 Choking



**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/choking)



**Pen and paper**

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**PowerPoint**

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**How to help someone who is choking card**

Learning objectives

* Learn how to recognize when someone is choking.
* Learn the key action to help when someone is choking.

## Overview

Children learn what choking is and how it happens, before learning what key steps to take to help someone who is choking, so that they are more able, willing and confident to help.

## Preparation

Ensure you can play the [choking film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/choking/), display the PowerPoint and display or print off the how to help someone who is choking card.

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 establish current learning and to further develop the topic with the group. Ask children:

* What does choking mean? *Choking is when someone cannot breathe because something is stuck in the tube that they breathe through (their airway) and it is causing a blockage.*
* What happens when someone chokes? *They are unable to breathe, speak or make a sound, they may hold their throat or chest.*
* What could someone choke on? *Explore the possible causes such as eating something solid that gets stuck. Young children might put things in their mouth that they shouldn’t: like small toys, coins or marbles.*
* What feelings might there be when someone is choking? *It can be scary when someone chokes. It is okay to feel worried or scared, the most important thing is to recognise what is happening and to help by hitting them on the back or calling for help straight away.*
* What can you do to help someone who is choking? 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 [choking first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/choking/), either setting this as an individual task or discussing as a group. How confident do learners feel to help someone who is choking.
2. Watch the [choking film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/choking/). Take some time to discuss the film. Ask children:

* What does choking mean? *Choking is when someone cannot breathe because something is stuck in the tube that they breathe through (their airway) and it is causing a blockage.*
* What was happening in the film? *Dele and his brother Luke were eating pizza in the kitchen and Luke started to choke.*
* What did Dele do to help? *He hit him hard on the back five times, comforted him and called for his dad.*
* How might they have felt? Think about the person choking, the person that helped and anyone else nearby. *They might say things like, worried, scared but also things like, supported, ready to act.*
* What is the action that Dele took to help? *Hit him hard on the back five times.*
* What else was Dele good at? What qualities did he show? *They might say things like, calm under pressure and kind.*

## Logo Description automatically generatedQuestions 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 they are still choking, is there anything else I can do?

*Call someone to help, like an adult or older sibling, and call 999. They can try giving five abdominal thrusts if they know how to.*

* What if I hit them too hard?

*If you don’t help them to stop choking, they might stop breathing and become unresponsive. The most important thing is to keep them breathing.*

1. Display or hand out the how to help someone who is choking cards. Ask the children to look at them and discuss again some of the causes of choking and they key action to help.
2. Direct the group to the confidence slider on the [choking first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/choking/) and complete it again.and complete it again.
3. Check what learners have learned by doing the [choking quiz](https://firstaidchampions.redcross.org.uk/primary/quizzes/).

## Stretch and challenge activities:

1. To help them remember, ask them to write or draw what the key action to take is when someone is choking.
2. Now either hand out or show on the PowerPoint the photos from the [choking film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/choking/). Ask the learners to decide which is the correct order of the photos, thinking about how they would recognise if someone was choking; and what someone would need to do to help.

## S:\CT\Education Team\Product development\Youth\FAE curriculum project\3. Creative\Visual guidelines\Icons, illustrations, templates_final\Extras\BRC_FirstAid_Arrow_Solid_Colour_Green.pngSumming up

Remind the group that the most important thing to do is to hit them on the back five times.

Now practise how to help someone who is choking with the First aid skill – practise activity ideas on the [Choking first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/choking/).