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## *“Survival Skills”*

This program covers basic survival skills knowledge and is ideal for grades three and above.

<ol style="list-style-type: none"><li>1. Controlling Your Mind<ol style="list-style-type: none"><li>a. Priorities of life<ul style="list-style-type: none"><li>• Will to live</li><li>• Air</li><li>• Shelter</li><li>• Rest</li><li>• Water</li><li>• Food</li></ul></li><li>b. Fear<ul style="list-style-type: none"><li>• Common Fears encountered</li><li>• Controlling Fear</li></ul></li></ol></li><li>2. Maintaining Physical Well Being<ol style="list-style-type: none"><li>a. Shelter<ul style="list-style-type: none"><li>• Clothing<ul style="list-style-type: none"><li>○ Types</li><li>○ Usage</li></ul></li><li>• Natural<ul style="list-style-type: none"><li>○ Types</li><li>○ Usage</li></ul></li></ul></li><li>b. Fire<ul style="list-style-type: none"><li>• General procedures</li><li>• Fire starting systems</li></ul></li><li>c. Water<ul style="list-style-type: none"><li>• Dehydration<ul style="list-style-type: none"><li>○ Cause</li><li>○ Prevention</li></ul></li><li>• Acquiring</li></ul></li><li>d. Food<ul style="list-style-type: none"><li>• Types</li><li>• Usage</li><li>• Acquiring natural foods</li></ul></li></ol></li></ol>	<ol style="list-style-type: none"><li>3. General Survival First Aid<ol style="list-style-type: none"><li>a. Basic procedures<ul style="list-style-type: none"><li>• Removal from dangerous situations</li><li>• Ensuring breathing</li><li>• Controlling bleeding</li><li>• Splints, dressings, and bandages</li></ul></li><li>b. Temperature problems<ul style="list-style-type: none"><li>• Cold<ul style="list-style-type: none"><li>○ Hypothermia</li><li>○ Frostbite</li></ul></li><li>• Heat<ul style="list-style-type: none"><li>○ Heat stroke</li><li>○ Heat cramps</li><li>○ Heat exhaustion</li></ul></li></ul></li></ol></li><li>4. Getting Back Alive<ol style="list-style-type: none"><li>a. Natural techniques<ul style="list-style-type: none"><li>• Sun</li><li>• Stars</li><li>• Landmarks</li></ul></li><li>b. Map and Compass<ul style="list-style-type: none"><li>• Compass use</li><li>• Map reading</li></ul></li><li>c. Being found<ul style="list-style-type: none"><li>• Basic principles</li><li>• Signaling devices</li></ul></li><li>d. Survival kits<ul style="list-style-type: none"><li>• Circumstances for use</li><li>• Materials</li><li>• How to use</li></ul></li></ol></li></ol>
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