Teacher and educator guidance: how to use First aid champions – primary. 

Welcome to your guide to delivering engaging first aid learning sessions using the [First aid champions](http://www.firstaidchampions.redcross.org.uk) online teaching resource.

In this guidance you will find information on how the resource has been structured to enable you to pick and choose content that is right for your groups and classes. You’ll find ideas on how to use the website to support children to learn independently, and ideas on using the resource in classroom and groups settings. There are also handy links to documents that explain how the resource maps to the curriculum across the UK and how to get in contact with us if you have any questions or feedback.

We hope you and the children you work with enjoy using this resource and gain valuable skills to help and support others with first aid and kindness.

## The British Red Cross first aid learning approach

First aid, from the British Red Cross, is based on these core ideas:

* First aid is a set of simple actions that everyone should know
* First aid given in an emergency can increase the likelihood of survival and help when someone is in distress
* Everyone should receive the help they need in an emergency

To support this approach, the Red Cross has developed a method which uses the most up-to-date first aid advice with actions that are simple to do, easy to learn, and easy to remember.

**First aid teaching experience**

You don’t need any previous first aid training, or experience, to teach first aid. The resource has been designed to support you to deliver first aid education that will help children to develop the knowledge and confidence to act in a first aid emergency.

**First aid equipment**

You don’t need a first aid kit to deliver any sessions. The resource gives examples of how everyday items can be used in an emergency. For example, a t-shirt can be used to put pressure on a bleeding wound or water used to cool a burn. Using everyday items teaches children improvisation skills for real life. Emergencies often happen in places where there isn’t any first aid equipment. However, if you do want your learners to practise back blows or chest compressions (although the latter is usually only taught at secondary age), this should only be done using a manikin.

## First aid champions learning approach

**Learning objectives**

The learning objectives have been written for children, considering how they best learn first aid and wider skills such as safety and values such as kindness. They also link to the curriculum to help you plan sessions and programmes of study or schemes of work.

Children who take part in First aid champions will:

* Understand what first aid is
* Learn and practise first aid skills
* Learn how to safely get help in an emergency, including calling 999
* Feel confident and able to help someone who needs first aid
* Learn about kindness and helping others
* Learn about and practise coping skills
* Learn how to care for themselves and others
* Learn and practise how to keep themselves and others safe
* Put skills into action
* Learn about the Red Cross

**Learning principles**

First aid champions has been designed as a resource toolkit, so you can pick and choose activities for the children you are teaching. The activities in the toolkit complement the curriculum across the UK - see curriculum links document on the [Guidance and support page](http://www.firstaidchampions.redcross.org.uk/primary/guidance-and-support) for more information.

The toolkit follows three learning steps:

**Learn**: help children learn what to do when someone needs first aid, as well as how to show kindness, keep calm and stay safe.

**Practise**: give children the opportunity to practise their new skills in practical activities that help them to remember what to do.

**Share:** encourage children to share what they have learned with others. Spreading the messages of first aid and kindness with others.

**How the resource is structured**

Each activity in the resource includes the group sizes; the suggested timing; and the method used such as films, active learning, discussion or writing. The activities are laid out in an easy to follow template.

**The First aid champions toolkit includes five sections and three main modules**

The three main modules – first aid skills, kindness and coping, and safety – follow a learn and practise format, with downloadable activities on each web page and interactive content for children to engage with. Learners follow six relatable characters and explore first aid stories relevant to their everyday lives.

Each ‘learn’ activity has its own web page and downloads, and also includes practise activity downloads. Depending on the activity there will be a range of age appropriate learning assets such as film, images, worksheets, PowerPoints, quizzes and suggested role play scripts.

Web pages are written addressing the child so that independent learning can take place. Children can learn through activities delivered by teachers and educators or independently at home or in group settings to improve their confidence to help others, be kind and stay safe.

The toolkit is arranged like a set of activity ‘building blocks’, allowing you to decide on the shape and structure of the sessions you deliver. Activities can be used alongside each other in different combinations, depending on what the children are learning. You could choose to focus one session entirely on learning first aid skills and the next on practising them, followed by a session on kindness and safety. Or you could mix up each session exploring kindness, then learning and practising a first aid skill, and finishing with a safety activity; then repeating this over several sessions to use a range of activities. How you choose to structure your sessions is up to you. See ideas on structuring sessions in the table below.

As well as being available in structured activity suggestions, all the learning assets such as films, images and worksheets, are grouped together as part of a dedicated [‘resource library’](http://www.firstaidchampions.redcross.org.uk/primary/guidance-and-support/resource-library) so you can access them all in one place.

## How to use the First aid champions teaching toolkit

The toolkit is designed to be flexible, so you can decide on the length of time available to spend delivering these topics. To get the most from First aid champions include the suggested steps below in the grey boxes when you plan your sessions.

|  |  |  |
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| Register for [My groups](http://www.firstaidchampions.redcross.org.uk/my-groups) and track children’s first aid learning progress | **Module:** [**Introduction**](http://www.firstaidchampions.redcross.org.uk/primary) | Give out [certificates](http://www.firstaidchampions.redcross.org.uk/primary/guidance-and-support) to children for taking part in First aid champions |
| Introduce the Red Cross and the characters the children will meet throughout the resource by delivering these two activities |
| Intro activities | [Introduction to the Red Cross](http://www.firstaidchampions.redcross.org.uk/primary) | [Meet the characters](http://www.firstaidchampions.redcross.org.uk/primary) |
| **Module:** [**First aid**](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills) |
| Introduce children to the concept of first aid with one of these intro activities |
| Intro activities | [Why is first aid important?](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills) | [Giving first aid](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills) |
| Teach at least two learn and practise first aid skills |
| Learn activities | [Asthma attack](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack) | [Bleeding](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding) | [Broken bone](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/broken-bone) | [Burn](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/burn) | [Choking](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/choking) | [Head injury](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/head-injury) | [Unresponsive and breathing](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-breathing) | [Unresponsive and not breathing](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing) |
| Practise activities | [Asthma attack](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack) | [Bleeding](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding) | [Broken bone](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/broken-bone) | [Burn](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/burn) | [Choking](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/choking) | [Head injury](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/head-injury) | [Unresponsive and breathing](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-breathing) | [Unresponsive and not breathing](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing) |
|  | After learning several first aid skills, practise them using the using the [Practise first aid skills](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/practise) activity ideas.Children can also find out what they know about first aid in the [quiz](http://www.firstaidchampions.redcross.org.uk/primary/quiz) section |
| **Module:** [**Kindness and coping**](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping) |
| Introduce children to the concepts of kindness and coping |
| Intro activity |  [What do kindness and coping mean?](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping) |
| Teach at least one learn and practise kindness and coping activity |
| Learn activities | [Thinking about helping](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/thinking-about-helping) | [Emotions and comforting others](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/emotions-and-comforting-others) | [Keeping calm](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/keeping-calm) | [Coping skills](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/coping-skills) |
| Practise activities | [Decision making](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/thinking-about-helping) | [Words of kindness and comfort](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/emotions-and-comforting-others) | [Creating a calm and kindness plan](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/keeping-calm) | [Coping skills](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/coping-skills) |
| **Module:** [**Safety**](http://www.firstaidchampions.redcross.org.uk/primary/safety) |
| Explore at least one learn and practise safety activity |
| Learn activities | [Spot the danger](http://www.firstaidchampions.redcross.org.uk/primary/safety) | [Calling 999](http://www.firstaidchampions.redcross.org.uk/primary/safety/calling-999) | [Safety stories](http://www.firstaidchampions.redcross.org.uk/primary/safety/safety-stories) |
| Practise activities | [Spot the danger](http://www.firstaidchampions.redcross.org.uk/primary/safety) | [Calling 999](http://www.firstaidchampions.redcross.org.uk/primary/safety/calling-999) | [Safety stories](http://www.firstaidchampions.redcross.org.uk/primary/safety/safety-stories) |
| **Module:** [**Share**](http://www.firstaidchampions.redcross.org.uk/primary/share) |
| Share |  Choose ideas for children to [share](http://www.firstaidchampions.redcross.org.uk/primary/share) their learning with others |

**Sharing your stories**

Share how you have used the resource, as well as how children have been kind or used their first aid skills with the British Red Cross at My stories and learn from others’ stories. Share your stories by emailing: yourstory@redcross.org.uk

**Session planning ideas**

The First aid champions toolkit can be used as part of curriculum subjects over two or more lessons or as part of a programme of study or scheme of work. Or as part of informal learning such as tutor time or for off-timetable days where a year group or school focus on one or more topics.

**Supporting children during first aid learning**

This resource explores the illnesses or injuries that relate to giving first aid. Therefore, there is the potential for children to feel upset, especially if they have experience of similar situations.

You can use the: Creating a safe, inclusive and supportive learning environment: a guide to supporting your students to support children as they explore sensitive or challenging content, which can be found in the [Guidance and support section](http://www.firstaidchampions.redcross.org.uk/primary/guidance-and-support) of the website.

## About the Red Cross

The British Red Cross helps people in crisis, whoever and wherever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies. We enable vulnerable people in the UK and overseas to prepare for and withstand emergencies in their own communities and when the crisis is over, we help them to recover and move on with their lives.

Find out more about [what we do](https://www.redcross.org.uk/about-us/what-we-do) and [what we stand for](https://www.redcross.org.uk/about-us/what-we-stand-for).

The British Red Cross specialises in first aid and [humanitarian education](https://www.redcross.org.uk/get-involved/teaching-resources), and is the standard setter for first aid education globally. The British Red Cross also has a range of resources on other topics such as refugees and migration, disasters and emergencies and conflict. Find out more about these teaching resources by visiting <https://www.redcross.org.uk/get-involved/teaching-resources> or looking at this guide or posters.

**Thank you**

Thank you for choosing to use the British Red Cross First aid champions resource to deliver essential lifelong skills to children.

This resource uses a unique blend of skills and values based learning to help children put what they have learned into action. This approach supports children to learn holistically about first aid and its wider positive impact.

Teaching first aid can be extremely rewarding, and children love to learn it so they feel ready to help others. We hope you enjoy using the resource.

**Contact**

If you have any queries about first aid champions or this teaching guide, please contact us at: YouthEducation@redcross.org.uk

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