2. Head, heart, hands

**Group size**



Small groups

**Suggested timing**

15-20 minutes

**Method**

Active learning

**What you need**



Pens and paper

Learning objectives

* Identify factors that motivate people to help others

## Overview

## Learners think about the thinking, feelings and actions of those who help others through drawing and writing.

## Preparation

Learners will need paper, pens or pencils.

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

1. Either individually or in small groups ask young people to draw an outline of a person.
2. Ask learners to think about the confidence, skills and personal qualities that might be needed to help someone in need, this could be someone in need of first aid, or someone who looks like they need someone to ask how they are. They can write or draw their ideas inside the outline of their person, for example they could:
* Write or draw in the head, how they might think. *They might say things like, they need to be able to consider and understand a range of opinions, be non-judgemental or be able to empathetically understand and think about how others might feel.*
* Write or draw in the heart, how they might feel. *They might say things like, they need to have empathy and care about others, other kindness and consideration for other people.*
* Write or draw in the hands, how they might act or behave. *They might say things like, they need to be able to comfort others using their words and body language, have good listening skills or speak in a calm, comforting voice.*
1. Keep hold of this outline of a person. Encourage learners to go back to it at the end of this module and add anything new they have learned to this drawing, perhaps adding new ideas or adding details to old ideas.

## Stretch and challenge activities:

1. You could ask learners to use one of the situations in [the first aid skill pages](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/) and highlight which skills and qualities the people would need to use to help someone in that situation.

## Summing up

Invite learners to share their work, reflecting through group discussion on how these thoughts, feelings and actions might enable them and others to help someone in need.