1. Quick thinking, helping others

**Group size**



Small groups

**Suggested timing**

5-10 minutes

**Method**

Active learning

**What you need**



Pens and paper

Learning objectives

* Discuss first aid and helping others
* Understand what first aid is

## Overview

## Get young people thinking about helping others through quick writing in response to a series of questions. This module aims to equip learners with the mental and emotional skills to help in a first aid situation and increase their confidence, willingness and ability to help.

## Preparation

## You will need a to stick pieces of paper to the walls, enough for small group work and provide one large marker pen per group.

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/secondary/guidance-and-support/)

## Delivering the activity

## Start by asking learners to rank from 1 to 10 how confident they feel about helping someone in a first aid situation, 10 being very confident, 1 being not confident at all. They can write this down to review later.

## Explain that learners are going to create a ‘board blast’ about helping others. They have 3 minutes to share as many ideas, thoughts and feelings as they can think of in relation to the questions below.

## Ask learners to form small groups and stick a piece of large paper to the wall. Give each group one pen and ask them to stand in a line, one behind the other, in front of their piece of paper. Each time someone writes as idea they pass the pen to the person behind them and go quickly to the back of the line. They keep going like this until the time is up. Once the time is up on one question, quickly move onto the next.

* What does ‘first aid’ mean?
* Who can give first aid?
* What first aid skills might someone use?
* How can first aid help someone?

## Summing up

## Come together and discuss some of the common answers on the board blast. You could use the following prompt to stimulate discussion: is being able to help someone a skill you can learn? Encourage learners to discuss what things make someone good at helping others.