

**“Lost in the Woods”
Workshop**



Workshop Objective:

The objective of this two hour workshop is to provide participants with basic information on what to do in the event they should ever 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. Nobody ever expects to become lost, but it happens. Hopefully, this information will ensure a safe return of your child should this ever occur.

This Lost in the Woods workshop has been designed to give participants ages 5-11ish a base knowledge of what to do in the event they should ever get lost.

This workshop is designed to:

- Leave participants with an understanding of how to stay warm and dry if ever lost in the woods
- How to be spotted if found
- Provide participants with a basic understanding of the Rules of Survival
- 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

Workshop Description:

The workshop 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 to 11ish**. 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).

Delivery:

This two (2) hour workshop may be conducted during evening, weekday, or weekend classes, and consists of four modules. It may be conducted inside or in a controlled outdoor setting.

Workshop Content

Introduction of the Instructor
Workshop Expectations
Participant Introductions (Activity dependant on the number of participants)
Workshop manual & Survival Kit materials
Lost in the Woods Video
Demonstration & Practical Activities
Workshop Evaluation
Participant Registration Information Form & Photo Release (Confidential, unless participant otherwise requests)

Modules

Lost in the Woods – Rules of Survival
Discussing Feelings
The Survival Bed
The Survival Kit

Workshop Summary and Evaluations