

# A PATIENT SURVIVOR



## Patience is:

- \* Waiting calmly without getting upset.
- \* Trusting that things will turn out right in the end.

## LEARNING OBJECTIVES:

**To understand that patience can be essential in dealing with difficulties.**

### Suggested Resources:

Space - preferably in a hall or cleared classroom.

### Script:

“Today I am going to read the true story of a lady who survived for 11 days after falling into a ravine. When I have finished I will ask you to discuss not only how her impatience got her into trouble in the first place, but how patience helped her to survive her ordeal.”

*Teresa Bordais, a 62 year-old French woman, was hiking with a group of ramblers in a National Park in Spain when she lost her way and slipped down a 60ft ravine.*

*“We were a group of fourteen hikers. It was early afternoon, and we were searching for a track which we’d already been down a few years ago, but which we couldn’t find again. I then made an error which I’d never made before and I left the group and I went ahead. I got lost and then night fell. I decided to descend the mountain to try and find a place to sleep for the night. There I slipped and fell into the ravine. Next day I tried to get out but it was impossible.”*

*Mrs Bordais had no food or water but survived on the leaves of plants she observed the birds eating, as well as sipping rain water.*

*Despite searching for Teresa for nearly eleven days her rescuers failed to find her until a red shirt she had left drying on a rock was spotted from the air.*

*“It was very lucky that we found her,” said Captain Garijo, the leader of the mountain rescue team. “After 11 days of searching we had almost given up hope and were about to call off the search when we spotted her shirt,” he said.*

*Teresa was found unharmed despite her lack of food and*

*water and the cold temperatures at night.*

*“We found her in La Pardina, the deepest canyon in the area after a search made difficult because the mountains in that area are thick with trees and rocky crevices,” said Captain Garijo. “We were simply amazed to find her.”*

*She heard helicopters searching for her but could not attract their attention. When the rescue team found her they had to airlift her to safety using a long rope. At the hospital the doctors said. “She just needs a good meal and a decent night’s sleep,”*

*“This won’t put me off rambling,” said Mrs Bordais “but I won’t be walking in the mountains again soon.”*

### How did Teresa Bordais’ impatience get her into trouble?

She wanted to go ahead of the rest of her group and ended up becoming separated from them. She then fell into the ravine.

### How did she use patience to help increase her chances of survival?

She patiently observed what leaves the birds were eating and then copied them avoiding anything poisonous. She sipped small amounts of rainwater.

### What could have happened if she was not patient?

She could have eaten something which could have harmed her.

### How did the rescue team use patience in their search?

They kept patiently searching for Teresa Bordais for 11 days even when it was difficult and they had given up hope.





Now we are going to look at how we can develop our own ability to be patient by selecting some games which encourage us to wait and think before acting.

### Suggested Activities:

Have the class research and select simple games that will encourage patience. For example

Pick Up Sticks: [http://en.wikipedia.org/wiki/Pick-up\\_sticks](http://en.wikipedia.org/wiki/Pick-up_sticks) [available 03/15]

Jenga: <http://en.wikipedia.org/wiki/Jenga> [available 03/15]

Dots and Boxes: [http://en.wikipedia.org/wiki/Dots\\_and\\_Boxes](http://en.wikipedia.org/wiki/Dots_and_Boxes) [available 03/15]

Draughts or Chequers

Nine Men's Morris: [http://en.wikipedia.org/wiki/Nine\\_Men%27s\\_Morris](http://en.wikipedia.org/wiki/Nine_Men%27s_Morris) [available 03/15]

Following this they could then prepare the equipment and learn the rules needed to play each game for the follow up session on patience *Year 4 – Games That Develop Patience*.

