Emotions and comforting others



**Group size**

Individual

**Suggested timing**

30 minutes

**Method**

Discussion

Learning objectives

**What you need**

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**Films**



**Pens and paper**

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**PowerPoint**

* Learn about kindness and helping others
* Learn how to care for yourself and others

## Overview

During a first aid emergency the people involved can feel many different emotions. In this activity, children consider the different stages of an emergency and how they might help someone to keep calm.

## Preparation

Ensure you can play the Comforting others film on the [Emotions and comforting others page](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/emotions-and-comforting-others) and show a PowerPoint. Give children pens and paper.

## How to run the activity

1. Watch Ekam’s [Comforting others film](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/emotions-and-comforting-others) via the link or in the PowerPoint. Ask children what kind of words they might use to reassure or comfort someone who is upset. Discuss the word kindness – what does it mean to be kind to someone who is upset and/or in need of first aid?
2. Ask children to draw a table with two columns and at least ten rows, you can also show this on the PowerPoint. In the top left column, ask them to write ‘What happens’ and in the right ‘Feelings’. Now watch the [asthma attack film](https://vimeo.com/370302862/3788ba3ca1) (this can also be accessed via the PowerPoint) showing Ekam helping Jonjo who is having an asthma attack, thinking about the different things that happen in the film. Ask learners to write them down in the left column. For example:

|  |  |
| --- | --- |
| **What happens?** | **Feelings** |
| Jonjo arrives at Ekam’s house |  |
| They see that the attic hatch is open |  |
| They go up into the attic |  |
| There is a lot of dust |  |
| Ekam notices that Jonjo isn’t breathing very well |  |
| Etc. |  |

1. Now think about how Ekam and Jonjo might have felt at each stage, completing this in the right column.

You could show the example in the PowerPoint and discuss the feelings the children wrote down. There is no right or wrong answer, the important thing to discuss is the range of emotions that someone might feel when they are helping.

|  |  |
| --- | --- |
| **What happens?** | **Feelings** |
| Jonjo arrives at Ekam’s house | Happy. |
| They see that the attic hatch is open | Excited, curious |
| They go up into the attic | Interested |
| There is a lot of dust | Jonjo: A little worried. Ekam: happy |
| Ekam notices that Jonjo isn’t breathing very well | Worried, concerned |
| Ekam helps Jonjo down the ladder | Focused. |
| They go into Ekam’s bedroom and find Jonjo’s inhaler | Helping |
| Jonjo takes the inhaler | Relieved |
| Ekam reassures Jonjo | Kindness |
| Ekam calls his mum to come up | Reassuring |
| Ekam’s mum checks that Jonjo feels okay now that he has taken his inhaler | Calm |

1. With older learners, you could plot these emotions in a graph to show how the emotions change over time. You could number emotions from 0 to 10, with negative emotions at 0, neutral at 5, and very positive at 10.
2. On the PowerPoint discuss the following questions - in the film, Ekam knew what to do to help and took control of the situation, but he still felt scared. How did Ekam react? What did he do well? There wasn’t really time to get Ekam’s mum to be able to help Jonjo, how did Ekam support Jonjo?
3. Ask children to think about a time when they have helped someone or they have been helped – what kindness and support did they show? What skills do children have that could help them to comfort and be kind to someone who needs help?

## Summing up

Review how emotions can change during a challenging experience, and what can help someone to stay calm. You could do this activity again with any of the [first aid skills films](http://www.first-aid-champions.redcross.org.uk/first-aid-skills).