

Session Two

Last session we looked at what sort of things you would need to survive in the wild, what you might need to build a camp and where you might choose to build it. This week we are going to look in more depth at:

Survival Mindset & Shelter Building

Location: Garden or Beach, Glen or Plantation.

If you can't get outside don't worry you can have a go at shelterbuilding indoors too!

What you need:

- Adult Supervision – ask them to join in too!
- Print the booklet OR use some scrap paper to draw and copy things.
- Camera or colouring pencils/pens/crayons
- Shelter building materials

Aims:

- Learn about your own mindset
- Learn about materials for shelter building
- Be aware of different types of shelters
- Design and build a shelter

Bushcraft Work:

- Mindset Questionnaires
- Plan and design
- Build a shelter
- Review you design

Survival Mindset

Being Bothered, it Really Matters!!!!

What does it take to survive in the Wild? The biggest battle you will have in a bushcraft situation will be in your head.

An outdoor environment is very dynamic, as are the materials you will find to use. Changeable and varied environments mean you will need to develop a soft skill-set, alongside the hard skills we are learning, to cope with the challenges ahead.

Hard skills - these are practical skills you will need, which you can develop. They include things like knots, lighting fires, navigation, and building shelters, or some that might be more familiar to you are reading and writing.

Soft skills - these are emotional and social skills that we develop over time, such as Patience, Communication, Empathy, Flexibility, and Problem Solving.

If we recognise how we act in different situations this can really help us, not just in bushcraft but as part of our 'bag of tricks' for life. Adapting the way we work to best suit a situation that is put in front of us is a very powerful tool. Some would call this Mindset.

What is your mindset?

Do you believe	Yes	No
I am born with this amount of intelligence and I can't change that		
My intelligence changes depending on how much I challenge my brain		
I can learn new things but I will always have a set amount of intelligence		
I can learn new things and this will help increase my intelligence		
Talent is something you are born with not some I can develop		
If I practice enough I can develop a talent for it		
My friends have are good at things, they were born with a higher level of natural ability.		
I can be good a a skill if I spend time to practice regardless of natural ability		



Now you have done your test, we can have a look at what this means.

If you had most of your answers in the yellow areas this means you may have a Fixed mindset. This means you would see failing at something as unchangeable and have little patience towards challenging tasks and would see change as difficult.

If you had mostly green ticks you have a preference towards a Growth mindset. This means you would be able to see mistakes and learn from them to keep going with a new result in sight.

If you ticked in multiple areas then this is a developing area of thought for you.

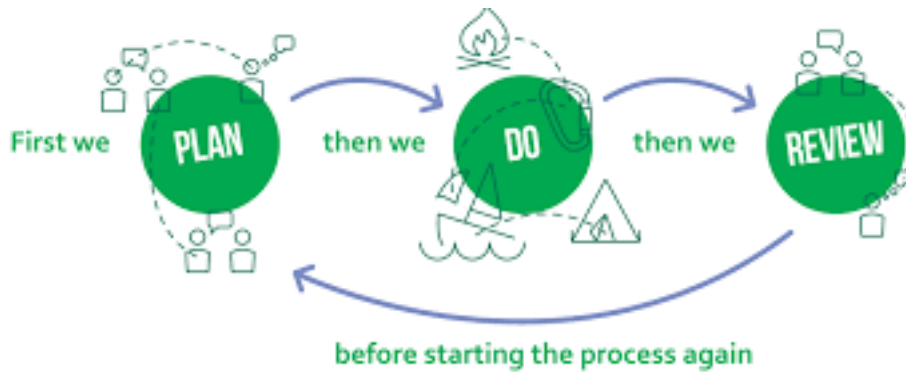


These are exciting times! We can now move forward with an understanding of the mindset we have. If we can recognise how our brain is ticking, then we can develop it to best suit our situation. You can think - how am I acting in this situation? Is it helpful to have a fixed mindset, or can I achieve more by problem solving and developing ideas, listening to others, trying different things and talking through ideas to achieve a compromise?

Do you think the following statements show a fixed or growth mindset?

	Fixed	Growth
My shelter is leaking and I can't be bothered to do anything about it		
My shelter is leaking lets see what I can find to help stop it		
I can't tie knots		
Can I have a go at trying to tie that knot?		
It is really hard to find wood in this area, I can't be bothered		
Its really hard but I will go and look further for the right wood		

Shelter Building



When we start to build our shelters, we can develop a process that helps us achieve the best shelter we can.

Firstly PLAN. If you can build anything you like, what would it be like? I like to call this the '**Disney**' approach: go wild, think about all the things you could have in and outside of your shelter.



Now is time to DO. This is where we look at the materials we have and the location we can build in. We may need to review our Disney plan to fit with the hurdles we are approaching, these could be: Time, Materials, Location and Tools. Remember it is at this point we need to be positive and think of our mindset to develop and compromise to achieve the goal that best fits our plan.

Time to review / reflect. Now the shelter has been built it's time to enjoy and think about the things we could do different in the future, things that would make your shelter even better, if you possibly could!!



So, where do you start? Your shelter needs to be in a safe place where you have lots of room. Think about what functions you want your shelter to perform:

Sun Shade		Wind Break	
Waterproof		Airy	
How many people need to fit?		Do you need anything else in there?	
Where should the entrance be? Into wind or away from it?		Does it need to be camouflaged?	

Materials

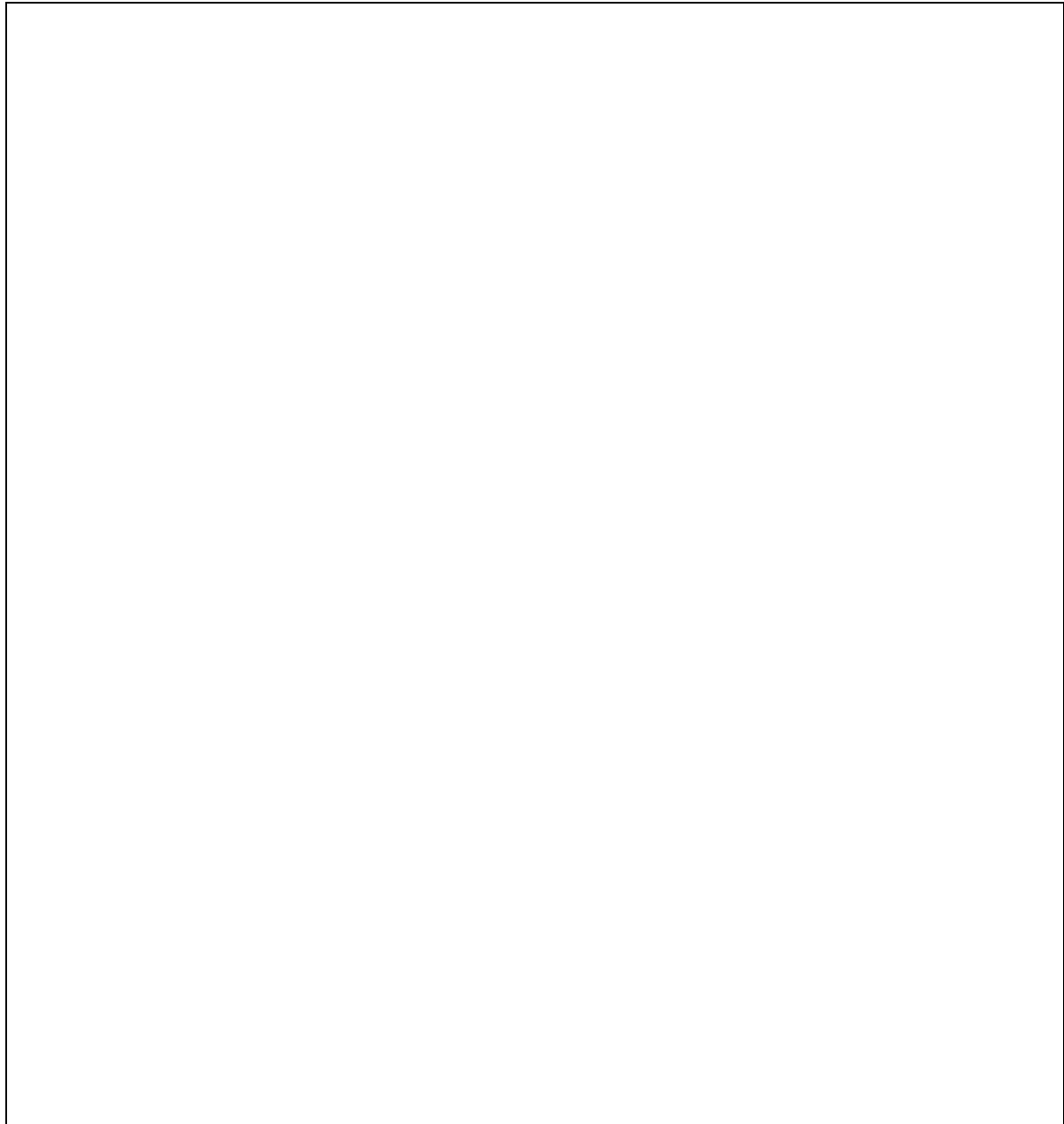
What will you need to make it? Think about natural materials that you might be able to find at your location, such as stones, sticks and leaves, and man-made materials you might be able to find at home, such as plastic sheets and string. Make sure you only use sticks and leaves from the ground, **do not take them off living plants or trees**, as this could be harmful to the environment.

Make a list of what materials you will need to make your shelter.

Some ideas for you shelters



What will your shelter look like? Draw a picture in the box or on separate piece of paper, or you could even make a model, of what you want your shelter to look like:



Lets go and build !



Spending time in your shelter

Spend some time in your shelter, lie down on the ground, how does it feel, what can you see, what can you hear, what can you smell?

Test your shelter out?

Give it a score out of 5 for:

Sun Shade		Wind Break	
Waterproof		Airy	
Space inside		Comfortable	
Access (getting in and out)		Camouflaged	

What could you add to your shelter, or how might you change it if you were going to live in it for a week?

If you have built your shelter in your house or garden, maybe you could leave it up to see how well it does over a few days and spend some time in there each day. If it is in a public place like a plantation, beach or glen, don't forget to dismantal it the same day and remove any sign that you were there. Leaving shelters in place, even if they are made of natural materials, is not good because they may become unstable and dangerous over time. They can also become unsightly for other users or spoil the fun for others visiting the area to build shelters.

'Take nothing but pictures, leave nothing but footprints'

Next week we'll be learning more about:

Fire Safety & TeePee Fires