

## SURVIVAL SKILLS & CASTAWAY HEROES

We have 3 dedicated bush craft wizards that will enthuse the children and unlock to mysteries of bush craft. Safety is key but by demystifying this complex and enthralling subject the children can learn about ancient skills in a safe environment.

FIRE LIGHTING – PARACORD – TEAM WORK – SHELTER BUILD – HABITATS – TRACKING & STALKING



BUSH CRAFT FIRE LIGHTING - 6 Styles of Bush craft fire lighting. Fire lighting and knowledge of the subject is a very useful life skill. The children are taught a basic understanding of the positive uses and the dangers that come with Fire. Including the fire triangle. (Oxygen, Fuel & Heat) What they need to be safe and where and when fire is appropriate. The 6 styles are different methods in which a fire can be started from scratch along with their every day uses in todays life; Friction, Compression, Electrical, Solar, Chemical and Spark.

PARACORD SURVIVAL BRACELETS MAKING A calm craft style session where the children are introduced to Para Cord 550 **and it's many survival uses. They learn how to create a cobra** stitch with lengths of Para Cord 550 and weave them into a wearable bracelet or key ring. The idea is that the lengths of Para Cord are dramatically reduced in size and therefore easy to travel with, then easily unravelled when needed. The children get a feel for the life skill of knots, stitching and walk away with a cool survival bracelet to show off. It also helps develop patience and practicing repetition to commit to memory.

### TEAM BUILDING AND LEADERSHIP

What is a Team and how do they work? Learning **life skills in practice...**

The children learn communication, co-operation and leadership. They get to know their group and experience overcoming challenges together. Often they discover new friends and learn something about themselves. The session is games orientated where each game will have a goal to achieve.

Throughout the activity the instructors will stop and go over with the children what is working and **what isn't so they get more of an idea how to** approach a challenge together and in the future.

### SHELTER BUILDING & HABITATS

What materials do you need to build dens and why? Where should you build and why? Check the strength of your materials, are they windproof, waterproof.. Will you all fit inside? Can we make a human ruler? What should we think about before we build? Build mini-shelters to practice technique/shapes, then move on to bigger shelters.

### MINI BEASTS

Create your own clay minibeast or woodland creature. Animal and insect can be all around us, even in the most barren of concrete playgrounds. Create a mini shelter for your creature – nest, shelter, den, food and resources. Discuss their environment and what they need to survive.

### TRACKING AND STALKING

How do animals behave? Hunt, sneak, creep, **stealth, peripheral vision, scent, sound, touch.... Learn** the importance of all these skills through game play. An excellent session for the imagination, teaches the difference between animals, humans and being the prey or the predator

### HOW DO WE RUN OUR SESSIONS?

We can tailor sessions to suit your requirements. Curriculum workshop sessions tend to run for 3 hours across a whole year group. We split the children into groups and circulate the groups around chosen activities. We also offer single lesson plans as a one off or regular weekly session.

We can run our activities on tarmac playgrounds, on school fields or in local parks and from May to October we have our Base Camp farm site in Ditchling, Base camp provides acres of South Downs National parkland on an organic working farm. Fields, woodland, parking for coaches, toilets and vintage marquee lunch setting.

**For more information on pricing, availability or if you have another Topic that you'd like us** to help you with please email: [info@theoutdoorsproject.co.uk](mailto:info@theoutdoorsproject.co.uk) with your School, Year Group, number of classes, number of children, topic, suggested dates, suggested location.

Tel: 01273 933781