Unresponsive and not breathing



**Group size**

Whole group or small groups



**Suggested timing**

20-30 minutes



**Method**

Film

**What you need**

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[Film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing)



**Pen and paper**

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**PowerPoint**

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**How to help someone who is unresponsive and not breathing card**

Learning objectives

* Learn how to recognize when someone is unresponsive and not breathing.
* Learn the key action to help when someone is unresponsive and not breathing.

## Overview

Children learn what unresponsive and not breathing is, before learning the key action to take to help someone who is unresponsive and not breathing, so that they are more able, willing and confident to help.

## Preparation

Ensure you can play the [unresponsive and not breathing film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing/), display the PowerPoint and display or print off the how to help someone who is unresponsive and not breathing cards.

Familiarise learners with the ground rules for the session or establish ground rules. For guidance on how to do that, see the [Creating a safe, inclusive and supportive learning environment guidance.](https://firstaidchampions.redcross.org.uk/primary/guidance-and-support/)

## How to run the activity

1. Start with these questions to check current learning and to further develop the topic with the group. Ask children:

* How can you tell if someone is unresponsive? *They don’t wake up if you shout their name or tap their shoulders. If it’s an adult who is unresponsive you might need to shake their shoulders or tap harder.*
* How can you tell if someone is breathing? *Look at their chest – is it moving? Listen near their mouth – can you hear them breathing? Feel – can you feel their breaths on your cheek? If the answer is no, then they are not breathing.*
* How might you feel if you had to help someone who was unresponsive and not breathing? *It can be frightening to see someone like this when they are not responding or breathing. It is okay to feel worried or scared, the most important thing is to recognise what is happening and to calmly help them.*
* What can you do to help someone who is unresponsive and not breathing? *Ask children if they know what to do; explain that you are going to learn what to do in this activity.*

1. Display or direct the group to the confidence slider on the [unresponsive and not breathing first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing/), either setting this as an individual task or discussing as a group. How confident do learners feel to help someone is unresponsive and not breathing
2. Watch the [unresponsive and not breathing film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing/). Take some time to discuss the film. Ask the children:

* What was happening in the film? *Dele goes to visit his grandad and he becomes unresponsive.*
* How did Dele know his granddad was unresponsive and not breathing? *He didn’t respond to his calls and taps, so he checked to see if he was breathing and he wasn’t.*
* What did he do to help? *He called his dad to do chest compressions whilst he called 999.*
* How might he have felt? *They might say things like worried, scared, but also things like ready to help, confident.*
* What was the key action they took to help? *Did chest compressions and called 999.*
* What else was he good at? What qualities did he show? *They might say things like brave, calm under pressure.*

1. Display or hand out the how to help someone who is unresponsive and not breathing cards; ask the children to look at them and discuss again the signs that someone is unresponsive and not breathing and what someone would do to help.
2. Direct the group to the confidence slider on the [unresponsive and not breathing first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing/) and complete it again.
3. Check what learners have learned by doing the [unresponsive and not breathing quiz](https://firstaidchampions.redcross.org.uk/primary/quizzes/).

## Logo Description automatically generated Questions learners might ask

Learners might have questions about this skill. Remember to provide an anonymous question box for questions they wish to ask privately. The key skills are the most important things they should remember, but you can find some extra information which might help you answer their questions here:

* What if there is no adult around?

*If there is no adult around, call 999 and they will tell you what to do. If you can, follow the steps yourself by giving chest compressions.*

* How fast should I do chest compressions?

*You are aiming for a speed of two chest compressions per second.*

* How hard should I press when doing the chest compressions?

*You are aiming to push down to around a third of the depth of their chest.*

* Do I have to give “mouth to mouth”?

*If you able and comfortable you can do rescue breaths as well. After 30 chest compressions, give five rescue breaths: tilt their head back, seal your mouth over their mouth and pinch their nose. Blow five times into the person’s mouth. Then continue this cycle of breaths and compressions until help arrives.*

* What if the person is a child?

*Then do the same action with only one hand pushing on their chest and make sure you do the rescue breaths after 30 compressions. Repeat this cycle until help arrives.*

1. To help them remember, ask them to write or draw what the key action to take is when someone is unresponsive and not breathing to help them remember.
2. Now either hand out or show on the PowerPoint the photos from the [unresponsive and not breathing film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing/). Ask the learners to decide which is the correct order of the photos, and match them with each of the steps to help.

## Stretch and challenge activities:

1. Now work through the photos on the PowerPoint. Ask the learners to decide which is the correct order of the photos, and match them with each of the steps to help. Then review the how to help card.
2. To help them remember, ask them to write or draw what the key action to take is when someone has a head injury.

## Summing up

Remind the group that the most important thing to do is to do chest compressions and call 999.

Now practise how to help someone who is unresponsive and not breathing with the practise activity on the [Unresponsive and not breathing first aid skill page.](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing/)