MN 55603-9700 | www.wolf-ridge.org

Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.



Equipment

- 4 plastic tarps
- foam pads
- 4 - 4' pieces of twine
- 4 pots with 20 cups
- 10 matches per group
- birch bark (about 6" square)
- demonstration fire pan
- hot drink mix powder in bottle
- small nalgene of extra matches
- example survival kit

Appendices

- Glossary
- Optional Activities
- References
- Sources
- Class Sheets
- Spiral Learning Sheet
- Planning Outline

Set-up (15 min.)

- Classroom/class prep description
- Safety Management

I. What do humans need to survive in winter? (45 min.)

- A. Bus Crash Role Play
- B. Survival Priorities
- C. Cold Injuries

II. What survival skills can we practice? (120 min.)

- A. Group Dynamics, Equipment, & Rules
- B. Survival Activity Area
 - 1. Shelter
 - 2. Fire
 - 3. Water

III. When and how can you use these skills next? (15 min.)

- A. Survival Stories (share highlights...)
- B. Applications

Clean-up (10 min.)