

KS1 Home Learning Lesson

Introduction
Shelter Building - This week's topic is shelter building. We're going to learn why we might need them, how to build them and even make our own personal den to get away from it all!

Activities	Resources Required	Potential Risks	Impact
Skill - Make a Character (Page 1) Make your own mini character to take on some adventures.	<ul style="list-style-type: none"> Whatever you have available e.g. modelling clay/ playdough/ card and colouring pencils or even raid the recycling! 	Children putting modelling clay in their mouths or using scissors. Supervision required	Children use their creativity, imagination and resourcefulness to create their own character.
Main - Make a Mini Shelter (Page 2) Build a mini shelter from sticks and leaves for your new mini friend!	<ul style="list-style-type: none"> Mini character made in the first activity Sticks and leaves etc. String (optional) 	Poisonous/ sharp/stinging plants - supervise children and only pick fresh leaves if known to be safe	Children learn the principles of constructing a survival shelter. Children use fine motor skills, knot tying and creativity to build their shelters
Extended Activity - What can you add to your shelter? (Page 3) The possibilities are endless!	<ul style="list-style-type: none"> String Sticks Any other resources 	As above	Children can develop creativity, imagination, story-telling and role playing skills.
Mindfulness - Make a Den (Page 4) Make your own den for quiet time	<ul style="list-style-type: none"> Cushions/blankets/branches/ anything else you have permission to use! 	Children should be supervised if outside.	Having a quiet spot or den can really help children's mental health

We would love to hear how you get on with your activities. Please email any feedback to: clare.harrison@primary-forest-school.co.uk or contact us via Facebook @PrimaryForestSchools

Create a Character

First we're going to create a character to have some adventures with. It can be any sort of character you like. Boy or girl, an animal such as a hedgehog, a magical creature such as a dragon or unicorn or even an imaginary creature that you have made up! You can use anything you like to make your character. You can find lots of printable figures such as the one shown here which you can find or make lots of different costumes for to suit any occasion from an adventure to a party. There are girl and boy versions and even cats. Many let you colour in their clothes too. You could also make a character from modelling clay or homemade playdough such as the one below. It's a good idea to make your character small enough to build a mini shelter for them!



Take some time to make a character you love. Give your new friend a name. Anything you like. What are they like? Are they afraid or really brave? What do they like to do? What are their favourite foods? Do they have a secret? Maybe they are a rabbit who always wanted to fly or a dragon who's secretly afraid of the dark. When your character is ready let's take them on an adventure!

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primary-forest-school.co.uk

T: 07814 786696
E: ellen.blackwood@primary-forest-school.co.uk

Reg. Co. Name: Primary Forest School & Outdoor Education Ltd
Reg. Address: 62 Westmacott Road, Weymouth, Dorset DT3 5FD
Company No. 11629451

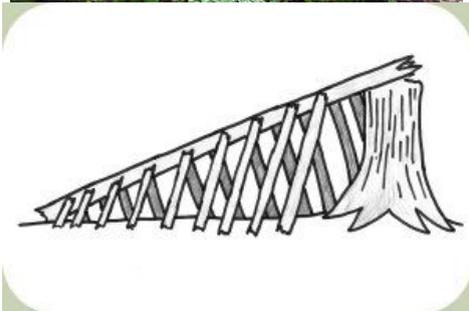
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Make a Mini Shelter

Now we've made our character let's take them on an adventure. Let's imagine your character has become lost in the middle of the woods, and night is falling so it's starting to get dark. What's the biggest danger they might be in? Wild animals? Missing their dinner? Getting wet and cold? What should they do? It might be a good idea to build them a shelter so they can survive the night. It's what real life adventures should do. Follow these instructions to build a mini shelter or get creative and find things to make your own design. Don't forget to make it the right size for your character!

Steps:

1. Gather lots of small sticks, 3 with a forked end if you can find them or without if not.
2. Either push two or three forked sticks together or tie them at the top to form a simple teepee or wigwam shape. This is called a tripod and is a very strong shape for building. You can stick with this shape and move straight to step 4 if you like.
3. Find a longer stick to form the length of your shelter and place this from your tripod to the ground. This is like the spine or backbone of your shelter.
4. Place smaller sticks to make the sides of the shelter. These are the ribs of the shelter. Pack them tightly so that the next layer doesn't fall through.
5. Now place leaves, moss, grass, mud or whatever else you can find onto the sides of the shelter.
6. You could add sticks on top if it's windy so the leaves don't blow away.
7. Make a soft bed to protect your character from the cold ground below.
8. Add your new mini friend and decorate. Don't forget to take a photo and email it to us or add it onto our Facebook page! <https://www.facebook.com/PrimaryForestSchools/>



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Activity Extension - Adding to your shelter

Now you have made your mini shelter you can use your imagination to add things to make your character feel right at home! Why not add a campfire, some seating, a water source



or even some entertainment. We've even seen hammocks, swings and ziplines being made in our Forest School sessions. The possibilities are limited only by your imagination!



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Mindfulness - Make a Den



Now take some time to create your own special den just for you. This could be a quiet hidden spot in the garden (don't forget to tell an adult that you're going outside - they might not know where you are!), a cosy corner in your bedroom or a hidey hole behind the sofa. Take some time to make this spot your own. If another child or adult wants to join in suggest politely that they could join in by making their own special place. You could even share resources such as cushions or blankets. Add blankets, cushions, logs, leaves or whatever makes you feel at home in this space. When it is ready then take a moment to get comfy and enjoy sitting quietly in your den. Maybe you could bring your new mini friend too!

What sounds can you hear? If you're outside can you hear any birds singing? Or if you're inside can you hear someone clacking a keyboard or boiling a kettle?

Is it cold or warm where you are?

Can you smell anything different in your den? Is it musty, dusty, muddy?!

Are you hidden from view? How does that make you feel?

What else could you do in your den? Read a book? Write a story about someone who leads a hidden life where no one knows they are there? Sketch a bird or plant? Do a colouring? Write down your dreams and wishes? It's really up to you.

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Activities	Resources Required	Potential Risks	Impact
<p>Skill - Survival 101 (Page 1) Imagine you have become lost in the middle of Dartmoor, your phone has no signal and night is falling so it's starting to get dark. What's the biggest danger might you be in? Wild animals? Missing your dinner? Getting thirsty? What should you do?</p>	None	None	Children understand how to survive in an emergency situation and the importance of staying warm and dry. Children learn the term HYPOTHERMIA
<p>Main - Make a Mini Survival Shelter (Page 2) Build a mini shelter from sticks and leaves for a mini figure such as a lego man.</p>	<ul style="list-style-type: none"> • Mini figure such as lego (could be made of card if none available) • Sticks and leaves etc. • String (optional) 	Poisonous/ sharp/stinging plants - supervise children and only pick fresh leaves if known to be safe	Children learn the principles of constructing a survival shelter. Children use fine motor skills, knot tying and creativity to build their shelters
<p>Extended Activity - What can you add to your shelter? (Page 3) The possibilities are endless!</p>	<ul style="list-style-type: none"> • String • Sticks • Any other resources 	As above	Children can develop creativity, imagination, story-telling and role playing skills.
<p>Mindfulness - Make a Den (Page 4) Make your own den for quiet time</p>	<ul style="list-style-type: none"> • Cushions/blankets/branches/ anything else you have permission to use! 	Children should be supervised if outside.	Having a quiet spot or den can really help children's mental health

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Skill – Survival 101



Imagine you have become lost in the middle of Dartmoor, your phone has no signal and night is falling so it's starting to get dark. What's the biggest danger might you be in? Wild animals? Missing your dinner? Getting thirsty? What should you do? You need to remember the survival rule of threes:

We can survive:

- 3 Seconds without hope
- 3 minutes without oxygen
- 3 hours without shelter
- 3 days without water
- 3 weeks without food

First of all DONT PANIC! The first rule of three is about staying calm, taking a deep breath and not giving up hope, it's time to make a plan. Next if you're in water then get out as quick as you can. Not only do we need oxygen to survive but if you're wet then you put yourself at risk of getting dangerously cold. That is the purpose of rule three, building a shelter. The shelter is to keep you warm and dry so you don't die of HYPOTHERMIA (where the body gets dangerously cold). In survival situations like getting lost on Dartmoor it is really important to make shelter before you get too cold or run out of energy. It could save your life! Your shelter could be made from anything you have to hand. This could be a spare coat, bag, a tarpaulin or survival bag if you brought one or could be made from natural materials such as leaves and branches. The most important things to remember are:

- a) insulate yourself from the ground as that is where most cold will come from
- b) make sure that any water that falls on your shelter will run off away from you
- c) make your shelter away from rivers and streams as water levels may rise in the night
- d) don't build into a ditch or hollow as this may fill with water if it rains
- e) watch out for any dead branches or trees near your shelter which could fall onto it

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Make a Mini Survival Shelter

Real life survival shelters from sticks and leaves take many hours to make waterproof and need a lot of branches, sticks and leaves which we may not have access to at home. An easier way to practice is to find a lego man or other small figure and make a mini shelter for them instead!

Steps:

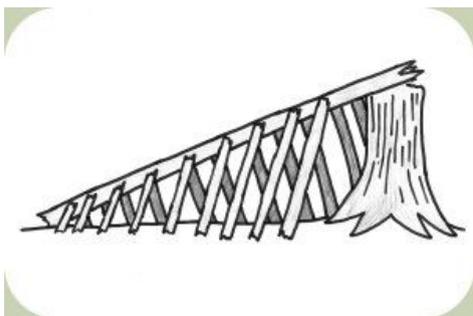
1. Gather lots of small sticks, 3 with a forked end if you can find them or without if not.
2. Either push two or three forked sticks together or tie them at the top to form a pyramid shape. This is called a tripod and is a very strong shape for constructions. You could make a simple teepee or wigwam with this shape and jump to step 4.



3. Find a longer stick to form the length of your shelter and place this from your tripod to the ground. This is like the spine or backbone of your shelter.
4. Place smaller sticks along this backbone to make the sides of the shelter. These are the ribs of the shelter. Pack them tightly so that the next layer doesn't fall though.
5. Now place leaves, moss, grass, mud or whatever else you can find onto the sides of the shelter. These should form a thick layer to be waterproof.
6. You could add sticks on top if it's windy so the leaves don't blow away.

7. Make a soft bed to insulate your figure from the cold ground below.
8. Add your lego figure and decorate. Don't forget to take a photo and email it to us or add it onto our Facebook page!

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