**Planning template for Significant Connections Essay**

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| **Text title** | **Sections which show connection:**  "How mental strength is as important as physical ability when trying to survive." | **Supportive quotations** | **What this teaches the reader/viewer** |
| 1) Touching the Void | **First section of text that shows this:**  *Simon makes the decision to get Joe down the mountain even though he is physically exhausted, dehydrated and has frostbite.* | *“I was tired of this grinding need to concentrate all the time. The mountain had lost its excitement, its novelty, and I wanted to get off it as soon as possible.” p.68* | *That the physical condition of our bodies affects our mental processes; that one aspect of our being is dependent on the other and our mind will not function logically when the body is tired or dehydrated.* |
| *“I knew I couldn’t leave him while he was still fighting for it.” p.78* | *Despite being exhausted, our brain has the ability to override what we are physically feeling and make what may seem to be an illogical decision. Our emotions can override what we are physically feelings.* |
| *“If we dig a bucket seat, I should be able to hold you.” p.80 “It would be quicker if you lowered me on two ropes…He nodded in agreement.” p.80 “Simon nodded at me and grinned. Encouraged by his confidence I lifted my feet and began to slide down.” p.81* | *When we are encouraged, we can ignore the physical pain and discomfort of our body and make decisions to persevere, despite what we feel.* |
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