1. Think, pair, share

**Group size**

Pairs

**Suggested timing**

10 minutes

**Method**

Active learning

**What you need**

Room for young people to mingle around the room.

Learning objective

* Discuss the concepts of first aid and helping others

## Overview

Learners discuss a series of questions about kindness and helping others in pairs, and share their thoughts with the wider group.

## Preparation

Share the questions below with the group.

## Delivering the activity

Ask learners to mingle around the room. Read out the first question from the list below. Ask young people to think about the question for a moment, and then to get into pairs and discuss their ideas. After a short time, invite some pairs to share their ideas with the whole group. Then ask the whole group to start mingling again, present another question and after a moment ask learners to find a new partner, and so on for each question.

* Is it important to help others?
* What does first aid mean?
* What personal qualities might someone have that enables them to help others?
* What might stop someone from helping another person? How might they overcome this?
* Does helping others and learning first aid change our community or society?

## Summing up

Bring the group back together and debrief. Suggested prompt questions:

* Why is it important to help people in first aid situations?
* Why might it be important to know first aid?
* How important is kindness in first aid?
* How might knowing first aid help young people, their families and communities?