

Blood, Sweat, and Fears

The Hardships of the Lewis and Clark Expedition

Theme: The Army Value of Personal Courage played a tremendous part in surviving the hardships of the Lewis and Clark Expedition.

Audience: Elementary School children in Washington DC

Goals:

Cognitive: I want my audience to understand personal courage and that the Expedition was not a fun, easy camping trip.

Emotional: I want my audience to have feel a sense of how personal courage played a role in the journey and thankfulness that others before them took the journey to make our lives easier today.

Behavioral: I want my audience to practice values of personal courage within their own lives.

Objectives:

Cognitive: After my presentation, 70% of my audience will be able to list at least 3 hardships during the expedition.

Emotional: After my presentation, 50% of my audience will be aware of and practice personal courage in their lives.

Behavioral: After my presentation, letters to soldiers stationed overseas will increase 30%.

Introduction: greetings everyone! I am **Name** and I work for the US Army Corps of Engineers in **place**. Today I am here to talk to

you about BLOOD, SWEAT AND FEARS, and a group of people who showed a lot of personal courage during an amazing trip. Does anyone know of such a group of people? What? Lewis and Clark??? That's right! But before we get into the BLOOD, SWEAT AND FEARS, I want to talk about personal courage. Can someone here give me an example of courage? Well during the next 30 minutes, I want you to listen for things that happened during this journey that the expedition might have needed courage to handle and whether you would have wanted to be there for the BLOOD, SWEAT AND FEARS!

Subtheme 1: Imagine the courage it took to face the fears of the expedition.

Topics to cover: Fear of unknown

No roads, no McDonalds, no fleece,
Grizzly Bears,

Subtheme 2: Imagine the work it took and the sweat you would create over the next 3 years. It took courage to keep on going!

Topics to cover: Portaging 20 tons

Mosquitos

Food - ate 9 lbs of meat or 36 quarterpounders a
day – someone had to hunt it!

Roots, rotten elk, horses, dogs, candles

Struggles with weather – heat, humidity, wind and
dust storms, snow, rain for days on end.

Subtheme 3: Imagine what kind of medical supplies they had. It took a lot of courage to be ill 200 years ago.

Topics to cover: Moccasins and thorns

Rush's Thunderbolts

Bloodletting

Conclusion: So after hearing the BLOOD, SWEAT and FEARS would you have wanted to be part of the Lewis and Clark

Expedition? What are some of the struggles they used courage to overcome? For an Army Expedition they sure had some courageous people! Today's Army isn't a whole lot different. Sure they wear different uniforms and have much better technology. (and no more Rush's Thunderbolts!) They still have the same values that the Lewis and Clark Expedition had, including personal courage. We all need to have a lot of personal courage now days, right?

If you get a chance, you might want to write to some of our courageous soldiers overseas and tell them what you learned about today and let them know how courageous they are just like the Lewis and Clark Expedition.

Length of Program: 30 minutes

Materials: Items in discovery trunk, if have time I go into mapping and use compass sets

Research Sources: Discovery Trunk, Journals, Army brochure experience, Corps Lewis and Clark training