

**Virtue Workshop**  
**Children, Youth and Adults Learning Together**  
**Printable resources are included**  
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**Consultation: The Value of Working Together**

**General Introduction**

This Material is designed for workshops/conferences, children's classes, families, and individual learning.

Unless we can make deep spiritual concepts understandable, we risk losing future generations to the distorted thinking of a deteriorating materialistic world.. Each spiritual concept explored includes activities specifically designed for groups of youth and adults and activities designed for children.

It is a method of group learning, based on the model of the oneness of humanity. Everyone is a student, and everyone is a teacher. Our mission is not to provide exhaustive research and explanation of concepts for scholars. Our goal is to enable everyone to gain a basic knowledge of concepts indispensable for spiritual survival. It is our hope that parents and teachers gathered in living rooms, backyards; in cities and villages, will use these spiritual concepts to improve the lives of children, youth and adults.

The writers, as members of the Baha'i Faith, are guided by its teachings and principles. We have used language that allows the concepts to be accessible to the wider community. Reference is made to the sources of authority of the Bahá'í Faith. We are referring to the Báb, Bahá'u'lláh, 'Abdu'l-Bahá, Shoghi Effendi and the Universal House of Justice.

This material reflects the personal interpretations of the authors and should not be taken as authoritative.

**Instructions**

Materials listed in the Resource section of each activity, including images, should be carefully prepared. Images can be enlarged and are essential for presentation. If some of the materials listed are not available, facilitators may modify and adapt material to best meet the unique needs of different groups.

Activities for youth/adults may be completed in approximately one hour.

Activities for children are approximately twenty minutes to an hour in length.

## **Adult Activity**

Materials in Resource Section

Document with text to be read aloud by participants. Facilitator may choose to use a projector.

**Facilitator says:** We are going to complete the “Lost at Sea” Exercise. Many groups have used this team-building exercise developed by the U.S. Coast Guard to encourage its personnel to work as a team.

**Facilitator says:** First we will complete exercise and fill in our own scores in the “individual” column of the scoring sheet. We will take five minutes to complete the individual column.

**Facilitator gives each participant a “What We Need to Survive” sheet and the “scoring” sheet.**

**Allow 5 minutes** for participants to complete and score exercise individually.

**Facilitator asks:** What did you learn? What were the challenges and benefits of working by ourselves?

**Participants respond** - allow 1- 2 minutes

**Facilitator says:** Now we will repeat same exercise in small groups. Remember the role of compassion in our consultation. We will be working with other fallible humans who cannot possibly have all the answers.

**Facilitator asks:** participant to read this quotation in a loud voice:

**The Great Being saith: The heaven of divine wisdom is illumined with the two luminaries of consultation and compassion. Take ye counsel together in all matters, inasmuch as consultation is the lamp of guidance which leadeth the way, and is the bestower of understanding.**

-Bahá'í Reference Library: *Tablets of Bahá'u'lláh*: 11

**Facilitator divides** participants in groups of 4-6 (It is preferable if groups are composed of participants who do not know each other).

**Facilitator says:**

We will each fill in our group's scores in the "group" column of the scoring sheet. We will take 10 minutes for this exercise.

**Participants complete and score exercise in small groups.**

**Facilitator says:** Now we will take 5 minutes in our groups to look at and consider the Rationale sheet listing the actual order of importance for survival that the Coast Guard ranks the 15 items. You can add these to your sheet if you like.

**Facilitator distributes** Rationale Sheet to each group.

**Groups discuss Rationale**

**Facilitator asks:** Now that we have consulted in groups, what have we learned from this? What were the challenges and benefits of working in a group instead of by ourselves?

**Allow 3 minutes for whole group discussion**

**Facilitator asks:** What role did compassion play in our group consultation?

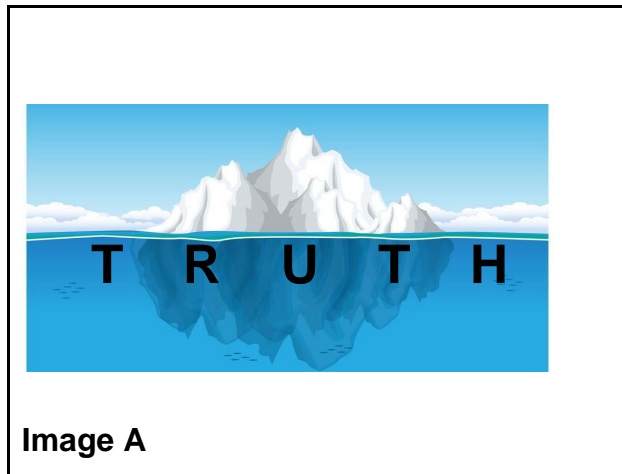
**Allow 2 minutes for whole group discussion**

**Facilitator says:** So, let's see why compassion is connected with consultation---- Well known educator Daniel Jordan shared a story about the Bahá'í Local Spiritual Assembly of Oxford, England. The LSA consisted of eight Oxford scholars and one janitor, who was female. The subject of a consultation was the purchase of an air conditioner for their meeting room. The great minds ignored the contribution of the janitor who simply said, "It wouldn't cool the room". The room was too large to be cooled by that size air conditioner.

You can guess who was right. The truth was obscured by the dust of egotism. Truth comes from compassionate listening to our fellow servants of God. The group learned a great lesson that everyone needs to be heard. When we consult in the right way, we are listening compassionately. We block out all our prejudices -- educational level, social class, gender, etc.

Only then can the group become truly unified. When everyone's contribution is respected, truth rests on a foundation of unity.

Facilitator shares Image A with participants:



**Facilitator says:** Abdu'l-Bahá said: “The purpose is to emphasize the statement that consultation must have for its object the investigation of truth.” He who expresses an opinion should not voice it as correct and right but set it forth as a contribution to the consensus of opinion...”

- Bahá'í Reference Library: *Promulgation of Universal Peace*: 31

**Facilitator says:** We will focus on the second half of His quotation:

**Facilitator asks:** participant to repeat this part of quotation in a loud voice:

**“He who expresses an opinion should not voice it as correct and right but set it forth as a contribution to the consensus of opinion.”**

**Facilitator says:** He is not just talking about a group in consultation. What He says applies to a family consultation or to any human interaction.

To be able to successfully consult with others, we need to constantly remind ourselves that we are servants of God. We are human beings, which means we are not infallible. We “should not voice it {our contribution} as correct and right”. Only the Words of the Manifestation of God are always “correct and right”.

At best, we can contribute only a part of the truth to any consultation. When we combine all the individual contributions to the investigation of truth, we have a better chance of making wiser decisions.

**Facilitator asks:** participant to read quotation in a loud voice

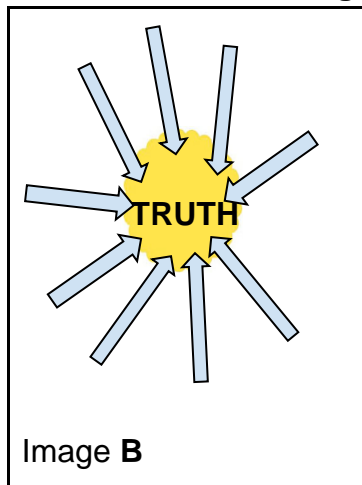
**“The prime requisites for them that take counsel together are purity of motive radiance of spirit, detachment from all else save God, attraction to His Divine**

**Fragrances, humility and lowliness amongst His loved ones, patience and long-suffering in difficulties and servitude to His exalted Threshold...**

- Bahá'í Reference Library: *Selections from the Writings of 'Abdu'l-Bahá*: 43

**Facilitator says:** Let's review what 'Abdu'l-Bahá says: "The prime requisites for them that take counsel together are **1** - purity of motive; **2** - radiance of spirit; **3** - detachment from all else save God; **4** - attraction to His Divine Fragrances; **5** - humility and **6** - lowliness amongst His loved ones; **7** patience and **8** - long-suffering in difficulties and **9** - servitude to His exalted Threshold"

**Facilitator shares Image B** with participants:



**Facilitator says:** When we consult, we see each of the prime requisites such as "purity" or "humility" as a contribution to "the investigation of truth". The prime requisites for consultation mention "His Divine Fragrances". We believe Abdu'l-Bahá is referring to the Attributes of God. God is infinite and beyond human understanding, so it follows that we can never entirely list all of the "Divine Fragrances" -- the attributes of God. This awareness is important because leads to a profound sense of "humility" -- one of the prime requisites. Each spiritual quality offers a unique doorway to the truth, but God's understanding of the truth of any matter is absolute where human understanding is always incomplete.

We cannot act under the delusion that what **we** think or say is the entire truth or the truth at all. Believing that what comes out of our mouths is "The Absolute Truth" is harmful and leads to dis-unifying behavior.

**Facilitator asks** a participant to read this quotation in a loud voice:

**“They must in every matter search out the truth and not insist upon their own opinion, for stubbornness and persistence in one’s views will lead ultimately to discord and wrangling and the truth will remain hidden. The honored members must with all freedom express their own thoughts, and it is in no wise permissible for one to belittle the thought of another, nay, he must with moderation set forth the truth, and should differences of opinion arise a majority of voices must prevail, and all must obey and submit to the majority.”**

- Bahá'í Reference Library: *Selections from the Writings of ‘Abdu’l-Bahá: 45*

**Facilitator shares Image C** with participants:

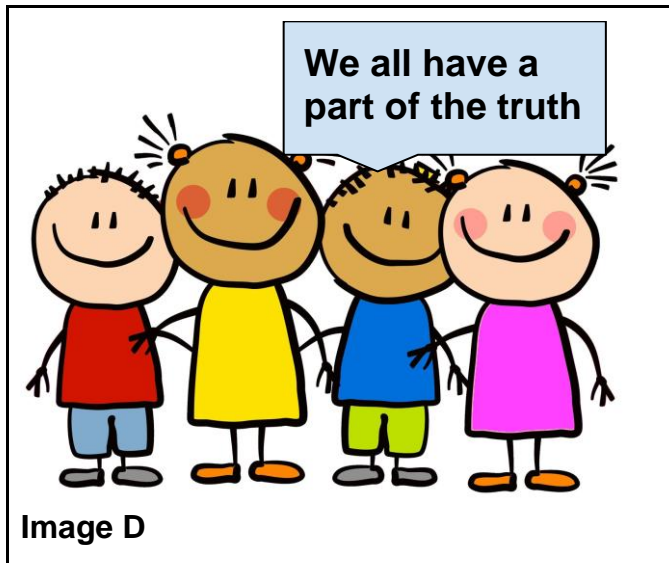


**Facilitator asks:** participant to read the following in a loud voice:

**We get angry whenever we think that what comes out of our own mouth is the only truth.**

**Facilitator says:** In consultation and in life we can only hope to continually make progress in acquiring virtues. All we can do is humbly add our contributions to the truth.

**Facilitator shares Image D with participants:**



**Facilitator closing remarks:** We are happy, and we get along better with our family, friends, co-workers and our teammates whenever we give our part of the truth -- our ideas and opinions -- to a group. We have unity. We see our opinions as a gift to the group. Then the group consults together and finds the truth.

There are nine prime requisites of consultation. There are nine justices on the U.S. Supreme Court. Bahá'í administrative groups also have nine members. Consider the possibility that the nine prime requisites are symbolic of the nine members of a consultative group. In such a group, the individual participants might excel in a particular spiritual quality such as purity or humility. The nine spiritual qualities are but nine drops out the boundless ocean of God's divine qualities.

Our ability to reflect humility, purity, radiance, detachment etc. will evolve throughout eternity.

It is pure egotism that we think we can ever have 100% of any truth. If we think that what we have said is the "entire truth" then why would we listen to what anyone else in the group has to say? Why should we listen to what our friends, our spouse, or children have to say? "I am on the 'planet of truth' all by myself." It is hard to have compassion for others when we are on a planet by ourselves. Our best chance is to always rely on God and the collective wisdom of others. We should turn to consultation to improve every decision we need to make -- decisions in our one-on-one relationships, our family, our work, and our leadership groups.

Consultation is a practical tool used to solve spiritual and material problems in every situation. If there is no spiritual component to consultation, all is left is a harmful fight for

power. This distortion of true consultation is often seen in the business world. In professional relationships one is expected to express an expert opinion with total confidence. Anything else would be seen as a sign of weakness and ignorance. It is valued to agree with someone in the group who you see as more powerful and to disagree with someone who you think is less powerful. Even in the professional world, the promotion of self and the quest for power will eventually destroy all relationships -- including business relationships.

We all have blind spots. This is God's plan to help us to see truth more clearly. It forces us to rely on the input of others and listen with compassion and with an open mind. We all need each other. This is the driving force behind the eventual establishment of the oneness of mankind.

See Consultation Appendix for further explanation of the value of consulting in groups.

**To the Facilitator and all participants:**

**Facilitator says: The physical world has been created by God to teach us deep spiritual concepts. It is the hope of the creators of this activity that we all make the transition as quickly as possible, from being student participants, to being teachers, sharing these ideas with others. Spiritual concepts are the building blocks for an ever-progressing world civilization.**

**Please feel free to adapt this material to best meet the unique needs of different groups.**



## Children's Activity # 1

Materials in Resource Section

Document with text to be read aloud by participants. Facilitator may choose to use a projector.

**Note to facilitator:** It would be a far less angry and a more peaceful world if children were to understand true consultation. We need to understand that there is a direct connection between voicing our own opinion "as correct" and our becoming angry. Consultation comes to an end when we make this mistake in a personal relationship or in a formal group.

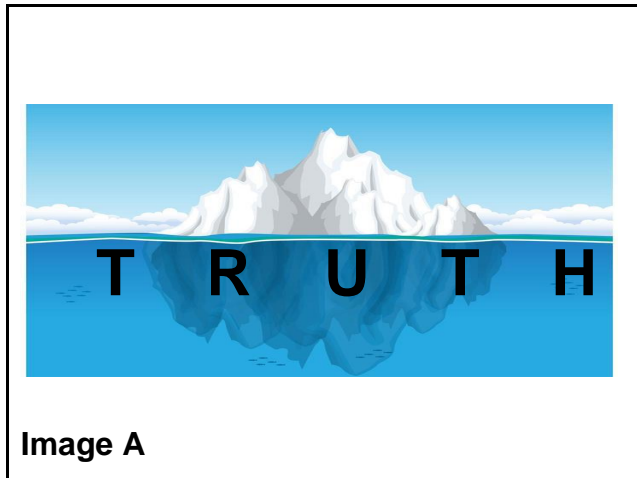
**"He who expresses an opinion should not voice it as correct and right but set it forth as a contribution to the consensus of opinion."**

- Bahá'í Reference Library: *Promulgation of Universal Peace*: 31

**Facilitator says:** Let's talk about "truth". What does truth mean to you?

**Participants respond**

**Facilitator shares large size Image A** of iceberg with participants:



**Facilitator says:** Truth is spelled **T-R-U-T-H**. We don't have the whole truth until we have all the letters -- all the parts. If we just see the top of the picture, we may think it is a picture of mountains. We have to see the whole picture, top and bottom to know it is a whole iceberg.

We are going to play a game. We are to learn some parts of the truth -- some facts -- and then put them together to make the whole truth. There is a mystery object in this box. We are going to find out what it is by looking at the parts of the truth.

**Facilitator chooses** five participants to come up in front of the group.

**Facilitator holds up the mystery box and says:** We have a mystery box here. We have to find out the Truth of what is in this box. Remember Truth has five letters: T-R-U-T-H. I am going to put the “**T**” necklace describing what is in our mystery box on participant #1

**Facilitator Places T** necklace on child #1.

**Participant or Facilitator reads text on card #1: “It’s red”**

**Facilitator says:** Now attach your part of the truth to a tip of the iceberg.

**Facilitator Places R** necklace on child #2.

**Participant or Facilitator reads text on card #2: “It’s round”**

**Facilitator says:** Now attach your part of the truth to a tip of the iceberg.

**Facilitator Places U** necklace on child #3

**Participant or Facilitator reads text on card #3: “It’s soft”**

**Facilitator says:** Now attach your part of the truth to a tip of the iceberg.

**Facilitator Places T** necklace on child #4.

**Participant or Facilitator reads text on card #4: “It can be tossed in the air”**

**Facilitator says:** Now attach your part of the truth to a tip of the iceberg.

**Facilitator says:** Let’s review all the parts of the truth so far. The mystery item in the box is red, round, soft and it can be tossed in the air.  
What guesses do we have?

**Participants respond** {usual response is “ball”}

**Facilitator says:**

You each have a part of the truth but you don’t know the whole truth. There is one more person we haven’t heard from.

**Facilitator Places the H** necklace on child #5.

**Facilitator reads text on card #5: “It has a white beard”**

**Facilitator says:** Now attach your part of the truth to a tip of the iceberg.

**Facilitator asks:** Now can we figure out what can our mystery item be?

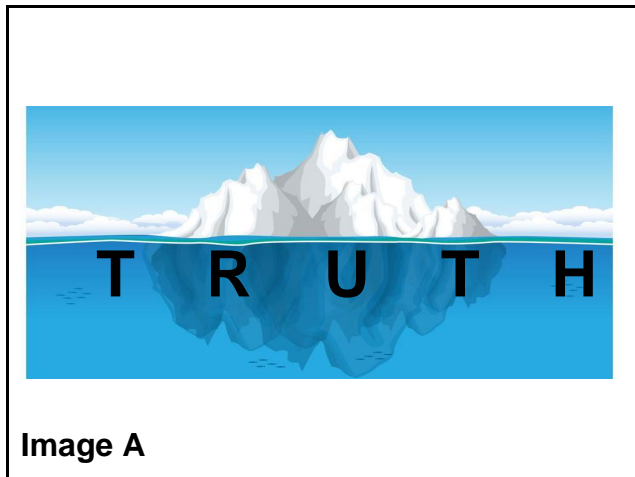
## Participants respond with guesses

**Facilitator shares Image E** with participants and removes the Santa Claus doll or image of doll from mystery box.



**Facilitator says:** Now we see that we didn't know the whole truth until we had all the parts of the truth. We needed to wait until we had all the facts. We guessed that there was a ball in the box, but it was a Santa Claus toy.

**Facilitator again shares large size Image A** of iceberg with participants:



**Facilitator removes text cards or sticky notes from iceberg poster**

**Facilitator says:** Now let's read the story of ***Seven Blind Mice***

As I read the story, we will add pictures of the parts of the truth on the tips of our iceberg. When we finish the story, we will add the picture of the whole truth. If you figure out the whole truth before we finish the story, please do not say it. We want to wait until everyone has heard the whole story.

**Facilitator reads story and during reading, gives** corresponding images of pillar, snake, spear, cliff, fan and rope to participants and ask them to attach each on a tip of the iceberg picture.



**Image F**



**Image G**



**Image H**



**Image I**



**Image J**

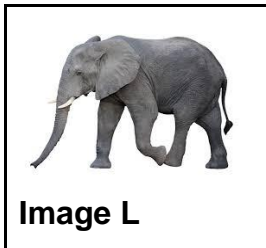


**Facilitator pauses** after all the images have been placed on all the tips of the iceberg before reading the end of the story to allow participants to guess what the whole truth is.

**Facilitator asks:** Now what do we think the whole truth is?

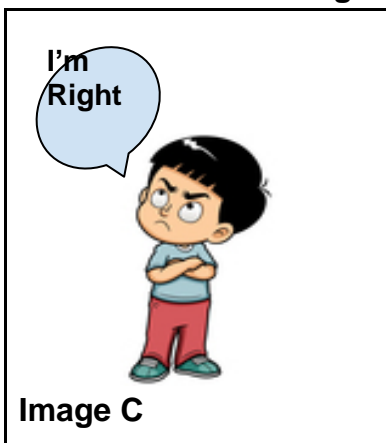
Participants respond: {probable response: Elephant}

**Facilitator shares Image L** of Elephant and attaches it to the body of the iceberg which is under water.



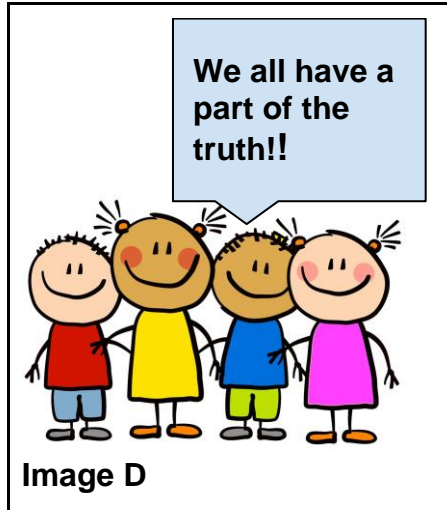
**Facilitator's closing remarks:** When we want to make important decisions, we all need to talk together. This is called consultation. We all have parts of the whole truth. When we put them together, we have a better chance of learning more of the truth.

**Facilitator shares Image C** with participants:



**Facilitator says:** We get angry whenever we think that what comes out of our own mouth is the only truth. We are mad when other people don't see things in exactly the same way we do.

**Facilitator shares Image D** with participants:



**Facilitator says:** We are happy, and we get along better with our friends and our teammates whenever we give our part of the truth -- our ideas and opinions -- to a group. We have unity. We see our opinions as a gift to the group. Then the group consults together and finds the truth.

**Children’s Activity 2** (appropriate for middle elementary and older)

Materials in Resource Section

Document with text to be read aloud by participants. Facilitator may choose to use a projector.

**Note to facilitator:** It would be a far less angry and a more peaceful world if children were to understand true consultation. We need to understand that there is a direct connection between voicing our own opinion “as correct” and our becoming angry. Consultation comes to an end when we make this mistake in a personal relationship or in a formal group.

**“He who expresses an opinion should not voice it as correct and right but set it forth as a contribution to the consensus of opinion.”**

- Bahá’í Reference Library: *Promulgation of Universal Peace*: 31

**Facilitator says:** Sometimes we need to work together in team to solve difficult problems.

**Facilitator asks:** Who knows some of the rules for working together?

**Participants respond** - 1 minute

**Facilitator says:** That’s right! Everyone needs to have a turn to share what they think -- to give their opinion, and everyone listens to each other.

Everyone has a part of the truth. When we all share our parts of the truth, we have a good chance of figuring out the whole truth. This is called consultation.

Let’s pretend that we are in a camping club and your club is planning a weekend camping trip in the mountains. The club can take only one small “survival backpack”.

We will have a planning meeting to talk about and decide which 5 items will go into the survival backpack.

**Facilitator shares Image M** - list of 10 possible survival items with participants:

**LIST OF POSSIBLE ITEMS FOR SURVIVAL BACKPACK**

1. First aid kit
2. A big bag of candy
3. Rain jacket
4. Bar of soap
5. Big plastic bottle of water
6. A hat – protection from the sun
7. Teddy bear
8. Bug spray
9. A story book
10. Map of the camping area

**Image M**

**Facilitator says:** This is the list of possible items which may be chosen for our survival backpack.

**Facilitator gives** participants item list/response sheet.

**Facilitator says:** First we are each going to fill out our own sheet first by ourselves. We will fill in the left side of the sheet: “My List for the Survival Backpack”

**Allow 4-5 minutes for participants to fill out individual section of response sheet. Assist participants as needed.**

**Facilitator says:** Keep our response sheets. We will use them again later. Now we are going to form teams of 3.

**Facilitator:** places participants in groups of 3.

**Facilitator says:** Now groups of three should form a triangle.

**Facilitator: distributes three cards attached to strings to each group.**  
Text on cards: Card - Bug Spray; Card – sun hat; Card - Sunscreen

**Facilitator says:** In each group each person reads what is on their card. Hold the string in your lap and place your cards in the center of the triangle touching each other. Cards can't be on top of each other. Take turns trying to convince the others in the



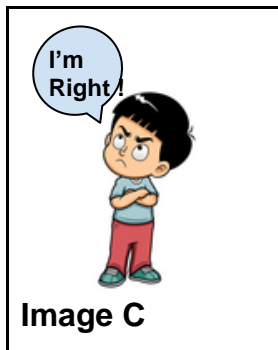
group that your item is very important and needs to be put into the survival backpack. Remember, we must use kind words and not try to force our opinions on our partners. Everyone must have an equal chance to give their opinion.

### **Participants respond in groups for 1-2 minutes**

**Facilitator says:** We see that all three could be equal. They could all be equally important items to put in the backpack. We can see that no one's idea is bigger or closer to the center or more important than the other ones.

When you have to make big decisions just by yourself, it is harder to do. When you work in a group, you can make better decisions. Everyone has a part of a truth. When we put these parts together we have the best chance of getting the whole truth.

**Facilitator shares Image C** with participants:



**Facilitator says:** We get angry whenever we think that what comes out of our own mouth is the only truth. Now in our same teams we are going to do the backpack activity again. This time we are going to talk together and give our opinions equally and listen to each other equally. We will give our opinions -- not as being the only one with the whole truth. We will each offer what we think as a part of the whole truth -- as a contribution to the group opinion.

Now each team will work to decide which five items the group thinks are the most important to pack in its survival backpack. Each team member will write their group's responses on the right side of the sheet under the heading: "Group List for Survival Backpack."

The responses on this side will be the same on each team member's sheet because the team consulted together to make their decisions. Remember, we are each going to give our opinion. Everyone's opinion is equally important. But then we consult. We talk about it and decide as a group which five items are most important. Hopefully, after discussion, all three team members will agree on the same five items to pack for the camping trip. Maybe one team member thought one way, but after listening to the other

members on the team, changed his or her mind. It is still okay if all three team members do not immediately agree on an item or even agree after discussion. In this case, the group can vote among the team members. If two team members out of the three team members agree an item should be one of the most important for the camping list, then it is okay to put the item on the list. Remember in consultation we don't argue or try to force our opinions on our team members. Different teams will probably not have the exact same survival items on their lists. That is okay. What is most important is that each team works together to consult -- to make a group decision.

**Allow 5-6 minutes for groups to consult together and to complete “Group List for Survival Backpack” column.**

**Facilitator asks:** How did you feel about working together in a group? What did you notice?

**Participants respond**

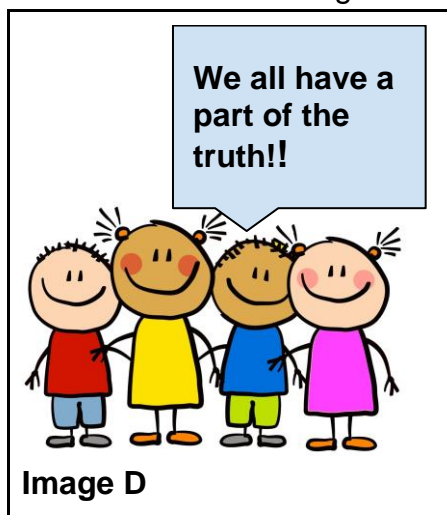
**Facilitator asks:** Did everyone share their ideas?

**Participants respond**

**Facilitator says:** I noticed that when everyone respects each other and listens to each other we can solve big and small problems.

**Facilitator asks:** a member of each team to read aloud team responses.

**Facilitator shares Image D** with participants:

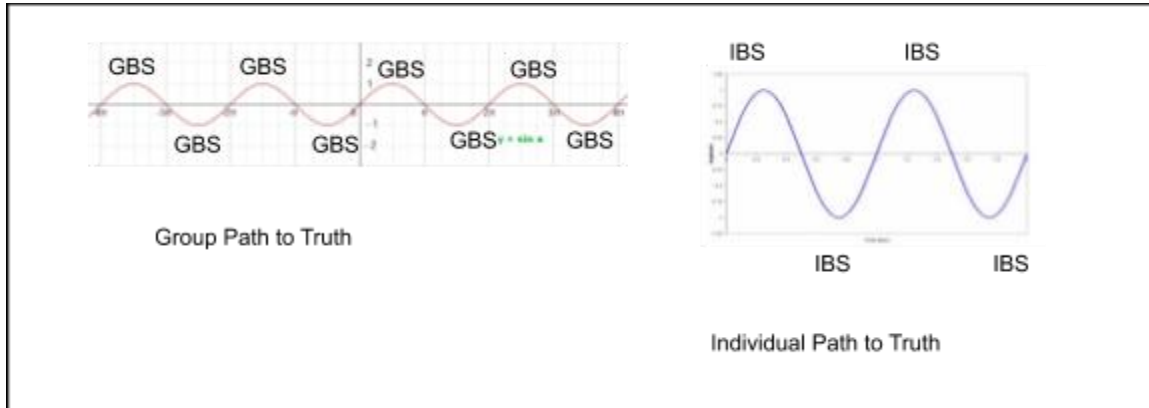


**Closing Remarks:** We are happy, and we get along better with our friends and our teammates whenever we give our part of the truth -- our ideas and opinions -- to a group. We have unity. We see our opinions as a gift to the group. Then the group consults together and finds the truth.

**Printable resources follow appendix**

## Appendix: Consultation

There is a wisdom in the fact that in the Baha'i consultative process, we most often consult in groups of nine. If a group is too small, you will not be able to overcome the natural tendency of individuals to have individual blind spots. You won't have the group wisdom. A group may also be dominated by the more vocal extraverts and take control of the group. This will create group blind spots (GBS). The introverts will tend to be quiet. As the group becomes larger, the extroverts will become more extroverted and the introverts will become more introverted.



The high and low points of the sine curve represent blind spots. You will notice that on the group path to the truth the blind spots tend to be less severe than on the individual path to truth. The time it takes to reach the truth at the center line is markedly less. People in a consultative group will be able to see more clearly as each of their contributions are polished and tempered by the rest of the group.

## **Resources:**

### **Adult Activity**

#### **Materials:**

What We Need to Survive When Lost at Sea Activity Sheet

What We Need to Survive When Lost at Sea Scoring Sheet

“Rationale Sheet”

Images **A-D**

### **Children’s Activity 1**

#### **Materials:**

Box with opening cut into top

Small Santa Claus doll or image of doll

5 “Letter” Necklaces of yarn - each with one 4 inch paper letter attached:

“**T**”; “**R**”; “**U**”; “**T**”; “**H**”

5 small blank cards (sticky note paper may be used in place of cards)

tape

**Text on cards: “It is red”; “It is round”; “It is soft”; “It can be tossed in the air”; “It has a white beard”**

Large-sized Image or drawn representation of Image **A**

Images: **A, C, D, E, F, G, H, I, J, K, L**

### **Children’s Activity 2**

#### **Materials:**

“Survival backpack list and response sheet”

Cards attached to 30 cm. strings: one set for each group -

text:: Card 1 - “bug spray”; Card 2 - “sunscreen”; Card 3 - “sun hat”

Large size list of 10 possible survival items needed.

Image **M, C, D**

“Camping Club Trip Survival Backpack” participant response sheets (enough for each participant.)

Images:

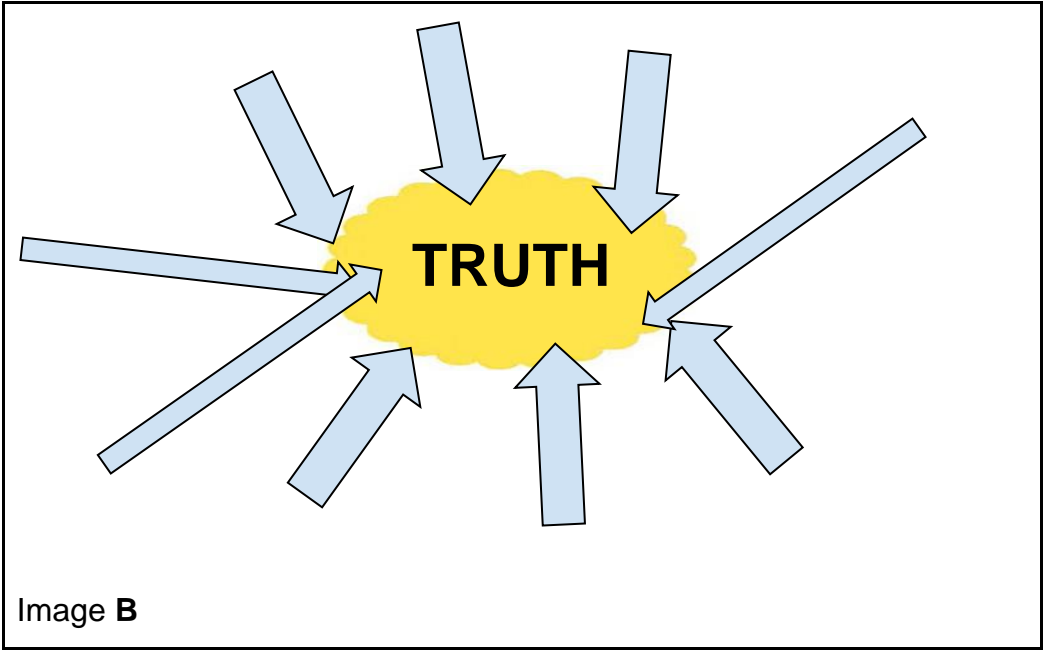
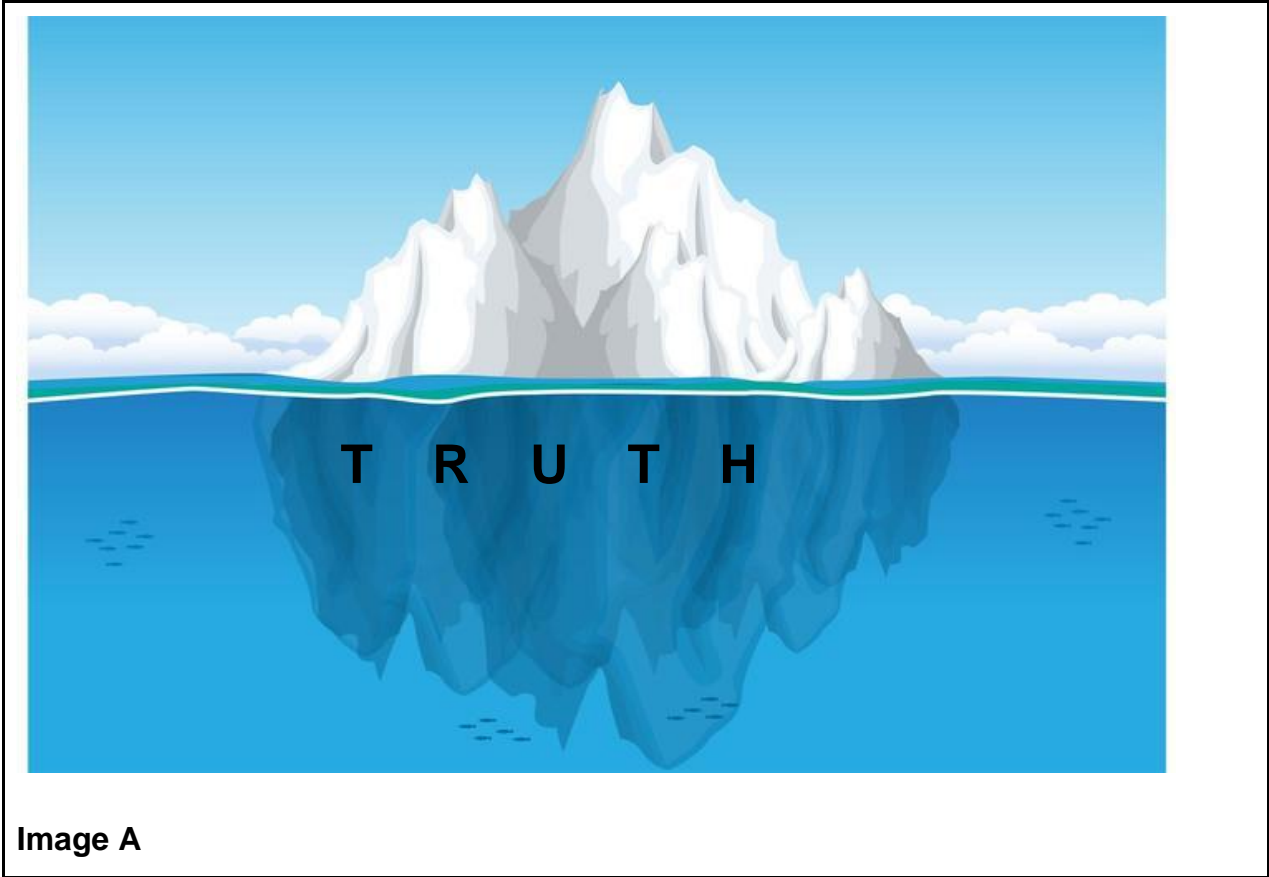




Image C

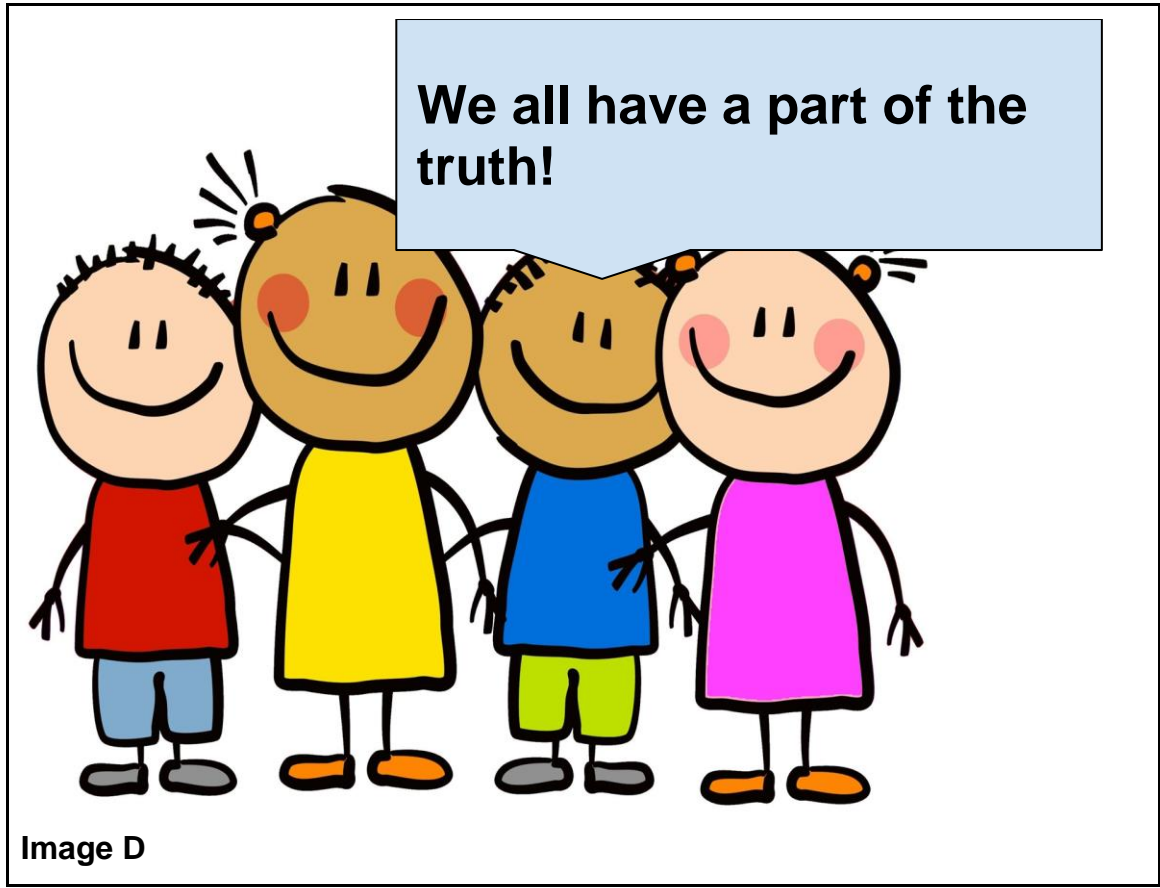


Image D



Image E



Image F



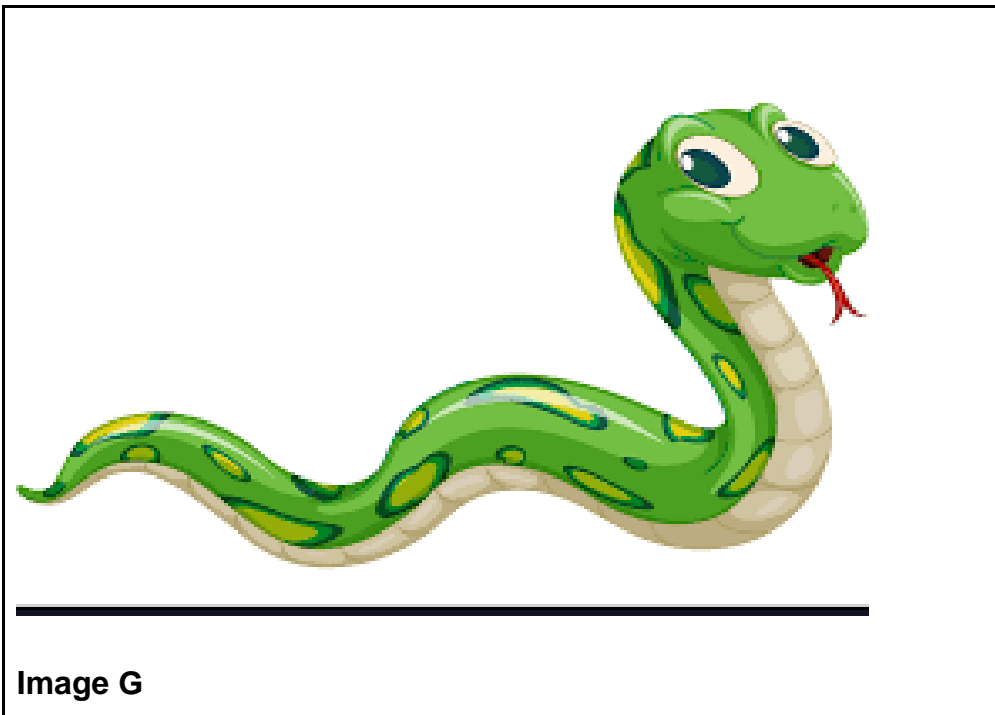


Image G



Image H



**Image I**



**Image J**



Image K



Image L

**LIST OF POSSIBLE ITEMS FOR SURVIVAL BACKPACK**

1. First aid kit
2. A big bag of candy
3. Rain jacket
4. Bar of soap
5. Big plastic bottle of water
6. Hat - protection from the sun
7. Teddy bear
8. Bug spray
9. Story book
10. Map of the camping area

**Image M**

### **Sheet for Adult Activity**

**What We Need to Survive When Lost at Sea - Well-known and widely used activity**

**YOUR CHANCES OF SURVIVAL WILL DEPEND UPON YOUR ABILITY TO RANK THESE ITEMS IN THEIR RELATIVE ORDER OF IMPORTANCE:**

1. A sextant
2. A shaving mirror
3. A quantity of mosquito netting
4. A 5 gallon can of water
5. A case of army rations
6. Maps of the Pacific Ocean
7. A floating seat cushion
8. A 2 gallon can of oil/petrol
9. A small transistor radio
10. 20 square feet of Opaque sheeting
11. Shark repellent
12. One quart of rum
13. 15ft nylon rope
14. 2 boxes of chocolate bars
15. A fishing kit

\*Someone in the lifeboat may have matches or a lighter

Sheet for Adult Activity  
**Lost at Sea Scoring sheet**

	<b>Self</b>	<b>Group</b>	<b>Actual Order</b>
<b>1.</b>			
<b>2.</b>			
<b>3.</b>			
<b>4.</b>			
<b>5.</b>			
<b>6.</b>			
<b>7.</b>			
<b>8.</b>			
<b>9.</b>			
<b>10.</b>			
<b>11.</b>			
<b>12.</b>			
<b>13.</b>			
<b>14.</b>			
<b>15.</b>			

### **Sheet for adult activity Lost at Sea Rationale**

According to the experts (US Coast Guard), the basic supplies needed when a person is stranded mid-ocean are articles to attract attention and articles to aid survival until rescue arrives. Articles for navigation are of little importance since even if a small life raft were capable of reaching land, it would be impossible to store enough food and water to survive for the requisite amount of time.

Without signaling devices, there is almost no chance of being spotted and ultimately rescued. Furthermore, most rescues occur within the first 36 hours and a person can survive with only a minimum of food and water during that period.

So, the following is the order of ranking the items in their importance to your survival:

1. Shaving Mirror - Critical for signaling
2. 2 gallon can of oil/petrol mixture - Critical for signaling. The mixture will float on water and could be ignited with one of the maps and a match/lighter if someone in boat has one.
3. 5 gallon can of water - Necessary to replenish fluids lost through perspiration
4. One case of army rations - Basic food intake
5. 20 square feet of opaque plastic - Can be utilized to collect rainwater and provide shelter from the elements
6. 2 boxes of chocolate bars - Reserve food supply
7. Fishing kit - Ranked lower than the chocolate – no guarantee fish will be caught.
8. 15ft of nylon rope could be used to lash people or equipment together to prevent items from being washed overboard.
9. Floating seat cushion could be used as a life preserver if someone fell overboard
10. Shark repellent – Only effective 50% of the time
11. One quart of 160 per cent proof rum Contains 80% alcohol, which is enough to be used as an antiseptic for any injuries, otherwise of little value – would cause dehydration if ingested
12. Small transistor radio - Of no use without a transmitter. You would also be out of range of any radio station.
13. Maps of the Pacific Ocean - Worthless without navigation equipment. It doesn't matter where you are but where the rescuers are!
14. Mosquito netting -There are NO mosquitoes in the mid-pacific. Not very useful for fishing.
15. Sextant - Useless without the relevant tables and a chronometer.

Sheet for Children's Activity

**Camping Club Trip Survival Backpack list and response sheet:**

**Name** \_\_\_\_\_

**Group**

**Members** \_\_\_\_\_

**Choose the five most important items to pack in your backpack**

1. First aid kit
2. A big bag of candy
3. Rain jacket
4. Bar of soap
5. Big plastic bottle of water
6. A hat - protection from sun
7. Teddy bear
8. Bug spray
9. Story book
10. Map of the camping area

<b>My List for the survival backpack</b>	<b>Group List for the survival backpack</b>
1	1
2	2
3	3
4	4
5	5