SESSION 7
journey into the unknown
- survivor
Journey into the unknown
Survivor

Session SIX in review

Problems Everyone has them

Step 1 What is the problem?
Step 2 What are my options?
Step 3 What are the possible consequences?
Step 4 Make a decision.
Step 5 Do and review

Solutions that we choose will have different consequences for ourselves and others.

Types of responses

- Passive (or non-assertive) is being afraid to stand up for yourself, for your rights and your opinions.
- Aggressive is stating what you think, feel, want or believe in a way that denies the other person respect.
- Assertive is standing up for your rights without violating the rights of others.

Problem solving won’t work if your self-talk is negative and unhelpful. Changing your thoughts to positive, helpful ones can put you in a better frame of mind to try to solve problems.
This is a map of your survivor team’s journey. Your team is planning to reach Destination Survivor using the Main Track to get to the overnight campsite (Destination Survivor - Stage 1) and then taking Mountain Track the following day (Destination Survivor - Stage 2). You might like to keep the following in mind as you make decisions about their journey: the type of route (easy, intermediate or difficult walk); the day and night temperatures; the terrain (mountains, swamps, rivers); the distances and time each route will take; what facilities are available along the park way; whether camp fires are permitted; any safety issues or park rules to abide by. Read the rules of the park very carefully.
List of people to be selected

- **Pete** - won the school orienteering
- **Kat** - a bit noisy but she can cook anything
- **Jen** - goes camping in the bush with her family
- **Ben** - serious & studious, wants to be a doctor and has a first aid certificate
- **Joshua** - fitness fanatic, strong, loves sport
- **Jo** - very quiet but always reliable
- **TaniKA** - Jen’s best friend
- **Troy** - loves technology, can fix anything that is broken but does not get on with Pete
- **Marty** - good fun, sings, plays harmonica, and Rap dances
- **Georgia** - has just moved from a country town, is a keen environmentalist

After considering the list of people, rate in order of preference the top five (5) people you would like to make up your survivor team. Write this in the table below under ‘Your Top 5 Choices’.

Next, discuss your choices with your group and decide who your final choices will be. Write this in the column provided in the table above.

**YOUR top 5 choices:**
1. 
2. 
3. 
4. 
5. 

**Group’s final top 5 choices:**
1. 
2. 
3. 
4. 
5. 

List of equipment to be selected

- First aid kit
- Torch
- Buckets
- Insect repellent
- Harmonica
- Spade
- Gas stove
- Warm clothing
- Newspaper
- Mobile phone
- AM/FM radio
- Compass
- Swiss army knife
- Tarp
- Cooking pot

Now choose the 10 items from the equipment list that you would like the survivor team to take with them. Remember they will be carrying their own food (tins and dried food packages) and tent.
What were you thinking?

Record what you were thinking and feeling when you first read the problem card. Once the group has decided upon the solution, record this in the group solution box below and list the thoughts and feelings you now have about the decision/s made.

<table>
<thead>
<tr>
<th>What is the problem?</th>
<th>Initial thoughts</th>
<th>Initial feelings</th>
<th>Group solution</th>
<th>Thoughts and feelings after reaching a decision/arriving at a solution</th>
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