

BUSH SURVIVOR

LEARNING OUTCOMES

Having completed this badge the Adventurers/Sunbeams will be able to:

- demonstrate the basic use of a compass;
- demonstrate skills in tying selected knots;
- effectively treat a sprained ankle;
- explain basic principles to follow when lost in the bush.



BADGE REQUIREMENTS

1. Know the compass points
7–8s four cardinal points
9–10s four cardinal points and four ordinal points.
2. Use a compass to identify the direction of at least three items in and around the room.
3. Tie a reef knot and know what it is used for.
(**9–10s** also tie a round turn and two half hitches knot and explain its use.)
4. Show how to treat a sprained ankle.
5. Know what to do when lost in the bush.

ADVENTURERS
SUNBEAMS



CATEGORY

Life to the
Max

TIME FRAME

Three - four
weeks

AIM

To help the
Adventurers/
Sunbeams
develop
confidence in
basic outdoor
skills.

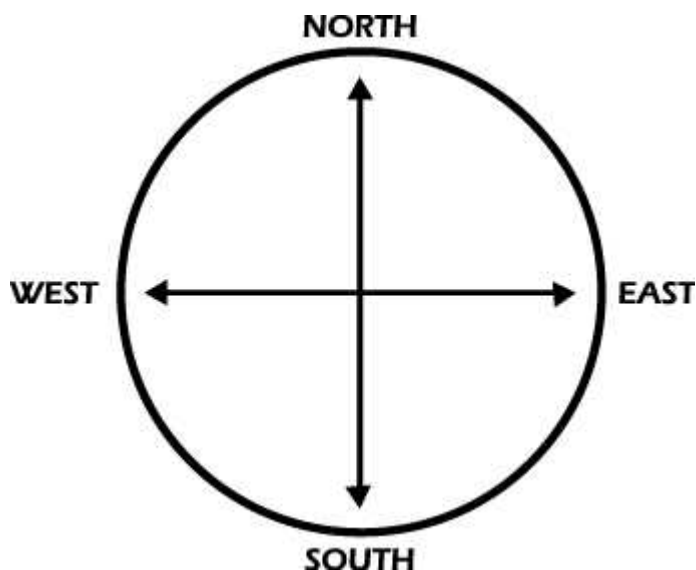


Teaching ideas



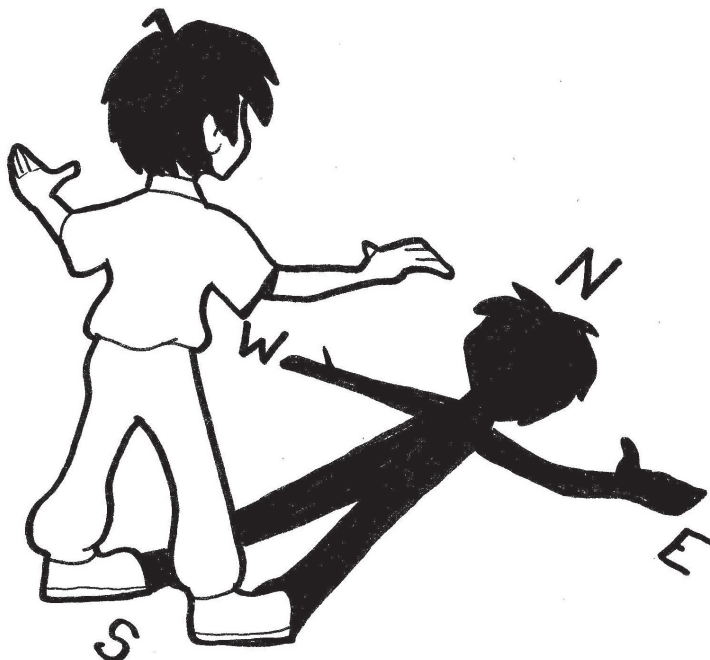
1. Know the compass points for your age group.

7 – 8 years must know the four cardinal points.



If we draw a compass face it will look like the figure above.

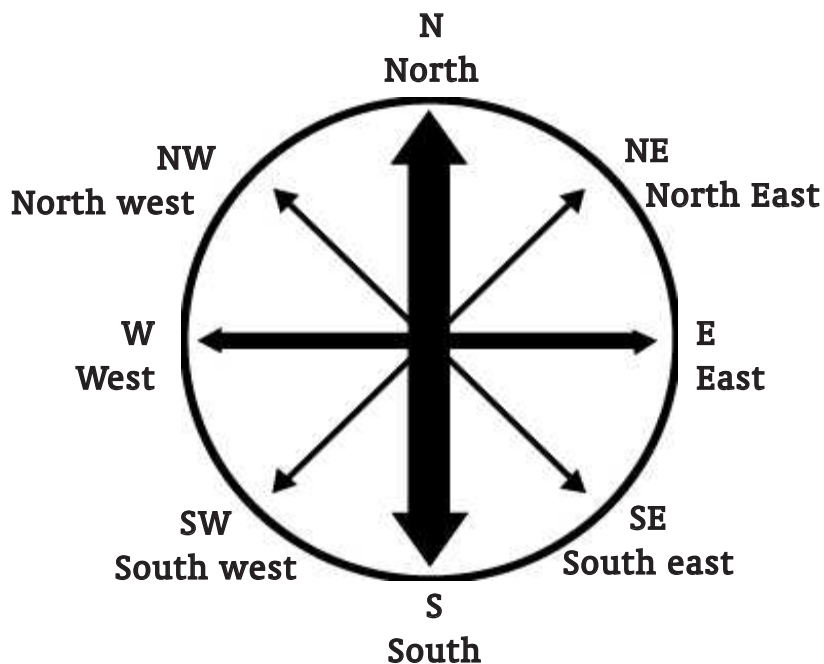
Imagine that a huge compass face is drawn on the ground. Now stand in the middle of it and look towards NORTH. When you stand like this –



east is to your right, west is to your left.

Teaching ideas

9–10 years must know the four cardinal points and the four ordinal points.



The Eight Compass Points

In between the four cardinal points of the compass – north, south, east and west – there are some new directions to learn.

Between north and west we have the point north-west, and the other points around the compass are named the same way.

In this drawing the north to south arrow is drawn very thickly because these two directions are the most important.

Because north and south are the main points they are always put first, that is, north-west, north-east, south-west and south-east.

Games - Compass Point Change

Supplies: chairs, compass.

To play:

Place chairs at the compass points and attach a label with a compass point to each chair. Assign a member to each chair. The remainder of the group stand in the middle of the circle (maximum of 4 children in the middle of any circle). Be sure to allow sufficient space between the chairs. The leader calls two compass points. The players occupying the chairs at these points must change places, and the players in the middle try to take a seat from those who are changing places. Start with simple compass points, i.e. the cardinal points, and add other points as the group gains confidence. If you have a large group use two or more sets of chairs.

Compass Plate

Supplies: a tin plate.

To play:

- Players stand or sit in a large circle.

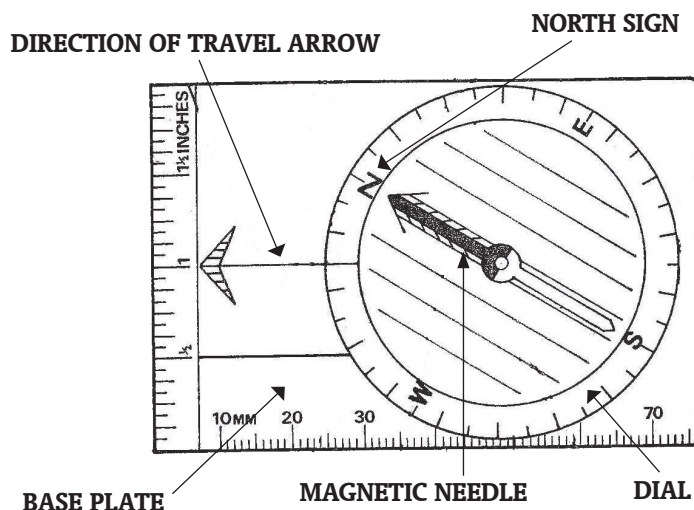
Teaching ideas

- Each is given a compass point according to the number of people playing.
- The plate is spun in the middle of the circle and, whilst it is spinning, a direction is called out.
- The player representing the point called tries to catch the plate before it falls over.

Use **Handout 1** to reinforce this teaching.



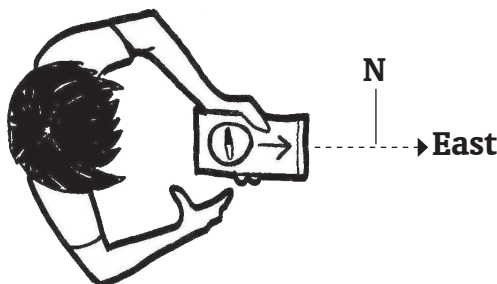
2. Use a compass to identify the direction of at least three items in and around the room.



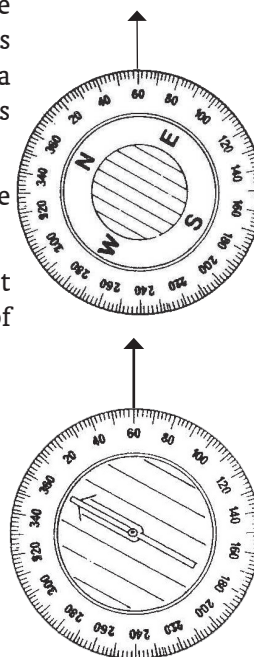
When you hold a compass and turn around, the needle will move about. This is because the needle has been magnetised. When you stand still the needle will gradually settle, pointing in one direction – always the same way, to the northern part of the world. This is because the earth's magnetic field acts like a big bar magnet and pulls the needle towards magnetic north.

Now, set your compass, moving it until the needle is pointing to the north.

Remember, never place a compass on metal to set it, because the metal affects the magnetic pull of the arrow.



DIRECTION OF TRAVEL ARROW



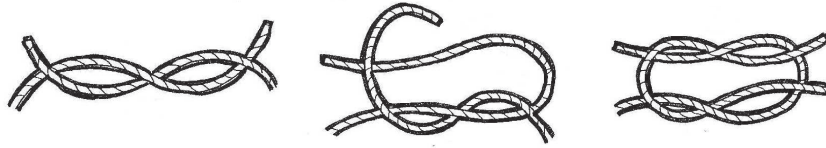
Hold the compass flat on the palm of your hand with the short end close to your chest and then turn yourself round without altering your grip on the compass, until the RED end of the needle points to N on the dial.

Now your Adventurers/Sunbeams have set their compasses to N, help them find the direction of three items in and around the room.

Teaching ideas



3. Tie a reef knot and know what it is used for.

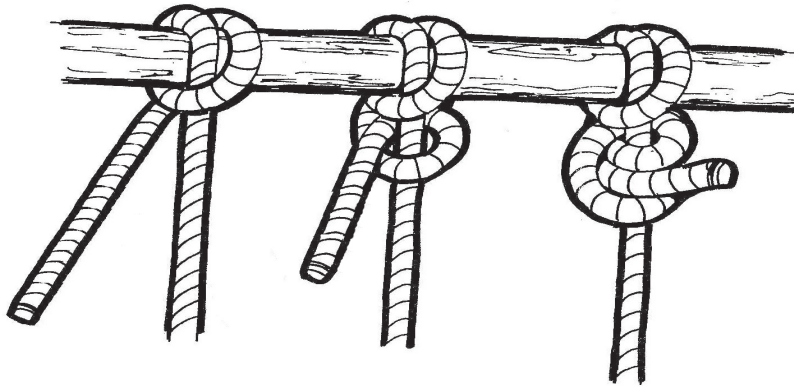


The reef knot is used for tying two ropes of equal thickness. It is great for tying bandages because it lies flat and looks neat.

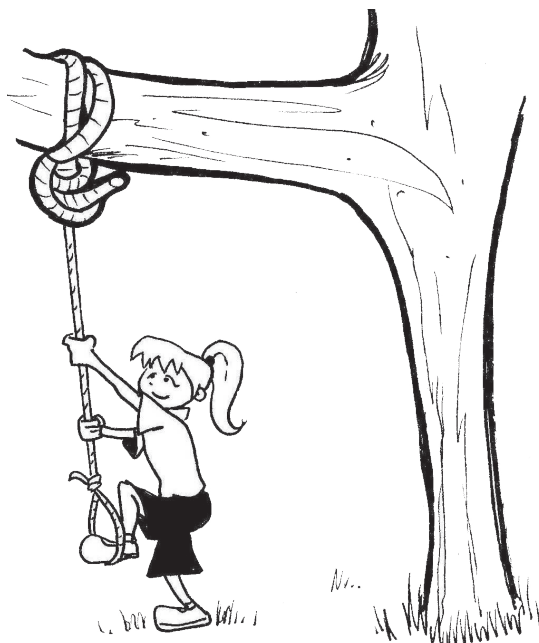
Practise with ropes of different colours and use one colour to go over, under, over, under. Or say: 'Right over left and left over right.'

Have members practise until they can tie it with their eyes closed and/or behind their backs.

9 – 10s Tie a round turn and two half hitches knot and explain its use.



This is a common method of fastening a rope to a pole; it does not jam as the strain is on the pole, not on the hitches, and it is therefore easy to undo. It is the simplest of knots and one of the most common. It is used for tying a rope to a pole or ring or when tying down a load on a trailer.



TEACHING
IDEAS

Teaching ideas

Games

Knot tying competition

- Members tie a reef knot with their eyes shut or behind their back. Turn out the lights and try tying it in the dark.
- Give each person a piece of rope and get the group to make one long rope by joining them together with reef knots.
- In teams, have a relay race – run down, tie a knot, if it is right, run back and the next person has a go and so on.

Fun Knots

- Practise tying knots with unusual things, eg ties, stockings, cooked spaghetti.
- Use jelly snakes. When they have tied a reef knot they can eat it.



4. show how to treat a sprained ankle.

A sprained ankle is a common injury when bush walking. It is caused by a foot turning suddenly while walking or running. The patient will feel pain at the joint and swelling and bruising will occur. The best method of treatment is R.I.C.E.

- R** – rest – if possible have the patient lie down.
- I** – ice – apply ice (or cold water) for 20 minutes.
- C** – compression – bandage the ankle firmly with an elasticised bandage.
- E** – elevation – raise the leg.

Seek medical treatment as soon as possible.

How to apply a bandage on a sprained ankle

Make one turn around the ankle then go over the instep, under the foot, back across the instep and around the ankle again several times. Fold the end of the bandage back in and secure it with adhesive tape/sticking plaster.



Teaching ideas



5. Know what to do if lost in the bush.

Always remember to keep with your group – not running ahead or lagging behind, but if you do get lost, remember these rules:

- don't panic – someone will come looking for you;
- stay where you are unless it is dangerous;
- if you are with someone else, make sure you stay together;
- if you have a mobile phone, call your leader or someone who can help you. The emergency numbers are 000 or 112 on your mobile;
- call for help or make a loud noise at regular intervals;
- make some kind of signal, an SOS with stones in the dirt/sand, with clothes etc.



TEACHING
IDEAS

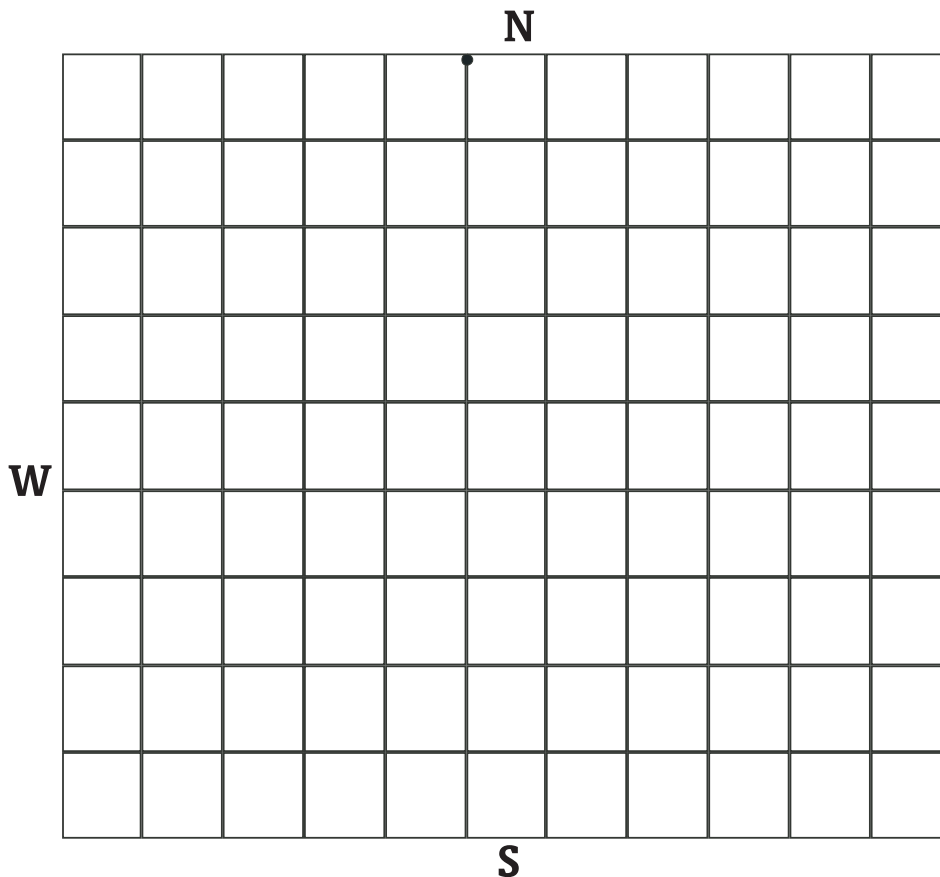
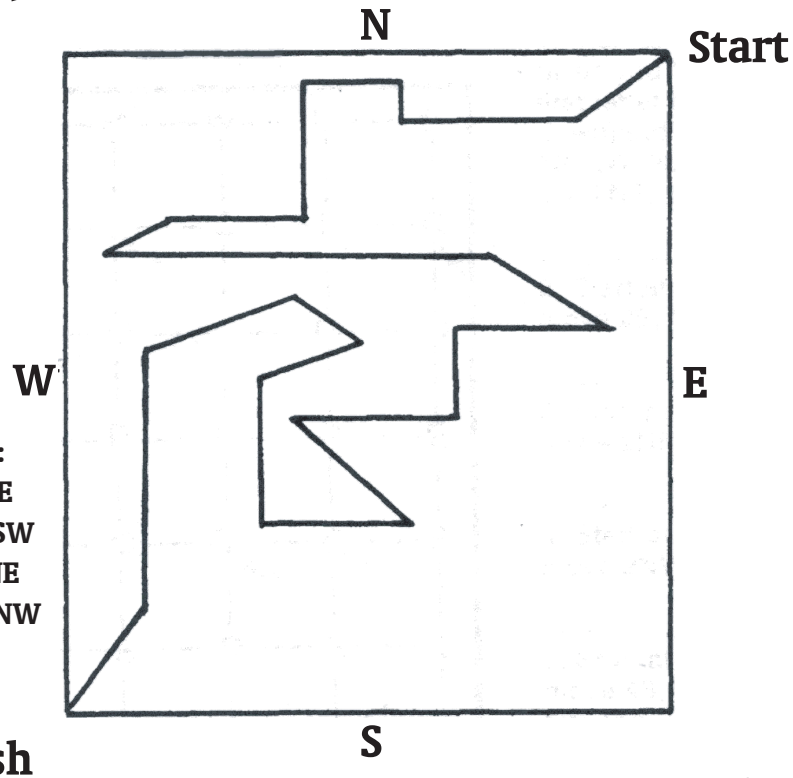
HANDOUT 1

Adventurers/sunbeams

Compass Points

Can you work out the compass directions to go from start to finish on the track?
Write the directions on each line.

Use these abbreviations:
North – N South-East – SE
South – S South-West – SW
East – E North-East – NE
West – W North-West – NW

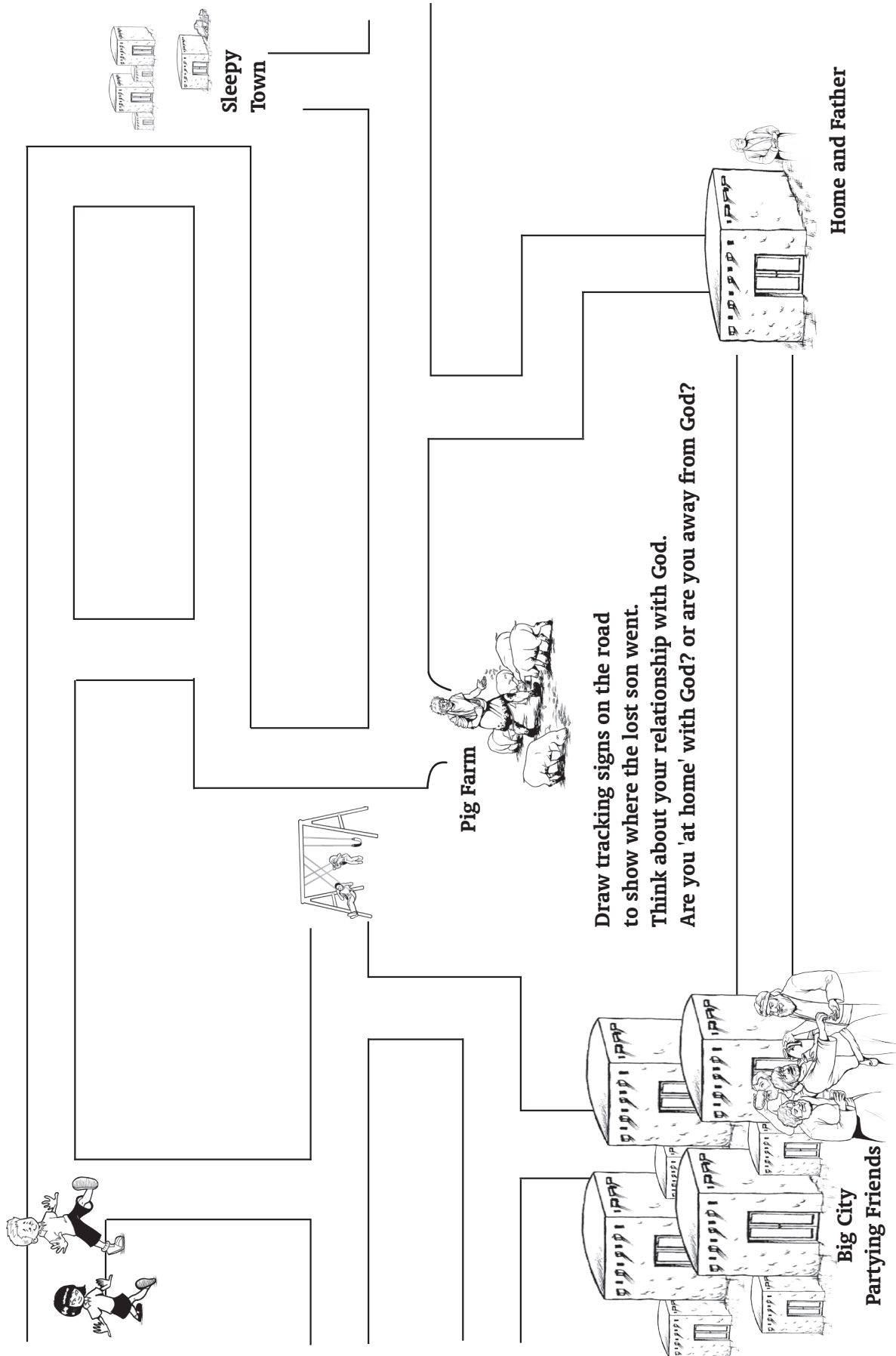


Start at the dot and follow the compass directions. The numbers next to the directions show how many boxes to draw a line through. What have you drawn?

E 5 SW
5 E
5 N
5 SE
5 W
1 S
4 W
2 SE
4 E
2 NE
4 W

HANDOUT 2

Adventurers/sunbeams





Devotional ideas



- Title:** Helping others
Bible: Ecclesiastes 4:9-10 and 12b
Thought: To demonstrate that when Adventurers/Sunbeams help others, they will get more enjoyment out of what they do
Supplies: Lengths of cotton threads for each child

Hand out a length of cotton thread to each child. Have them each tie a reef knot. Do one yourself and show them how easily the single thread will break when pulled tightly. (Practise this beforehand to make sure you can break the thread!) Now collect two of their threads and demonstrate how much more difficult it is to break them. Repeat with three threads.

Explain that co-operation is like the threads and often when we try to do something by ourselves it can seem difficult. But when we have someone to help us, the task can be easier. Ask the children for some examples of when they have found it easier if someone has helped them. Read Ecclesiastes 4:9 - 10 and 12b (GNB).

'Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up. But if someone is alone and falls, it's just too bad, because there is no one to help him ... A rope made of three cords is hard to break.'

Friends and families can help each other and it's good for us and them when this happens. Repeat the second Adventurer/Sunbeam Law: 'I will help others'.

Devotional ideas



2. Title: Lost
Bible: John 10: 3 and 4
Thought: Jesus guides us when we are not sure of the way

Ask the group if they or their parents have ever been lost. Allow one or two to briefly share a story.

Briefly tell your own story about being lost OR tell this story:

'Once I had to find a place in a very large city. My map only showed the main roads so it wasn't enough information. I didn't know where I was – I was lost. So I decided to stop and ask someone the way. The lady I asked was very kind. 'I know exactly where you want to go,' she said. 'Go south for four blocks, turn right and go past the church, turn left at the second lot of traffic lights and then turn right at the stop sign and you'll be there. You can't miss it!'

But I did! I couldn't remember all her directions. Was I to turn right or left? I couldn't remember and I was lost all over again.

So I stopped and asked another guy who was just getting into his car. I explained my problem and he smiled. 'You are lost!' he said. 'You'll never find that street on your own. I am going right past it. So follow me carefully and I'll show you the way.'

And that is just what he did. What a relief it was when I got to the right street and was no longer lost. And how much better it was to have someone show me the way instead of just telling me.'

Make the following points:

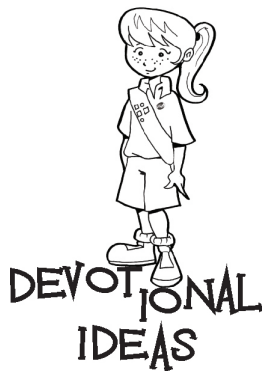
- Sometimes we can be 'lost' in life – not knowing the best way to go or right thing to do.
- Many people tell us to go a certain way, but they may not always be right.
- Jesus showed his disciples they could trust Him and so they followed Him.

Read John 10:3 and 4. Jesus said that the sheep followed the shepherd because they trusted him – He fed and cared for them. Jesus cares for us and wants the best for us. We can trust Him to show us the best way.

Finish with a prayer thanking Jesus for His guidance and asking for Him to help us.



DEVOTIONAL
IDEAS



Devotional ideas



3. **Title:** Gone Home
Bible: Luke 15:11 - 24
Thought: Everyone is on life's journey and we want to encourage the Adventurers/Sunbeams to journey towards God
Supplies: **Handout 2**, pens/markers, Bible

Read Luke 15:11 - 24 from a modern translation or tell it in your own words.

Instruct the group, or groups, to draw a map or use the map on **Handout 2** showing the journey of the prodigal son. The map should include his home, the city and the pig sty. Members then add tracking signs to indicate the son's journey from start to finish.

This story is really about God's great love for us and how we sometimes choose to go our own way. When we do that we often find ourselves in trouble, like the son. We may find that we have friends for a while but, sometimes, friends leave us when we are in trouble. We may never work with pigs but we may find that our life is a mess and pretty awful.

God is always waiting for us to come home. He is always ready to forgive us for leaving Him and wasting what He has given to us. All we need to do is say sorry to God and we're home.

Encourage members to think about where they are in relation to God. Are they:

- 'home' with Him?
- on their way home?
- a long way from God?
- leaving God?

There is no correct answer (and members aren't expected to answer out loud). Instead, remind them that everyone is on a journey – some people are moving towards God, others away from God.

Invite those who would like to know more about coming home to God to speak with you, another leader or the chaplain.

Pray by thanking God that He always welcomes us home.