

# ALTERNATIVE ENVIRONMENT

GRADES 7-9 1-5

## Lesson 3 of 6

## WINTER SURVIVAL SKILLS

### EQUIPMENT

one shovel for each student » weather appropriate boots and clothing » snow

### RELATED RESOURCES

- Various online pictures of and instructions for how to build a quinzhee

### WARM IT UP!

#### SNOW ANGELS

Invite each student to imagine they are stranded in the activity area. Provide 5 minutes for students to survey the activity area and create 5 snow angels in places they think would be a good place to build a shelter. Encourage students to avoid choosing areas close to man-made structures. Gather as a large group and discuss the characteristics of appropriate locations for a shelter; e.g., protection from the wind, sun shining on the door, shelter from animals, close to a source of water, a place nearby where someone may look for you.



#### Safety First!

2008 Safety Guidelines pages 25.



### Do it Daily...For Life!

Effort	
Safety	
Goal Setting/ Personal Challenge	D(8-9)-7
Active Living in the Community	

### Clues that students are achieving the outcome...

"Students will evaluate different ways to achieve an activity goal, and determine personal and team approaches that are challenging for both the individual and the group" *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can describe the importance of having a shelter in survival situations
- Students can work together to build an effective shelter



Ever Active Schools

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### WHOOP IT UP!

#### QUINZHEE BUILDING

A quinzhee is a temporary shelter made from digging a hole in a mound of frozen snow. Time is needed for the mound of snow to settle to ensure it does not collapse while being dug out; e.g., at least 2-4 hours. Consider inviting a number of students to help make snow piles prior to class. If it is not possible for students to make piles of snow before class, start by building snow piles, and then as the piles settle, challenge students to create a fire pit, tables, or a snow wall to block the wind.

A variety of pictures and instructions for how to effectively build a quinzhee can be found on the internet. In pairs, invite students to consider the purpose of the shelter (sleeping or sitting), the placement of the door, and the size of hole that will allow for maximum warmth and effective use. Using the shovels provided, start digging out a quinzhee!

Circulate to each group to provide feedback and ask questions that will allow students to discover important concepts; e.g., the smaller the space inside the quinzhee the less space there is to warm up, the smaller the door the easier it is to block the wind, the door should face away from the prevailing wind, thick walls at the base of the shelter will add to its strength, a door that is lower than the floor space will allow the cold air to settle in the door and not where people will be sitting/sleeping.



#### Safety First!

2008 Safety Guidelines page 94.

### GRADES 7-9 1-6

### WRAP IT UP! STUDENT LED SITE CRITIQUE

Invite students to visit the site of each quinzhee noting the differences between each shelter. Ask students to identify one positive characteristic about each quinzhee and one question they have, and share these ideas with the other groups. At the end of the learning activity, it is likely many students will be sweaty from the hard work of building a quinzhee. Ask students to discuss with a partner what they would do if they had to sleep in the quinzhee tonight, and what they could have done to avoid getting sweaty. Invite a few students to share highlights of their discussion. Take down each quinzhee at the end of class to ensure they are not used inappropriately by others in the area.