3. Practical and emotional first aid

**Group size**



Small groups

**Suggested timing**

10-15 minutes

**Method**



Discussion and group work

**What you need**

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Marker pens and large paper

Learning objectives

* Understand what first aid is
* Learn about helping others and kindness

## Overview

In this activity, learners discuss helping others and what they could do to support someone who is injured or in distress. In small groups they discuss who first aid has practical and emotional aspects and write down what these might be.

## Preparation

Ensure there are marker pens and large paper for the learners to use in small groups.

## Delivering the activity

1. Discuss what helping others might mean to learners and the ideas they have for supporting someone when they are injured or distressed/upset.
2. Hand out large paper and pends. In small groups ask learners to draw a line down a sheet of paper to make two columns. At the top of the columns ask them to write the headings – practical and emotion. Ask them to think about the kind of actions they might take to support someone who is injured or upset either practically or emotionally, noting their ideas down in the columns. For example:
* practical actions could be: to put pressure on a wound, to ring 999, etc.
* emotional actions could be: to keep speaking to someone, to reassure or comfort them until help arrives, etc.

## Summing up

Ask learners to consider if both approaches are necessary when it comes to first aid. They could think about how they might like to be treated if they were injured or distressed. Encourage them to also think about their own practical and emotional needs as a helper of someone who is injured or distressed and what might help them to keep calm and cope well.