

Survival Basics

• family lessons •

Teaching Objective: Each family member will understand the basic necessities in order to survive.

Items Needed:

- Blanket/Clothing
- Cup of Water
- Food Item
- 1 piece of paper per person
- Pens/Crayons

Lesson Outline:

- Ask your children what they think they need in order to stay alive. (Necessities include: food, water, clothing, shelter)
- Place blanket, cup of water, & food item in plain view. Ask each child to explain why they think you have these items.
- Discuss how fortunate we are to have these items. Ask each child to give thanks for a necessity that they have.

Suggested Activity/Game:

- Give each person in your family a piece of paper. Have them divided the sheet into 4.
- On each quarter have them draw any object or thing that they want to. The only rule is that on at least one piece of paper the item has to be necessary for survival.
- Now the fun part – each member of the family silently shows their drawings to the other members of the family.
- The family members must guess what the item is. The member who guesses what the item is first, gets a point. Then the family must say if the item is necessary for survival or not.
- Whoever has the most points at the end wins.

Recommended Treat:

[Peanut Butter Cake](#) - check out a great treat by Crystal over at everydayfoodstorage.net (Cake is needed for survival right?)

Optional Religious Application:

Opening Prayer:

Song: Because I Have Been Given Much - #219 (LDS Hymnal)

(Be sure to discuss the many blessings Heavenly Father has given us in order to survive)

Gospel Application:

- What do we need spiritually in order to survive? (Some answers may be – Prayer, scripture study, to be kind etc...)
- [Matthew 5:6](#) – Why is it important to hunger after righteousness?
- [John 6:35](#) – Why is Christ so important in our quest for spiritual survival?
- As a family, how can we better help each other to thrive spiritually?

Closing Prayer:

More Information

Additional Activities:

- Go to your local food bank, help others in need.
- Make a picture including all the items needed for survival.
- Gather clothes that you no longer need & donate them.

Resources:

- www.survivaltopics.com