

Survival training in the woods

Recommended for ages 7 – 16+years old

Five lessons about survival skills in order to increase situation based self-confidence. The students get to learn in, through and about nature.

You will need:

- outdoor classroom with fireplace
- Mora knives
- rope
- tarpaulin
- ignition steel
- transparent plastic bags
- cooking pot

Lesson 1 - self assessment on confidence and motivation regarding 5 different survival skills. The teacher divides the students into groups based on their answers. The students are assigned the activity that they estimated themselves worst at regarding self-confidence, but are motivated to practice.

Lesson 2 - The students study the assigned survival activity, which will provide both theoretical knowledge and ideas on how to perform it.

Lesson 3 - The students practice their activities in the woods and evaluate with the teacher what they need to improve or do differently the next time.

Lesson 4 - The students practice the same activity again, using the improvements that they came up with after the first time.

Lesson 5 - The students retake the self assessment which they took the first lesson in order to see how their self-confidence have changed.