



## Life Force Experiential Activities Programs

### Outdoor Survival BASICS "Lost in the Woods" Course Outline

#### Course Objective:

The objective of this workshop is to provide participants with information on what to do in the event they should get lost in the woods. Sometimes vacations take families to remote areas, where it's easy for a child to get lost, such as camping, picnics, hiking, fishing, etc.

This workshop is designed to:

- Leave participants with an understanding of how to stay comfortable if ever lost in the woods
- How to be spotted if found
- Provide participants with a basic understanding of hazards, and potential emergencies
- Provide materials for participants to create their own survival kit
- Provide participants with knowledge to make informed decisions if ever finding themselves lost
- Practice thinking, planning, preparing, and using judgment

#### Course Description:

The course may include lectures, videos, group and individual exercises and reflection. Discussion will be invited on a wide range of key topics relating to Lost in the Woods survival. This workshop is designed for *children ages 5 – 12*. Materials will be provided for participants to create their own personal Survival Kit. Information shared during discussion is considered confidential with exceptions noted in the confidentiality agreement (if applicable).

#### Course Delivery:

This 2-3-hour workshop may be conducted during evening, weekday, or weekend classes, and consists of four modules.

#### Course Content

Introduction of the Instructor  
Brief outline of programs and any program affiliates  
Course Expectations  
Participant Introductions (depending on the number of participants)  
Workshop manual  
Workshop Evaluation  
Client attendance and / or confidentiality Agreement (if applicable)  
Limits to Confidentiality (if applicable)  
Participant Registration Information Form & Release (Confidential, unless participant otherwise requests)

#### Modules

Environmental Considerations & Emergencies- Cold & Hot  
Lost in the Woods - Rules of Survival  
Actions: How to be seen, How to be heard, How to be warm  
Building the Survival Kit & considering First Aid

Course Summary and Evaluations