

## Self assessment in survival skills

What do you know about survival? What skills would you like to improve?

*Fill in the numbers/letters that suit you the best.*

\_\_\_\_\_ Build a **wind break** using material that you find in the woods.

\_\_\_\_\_ Make a **spear** from wood and practice throwing it.

\_\_\_\_\_ Make a **fire** without using matchsticks or lighters.

\_\_\_\_\_ Collect **water** and make it drinkable.

\_\_\_\_\_ Find **food** in the forest.

### SELF CONFIDENCE

1 - I can't learn that!

2 - I can't do that now but should learn if I get help.

3 - I've done that but I'm not very good at it.

4 - I've never done that but think I can figure out how to do it myself.

5 - I have done that and I am pretty good at it.

6 - I'm great at that!

### MOTIVATION

A - I really want to practice that!

B - I don't mind practicing that.

C - I don't want to practice that.

Name: \_\_\_\_\_