

SURVIVAL IN THE WILD!

There will probably never come a time in your life when you'll be forced to eat lizards, **drink bat's blood**, climb out of a bottomless abyss, pick maggots from your festering wounds, eat husky dogs, hike 160 kilometres after being mauled by a bear or **saw off your own limb with a pocket knife** and no anaesthetic! But these are all things that real people have had to do – and they've survived to tell the tale.



Clarify: abyss, mauled, being hydrated, psychological, spiritual needs, homeostasis



In Western society we're used to having it all on tap: running water plumbed to our houses, food cramming the supermarket shelves, houses with air conditioning and heating, clothes suitable for warm and cold weather. So perhaps it's no surprise that most of us lack any knowledge of the laws of basic survival.



Predict

Analyse the cover design and illustration and form a prediction about the target audience.

BUT HOW WOULD YOU SURVIVE IN THE WILD?

A psychologist named Abraham Maslow put together a pyramid table of human needs. Once these physiological and psychological needs were taken care of, he reasoned, people were free to tend to higher creative and spiritual needs. The first three basic physical needs Maslow listed were: breathing, food and water.

ASSUMPTIONS:
What assumptions does the author make about the reader?

ALL-TIME TOP TIP for staying alive:

Take a deep breath

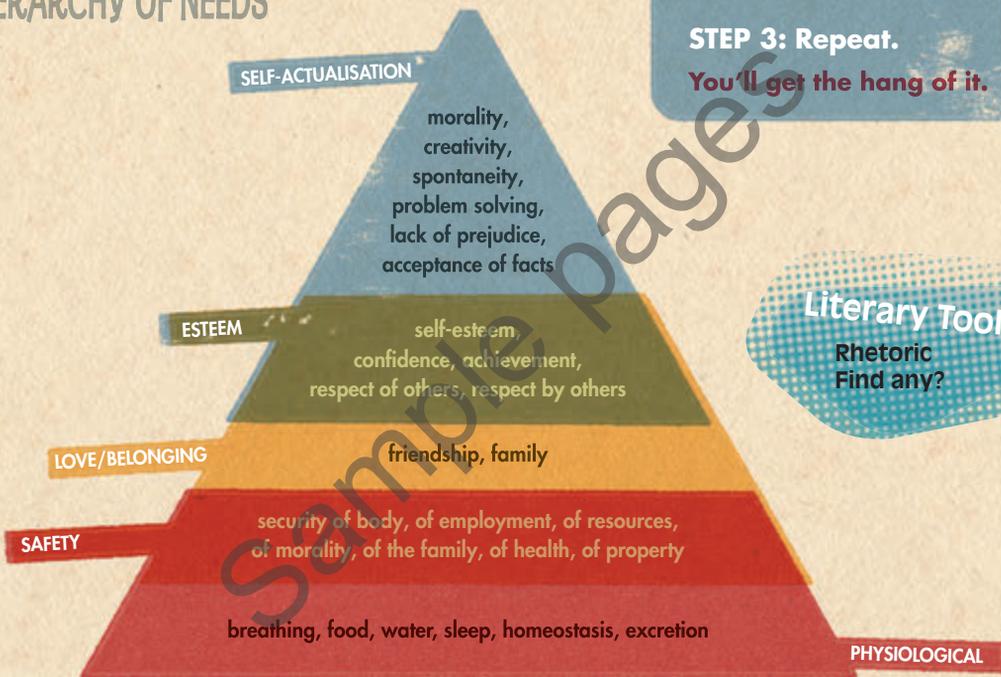
STEP 1: Breathe in.

STEP 2: Breathe out.

STEP 3: Repeat.

You'll get the hang of it.

AN INTERPRETATION OF MASLOW'S HIERARCHY OF NEEDS



Literary Tool
Rhetoric
Find any?

SURVIVORS NEED TO THINK ABOUT: staying warm, keeping cool, being hydrated, finding or building a shelter, staying focused, maintaining a positive attitude and keeping safe.

A lot of survivalists today would probably disagree with Maslow's theory and say that shelter comes before his basic physiological needs (other than breathing of course). And here's why. Without shelter, you can be exposed to extreme heat and/or extreme cold. These can bring about hypothermia and hyperthermia.

SO ASK YOURSELF: What would you do to survive if you were stranded in:

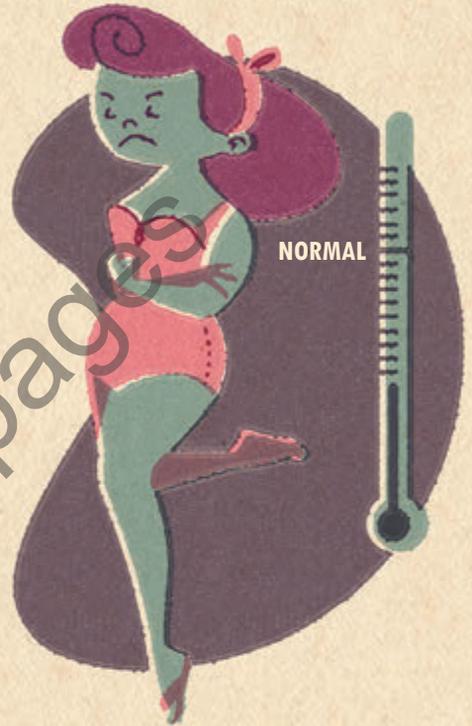
1. THE DESERT 2. THE SNOW?

HYPE ABOUT HYPOTHERMIA

If we get too cold, we're in danger of getting hypothermia. That's when the body's temperature drops below normal. By contrast, if we become overheated or get heat stroke, we can suffer from hyperthermia, which happens when the body's temperature becomes too high.

HYPOTHERMIA SYMPTOMS:

shivering, stumbling, fuzzy thinking, apparently drunken movements, rigid muscles, blue skin, sleepiness, not noticing loss of clothing



Clarify: heat stroke, crucial, crankiness

HOW TO SURVIVE HYPOTHERMIA

1. Stop walking.
2. Get warm with dry clothes, or remove wet clothes, and get into a sleeping bag or space blanket.
3. If you're with a friend, get them to build a fire and/or get into the sleeping bag with you as a heat donor.
4. Drink hot, sweet fluids.
5. It's crucial you stay awake!

Visual Feature

How would you present these instructions in a graphic format to target an audience of seven-year-olds?

& HYPERTHERMIA



HYPERTHERMIA AND HEAT STROKE SYMPTOMS:

confusion, crankiness, dizziness, headaches, apparently drunken movements, red skin turning bluish as the condition worsens, nausea, vomiting, unconsciousness

Compare & Contrast
How would you develop a visual feature to compare and contrast the symptoms and remedies for hypothermia and hyperthermia?

HOW TO SURVIVE HYPERTHERMIA

1. Move to a cooler area or shady spot.
2. Remove clothing.
3. Have frequent cool drinks (but not alcohol).
4. If you're with a friend, get them to bathe you in cool (but not icy) shallow water and monitor you at all times.
5. To avoid hyperthermia, wear a hat and rest in the heat of the day, saving walking for dawn, dusk or at night.

