1. Quick thinking, helping others

**Group size**



Small groups

**Suggested timing**

5-10 minutes

**Method**

Active learning

**What you need**



Pens and paper

Learning objectives

* Learn about helping others
* Understand what first aid is

## Overview

## Get young people thinking about helping others through quick writing in response to a series of questions.

## Preparation

## You will need a to stick large paper to the walls, enough for small group work and provide one large marker pen per group.

## Delivering the activity

1. Explain that learners are going to create a ‘board blast’ about helping others. They have 3 minutes to share as many ideas, thoughts and feelings as they can think of in relation to the questions below. Ask learners to form small groups and stick a piece of large paper to the wall. Give each group one pen and ask them to stand in a line, one behind the other, in front of their piece of paper. Each time someone writes as idea they pass the pen to the person behind them and go quickly to the back of the line. They keep going like this until the time is up. Once the time is up on one question, quickly move onto the next.
* What does ‘first aid’ mean to you?
* Who can give first aid?
* What first aid skills do you know?
* Have you ever received first aid?
* Has first aid helped someone you know?

## Summing up

You could use the following prompt questions to extend the discussion:

* Would you feel confident to help someone in a first aid situation?
* What skills or knowledge might help you to feel more confident to act in a first aid emergency?