

Nature calling – how to use the forest for shelter, navigation and safe fire for cooking or keeping warm

KidsLikeUs | 20250528 Henrik Elming YogaYou Sweden

<https://interreg-baltic.eu/project/kidslikeus/>





Instruction how a child can build a wind shelter and make a safe fire for relaxing or to keep warm during night, and how to use nature for navigation when in the forest or when lost.

Aim

Set the scene

REQUIREMENTS

- Forest with large trees, preferably spruce
- Dead branches, smaller logs
- Preferably spruce branches, if not available, use leafy branches
- Dry moss and leaves

Time Requirement: The wind shelter should not take more than an hour to build, as taking longer increases the risk of becoming tired and expending too much energy.

Location: Find a dry spot, preferably slightly elevated to avoid dampness and rain accumulation. The location should be on the side of the tree sheltered from the wind. Choose based on wind direction and use the tree's branches as protection. Select a large spruce tree.

Setting the scene

Step-by-step for construction

- Prepare the ground: Try to make the place where you will lie as flat as possible. Remove any loose stones.
- Collect materials: Gather branches, twigs, loose sticks, and smaller logs. Lean the logs and sticks against the tree to create a space under the slanting smaller logs or branches. The slope should allow you to sit and lean against the tree trunk while lying flat under the shelter.
- Build the base: Collect larger spruce branches about a meter long. These will be used for lying on and for building the shelter's walls and roof. The bottom should have a ten-centimeter-thick layer of spruce branches.
- Construct the shelter: Use the spruce branches as a cover, placing them on the ground first and then along the logs and sticks you've set up, ensuring they shield against rain, sun, and wind. Weave the spruce branches over the branches you've laid as the roof and wall. The broken end of the branches should face up to make weaving easier. The roof should be thick enough that you can't see through it. If it rains, additional sealing can be done using moss and leaves.
- Rest and conserve energy: Sleep and stay calm to conserve your energy.

**Cut or find a smal beam this is
the roof ridge aprox. 3 meter
long**



Then estimate the angel of the roof ridge



- Prepare the ground: Try to make the place where you will lie as flat as possible.
Remove any loose stones.

Aprox 1.5 meter high above ground



The slope should allow you to sit and lean against the tree trunk while lying flat under the shelter.

Find sticks 1.5 meter



This will make the roof side smaller logs



That's it..



Collect branches needle or leaf start to make protection roof

- Collect materials: Gather branches, twigs, loose sticks, and smaller logs. Lean the logs and sticks against the tree to create a space under the slanting smaller logs or branches.





Break the
branches by
hand



Roof ok!



Make sure to have
enough branches
for floor, roof and
quilt



Floor about 1 dm thick



A man with a beard and a cap is in a forest, collecting dry branches. He is wearing a green t-shirt and dark pants. The background is filled with green foliage and trees.

Making a fire in a safe way for heating or cooking

Find dead branches from the trees, pick a lot of them, make a ring of stones for a safety place to make a fire

Preparing the fireplace



**Take the
smallest and
break into
pieces first**



Dry wood



Prepare for a long-time fire



Start burning small handfuls with a match, ignition steel or lighter



Put the smaller dry branches
carefully on the fire



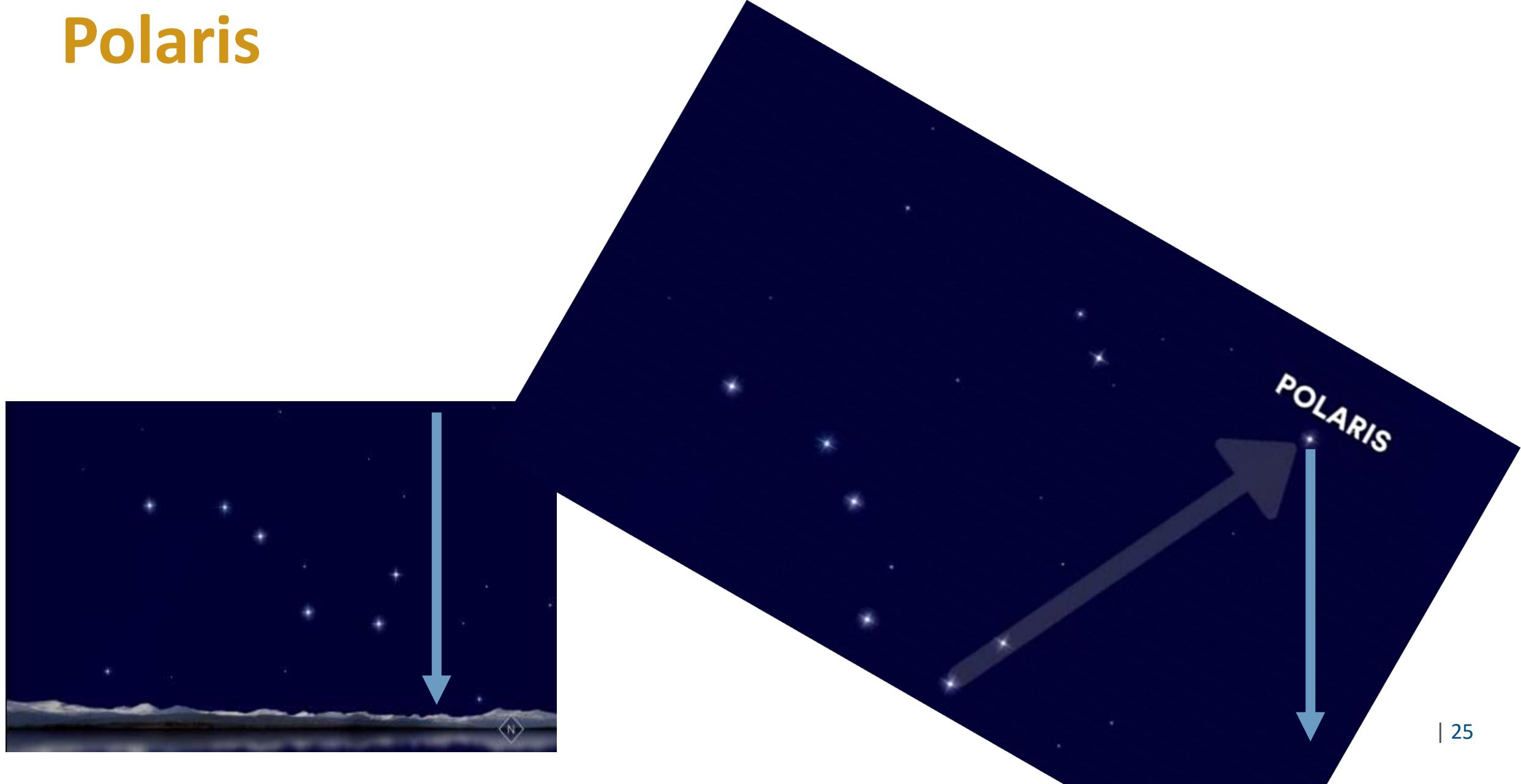
Then thicker dry branches...



Add on bigger
branches and wood
and then cook
dinner or just keep
warm and cozy.
Afterwards – make
sure the fire is
totally out



Navigate the “Big Dipper, Polaris



Trees branches are more against south



Tree branch growth: On pines and deciduous trees, most branches grow towards the south

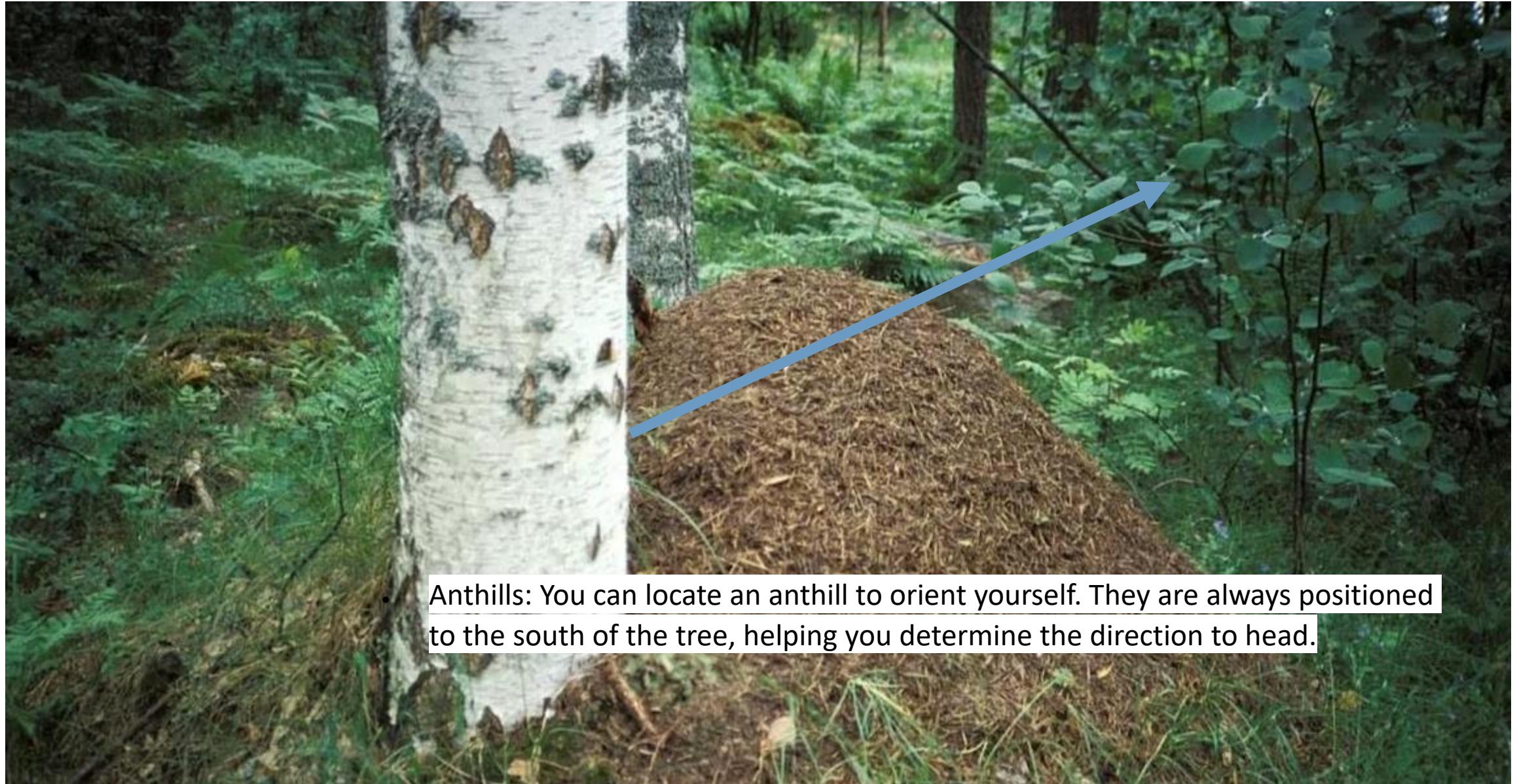


**-The sun at 12 a clock always
against south**

-Sun rises at east

-Sunset at west

Anthill



- Anthills: You can locate an anthill to orient yourself. They are always positioned to the south of the tree, helping you determine the direction to head.

How it works

The aim is to maintain your physical condition and avoid getting wet and cold, enabling you to stay outdoors overnight without special equipment. This knowledge is also useful for camping even if not lost, to utilize nature's resources with minimal impact.

Outdoor Experience: Sleeping in a wind shelter creates a closer connection to nature, calms the mind, and induces relaxation. Outdoor activities stimulate creativity, build confidence in survival skills, and motivate spending more time in nature.

Quotes from parents

KidsLikeUs project has inspired kids and families from Ukraine

"The children like to be in the nature, in school they sit still a lot. They are active and like to be in the forest"



Wordcloud



A wordcloud diagram centered around survival activities and the natural environment. The words are arranged in a roughly circular pattern, with larger words indicating higher frequency. The colors of the words vary, with some being green and others blue, suggesting different categories or types of concepts.

Rest

Activities

Make shelter

Fire

Forest are scary and nice

Navigate

Walk in nature

Know how to keep warm

Contacts

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Source: outdoor film (some pictures are from there: youtube överleva i skogen – Peter Persson)

Photographer: Tobias Andersson

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