



Survival Skills Activities

Agape Center for Environmental
Education

Survival Skills: Rule of Threes (K-8)

This activity focuses on the “rule of threes” that is often taught during survival classes.

Supplies:

- Sticky Putty
- Labels provided
- Poster board/somewhere to stick the labels

Directions:

- Tell the kids there is such a thing as the “Rule of Threes” in survival skills.
- Their goal is to work as a team (or partners) to figure out which need goes with the appropriate amount of time (or vice versa).
- Go through the list and talk about each one.

Rule of Threes:

3 Weeks: Food

3 Days: Water

3 Hours: Shelter

3 Minutes: Air

3 Seconds: PMA (Positive Mental Attitude)

3 Seconds

3 Minutes

3 Hours

3 Days

3 Weeks

Survival Skills:

Rules of Threes (K-8) Continued



Food

Air



Water

PMA 🤪



Shelter

Survival Skills: Create Your Own Sundial (K-5)

This activity focuses on the how to use common items and the sun to tell time.

Supplies (for one sundial):

- Pencil
- 12 (or more) rocks
- Clay (something to stick the pencil in so it will stand straight up)

Directions:

- Give the students one pencil and rocks in a field/parking lot with plenty of sunlight.
- Allow them to try and figure out how to create a sundial with those materials.
 - Have them share their models.
- Then, as a group, go over how to create a sundial:
 - Place the pencil in the clay so it is sticking straight up.
 - Place one rock at the end of its shadow and mark what time that represents.
 - Come back an hour later (or a specified time) and place the rock where the shadow is now.
 - Continue until the rocks are marking the hour places (this can then be used for future time-telling).
 - OR measure the distance between the first two, and measure out where each rock will be for each hour.

Survival Skills: Knot Race (5-8)

This activity focuses on many types of knots and practicing those skills.

Supplies:

- At least two ropes (good for tying knots)
- Cones/a way to mark a starting point
 - Knot tying instructions

Directions:

- Choose one or two types of knots for the students to learn.
- Have the students practice a couple times with each knot.
- Then divide the students into two teams.
- Have them run to the rope, tie the appropriate knot (whichever one you choose), and run back to their team
- The first team to have everyone tie the knot correctly wins!
- Make sure to discuss why these knots would be useful in survival situations (or others).

Link for some knot tying resources for kids: <http://www.geekprepper.org/knot-tying-resources-for-children/>

Survival Skills: Wonderful Water (5-8)

This activity focuses on the importance of water for survival and ways to obtain clean water in a survival situation.

Supplies:

- Plastic trash bag (preferably black)
- Shovel/something to dig a shallow hole with
- Container to hold water (preferably with a large mouth)
 - Rocks

Directions:

- Gives students as a group (or split into groups) the above supplies.
- Tell them to create a contraption to capture fresh water with those supplies.
- Share what they came up with (and test them if you would like to)
- Then show them this technique:
 - In a field with lots of sunlight, dig a shallow hole (deeper than your container to catch the water).
 - Place the container in the middle of the hole.
 - Scatter leaves/other loose materials around the container.

Directions continued:

- Get leaves wet (in a survival situation, peeing on them works. In a classroom setting, pour water on them).
- Cover hole completely with trash bag.
- Place rocks around edges to hold bag in place.
- Place one rock on the center of the trash bag (right over the collecting container).
 - Wait for awhile to allow water to evaporate.

Contraption Explained:

The water on the wet leaves will evaporate and condense on the trash bag. It will then run down to the lowest point of the bag (where the rock is) and drip into the container. In a survival situation, only the water will be evaporated out of the urine, so it will be safe to drink.