**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**