



# Winter Survival

## Class Outline

### Brief Synopsis:

Participants are placed in an imaginary survival situation to develop wilderness skills and understand the need for teamwork and a positive mental attitude for survival. Students will test their survival competence by prioritizing a list of supplies, constructing a shelter, building a fire, conserving limited resources, and guarding against the elements. Are you a survivor?

### Outcomes:

1. Students will list, in order of importance, the seven basic human survival needs.
2. Students will work together in small groups to build a shelter and fire.
3. Students will learn four ways in which body heat is lost and how this heat loss can be prevented: conduction, convection, radiation, and evaporation.

### Outline:

#### I. The Unexpected (25 minutes)

Students will engage in a mock scenario as their school bus crashes in the wilderness. What will be needed for survival will take top priority. Students must determine which items are essential for survival and rank its importance.

#### II. Coping with the Cold (15 minutes)

Can a person actually stay warm outside during the winter?

Absolutely! That is with a little knowledge and follow through.

Students will collaborate together identifying four ways body heat is lost; convection, conduction, evaporation, and radiation. Once identified, students will incorporate this new knowledge into action monitoring their own heat loss and taking the steps needed to prevent further loss.

#### III. Survive Alive! (2 hours and 10 minutes)

Keeping in mind the seven basic human needs and utilizing natural resources wisely, students will put their survival skills into action. After a trek into the woods, students will work in small groups to choose a campsite, construct a shelter, and build a fire. It will be necessary for the students to work cooperatively in groups to be successful.

#### IV. Prepare Yourself (10 minutes)

Survival situations are often caused by a lack of preparation. Although many will never be in a "survival" situation, choosing the right clothing, packing a survival kit, recognizing symptoms of hypothermia, and making sound decisions is important when engaging in any outdoor activity.

### Quick Facts

**Class Length:** 3 hours

**Ages:** 5th-8th grade

**Season offered:**

November through March

**Time outside:** 2 hours

**Hike length/physical activity:**

1 mile, moderate physical level

**Pre-requisite/prior knowledge:**

No special skills required

**Minnesota Academic Standards:**

**Science:** 6.II.C.2

**Language Arts:** 4,5.III.A.2, 4.III.A.4  
5.III.A.5, 6.III.A.3, 8.III.A.2

**Physical Education:** 5.5.1, 5.5.3, 6.5.3  
6.5.5, 7.5.2, 7.5.3, 8.5.2, 8.5.3