

WHAT IS IT? (RATIONALE)

“Survivor” has been all the rage. Let’s teach the children some survival skills.

ADAPTATIONS FOR K-3

- 1) Fire safety = What are the things which we all need to know in order to survive a fire? Practice crawling under the smoke and stop, drop, and roll.
- 2) Storm safety= Practice moving away from windows, sitting and covering their heads, & safety outside. (Make sure they realize to stay away from trees.)
- 3) See if you can get someone from emergency services to show the children an ambulance and what they do to help save lives. Many fire stations and ambulance services will do this type of training.

GETTING STARTED (PROCEDURES & MATERIALS)

Review with the children how to make a “911” call. Then have them learn how to see if someone is breathing, if his/her heart is beating (pulse), and how to treat someone for shock (blankets).

Teach the children how to take their pulse. Then have them do it. Now have them run in place for 30-60 seconds. Have them take their pulse again. Discuss why their rates have increased.

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DOMAINS ADDRESSED



SEQUENCING

**BODY IMAGE
FOLLOWING DIRECTIONS
LANGUAGE**



BALANCE

**GENERAL
COORDINATION
HAND/EYE
COORDINATION**



FLEXIBILITY

**AEROBIC
STRENGTH**



BEST EFFORT

**SELF CONTROL
COOPERATION
COMPASSION/RESPECT
RESPONSIBILITY**