Giving first aid



**Activity type**

Learn

**Suggested timing**

10-15 minutes

**Method**

Group learning

Learning objectives

**What you need**



**Pens and paper**

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**Giving first aid ‘outline of a person’ worksheet**



**PowerPoint**

* Understand what first aid is
* Explain some situations where someone might need to give someone first aid

## OverviewHelp children think about the types of injury or illness that may lead to someone needing first aid, so that they begin to build the willingness, ability and confidence to act.

## Preparation

## Print out the Giving first aid ‘outline of a person’ worksheet – one per child, or this can be shown on the PowerPoint and drawn freehand by the children. Have enough pens and large paper for small group work.

Familiarise learners with the ground rules for the session or establish ground rules. Assure learners are given opportunities to ask questions and have a way to ask anonymous questions if they wish to. For guidance on how to do these things, see the [Creating a safe, inclusive and supportive learning environment guidance.](https://firstaidchampions.redcross.org.uk/primary/guidance-and-support/)

## How to run the activity

1. Ask the children to form small groups. Hand out a large sheet of paper and marker pens to each group. Either give each child a worksheet or display the PowerPoint slide and ask them to draw a large outline of a person on the paper.
2. As a group, ask the children to draw inside the person outline some of the injuries and illnesses that might happen meaning they would need first aid e.g. bump on the head, burn on the hand, a heart attack, a broken bone on the leg. *What type of injuries or illnesses can happen?*
3. Drawing a line from the injury to the outside of the outline of the person, ask the group to think about what first aid the person might need to help them recover e.g. bag of frozen peas on the head, running a burn under cold water for 10 minutes, etc. *What type of first aid might someone need to help them with an injury or illness?*
4. Now, around the outer edge of the paper ask the children to write what they could say to someone to comfort them e.g. Don’t worry, help is on the way. *What could someone say to help them feel better?*
5. Come back to this activity after learners have explored the [first aid skills pages](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/broken-bone) and encourage them to add learning to their picture. Did they learn any new injuries and illnesses? Did they learn any new key actions to help? Did they learn any new ways they can comfort and support people who need help.

## Summing up

 Review the learners understanding of what first aid is by asking them to explain what it is and share some examples of situations where they would need to give first aid.

Now move on to learning more about how to help people who need first aid on the [first aid skills pages](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills).