



SURVIVAL SKILLS: A PLAN FOR SURVIVAL



AIM

Faced with a survival situation, would you be calm enough to make rational decisions that aid your survival, or would you panic and make the situation even worse? Explore some key decisions faced in the early stages of a survival situation and discuss how you would plan to survive.

WHAT YOU'LL NEED

- Plan for Survival Discussion Sheet

GET ADVENTUROUS: SURVIVAL SKILLS: A PLAN FOR SURVIVAL

THEME: MY SURVIVAL SKILLS



LEADER PREPARATION

A leader will need to download the discussion sheet. This ideally should be printed off but could be shown on a projector or followed from a smartphone.



[Download A Plan for Survival Discussion Sheet](#)



GETTING INTO THE ACTIVITY

This activity is split into three separate challenges / discussions. Each challenge can be found in more detail on the discussion sheet, with a brief summary of each challenge below.

The Sinking Boat

- 1 You're on a boating trip and your boat is starting to take on water and is sinking. There is a deserted island nearby you can swim to, so you decide to abandon ship and start swimming.
- 2 There are 16 items on your boat, but you can only swim with 6 of them. As a group you'll need to decide what you're taking with you to aid survival. Discuss and agree on the 6 items.

First Priorities

- 1 You've made it to the island. But you're tired and the light is starting to fade. You need to act fast to make sure you get through the night without making the situation worse.
- 2 You have the time and energy to complete 3 of the 8 possible tasks. What will you make your priority to complete? How will this aid survival? Discuss and agree on your strategy.

A Plan for Survival

- 1 It looks like you're going to be on the island for quite a while. You'll need to come up with a plan for survival. Who will take charge? How will the group make decisions? What roles need completing? Will you need group rules to give you the best chance of surviving?

This activity doesn't necessarily have any right or wrong answers, but it's more about exploring the different priorities faced in a survival situation and how our decisions can impact our chances of survival. The three things any human needs to survive is water, shelter and food (although we can last a few days without food, but only a short while without water). Are the decisions being made as a group reflecting the need for these three areas?



IDEAS TO TAKE THIS FURTHER...

Try out some other survival skills such as **Ultimate Test of Survival**, **I'm a Survivor** or **Filtering Water**, which can all be found on the Programme Hub.

A PLAN FOR SURVIVAL

CHALLENGE 1 – THE SINKING BOAT

You and your mates have been on a boating holiday for the last week. It's your last day and as you start to make the 20 mile sail to return home, your boat starts sinking. In the distance you can see a small deserted island which is just about close enough to swim to. As a group, you are only able to carry 6 things from your boat to the island. Which of the 6 items are you taking? Discuss and agree as a group.

Items you can take:

Water	Food	Fire Wood	iPhone Charger
Lighter	Knife	Compass	£100
Gun	Spare Clothes	Sewing Kit	Fishing Net
Tent	First Aid Kit	Torch	Chocolate

CHALLENGE 2 – FIRST PRIORITIES

The good news is that all of you have made it to the island unharmed. The bad news is that the 6 items you saved from the boat had to be abandoned at sea as they were causing you to drown. Now you are on the island, you are starting to get tired and the light is starting to fade. As a group you are only able to complete three tasks with the time and energy you have left. Which three will it be? Discuss and agree as a group

- Build a shelter
- Create an SOS signal
- Collect water
- Collect wood for a fire
- Collect food (hunting, fishing)
- Make a toilet area
- Search the island for the perfect spot to set up base
- Decide on a group leader

CHALLENGE 3 – A PLAN FOR SURVIVAL

You've made it through the night, but it doesn't look like help is on its way and you could be stuck on the island for quite some time. You're going to have to kick into gear with some planning to help you survive. As a group it is crucial you make the following decisions.

- You need a group leader. Who will it be?
- How will you make decisions?
- Some people need to hunt, others look after camp, others signalling for help etc. How will you decide who does what?
- Will there be any rules to ensure you have the best chance of surviving?
- Will there be any punishments for breaking the rules? If so, what will they be?