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
* Feel able to help someone in need of first aid

## OverviewHelp children think about the types of injury or illness that may lead to someone needing first aid.

## 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.

## 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 all the injuries and illnesses that might happen meaning they would need first aid e.g. bump on the head, burn on the hand, 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 you say to help them feel better?*

## Summing up

Review the kinds of injuries or illnesses the children raised, and the first aid they already know to help. Learn 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).