**H.E.L.P. Strategy PLAN**

**Write a ‘Message in a Bottle’ Letter**

**First, pick a friend or family member:**

**H**elp!!

-       Then tell them you are stranded
-       Also tell them you need help or you need to be rescued

**E**xplain (include details about how you got stranded)

-       Were you on a plane that had an emergency landing?
-       Did your boat crash into an island?
-       Did your boat run out of gas while fishing?

**L**ocation (where are you?)

-       Where were you going?
-       Where did you end up?

**P**lead (ask) for help! (ask to be rescued again)

-       Come rescue me!
-       I need help!
-       Take me off this island!

**Last, sign the letter with your name**