Unresponsive and breathing



**Group size**

Whole group or small groups



**Suggested timing**

20-30 minutes



**Method**

Film

Learning objectives

**What you need**

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[Film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-breathing)



**Pen and paper**

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**PowerPoint**

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**How to help someone who is unresponsive and breathing card**

* Learn how to recognize when someone is unresponsive and breathing.
* Learn the key action to help when someone is unresponsive and breathing.

## Overview

Children learn about how to recognise if someone is unresponsive and breathing, before learning what key action to take to help someone who is unresponsive and breathing, so that they are more able, willing and confident to help.

## Preparation

Ensure you can play the [unresponsive and breathing film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-breathing/), display the PowerPoint and display or print off the how to help someone who is unresponsive and breathing 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 check current learning and to further develop the topic with the group. Ask children:

* What might cause someone to be unresponsive and breathing? *It could be caused by someone fainting, bumping their head or feeling very unwell.*
* What does unresponsive mean? *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 tap harder or shake their shoulders.*
* 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 yes, then they are breathing.*
* How might you feel if you helped someone who was unresponsive and breathing? *It can be frightening to see someone like this when they are not responding. It is okay to feel worried or scared, the most important thing to do is to recognise what is happening and to calmly help them.*
* What can you do to help someone who is unresponsive and 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 breathing first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-breathing/), either setting this as an individual task or discussing as a group. How confident do learners feel to help someone who is unresponsive and breathing?
2. Watch the [unresponsive and breathing film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-breathing/). Take some time to discuss the film. Ask the children:

* What was happening in the film? *Liya and her dad were in the park and they see a man running who then becomes unresponsive.*
* How did Liya know the jogger was unresponsive and breathing? *Her dad checked to see if he would respond to him shaking his shoulders and calling to him, and then she told her dad to check if he was breathing.*
* What did she do to help? *She told her dad what to do.*
* How might they have felt? Think about Liya and her dad, and anyone else nearby. *They might say things like, worried but also things like ready to help, confident they knew what to do.*
* What is the key action Liya’s dad took to help? *He rolled him onto his side with his head tilted back.*
* What else was Liya good at? What qualities did she show? *They might say things like calm under pressure, kind, ready to help.*

## 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:

* Why do I have to tilt their head back to check for breathing?

*When a person is unresponsive, their muscles relax and their tongue can fall backwards and block their airway. Tilting their head back pulls their tongue forward and unblocks their airway which may be enough to help them to breathe.*

* What do I do if the unresponsive person’s breathing doesn’t seem normal?

*Sometimes when a person is unresponsive their breathing may become noisy or irregular. This is usually a sign that their heart and lungs are not working properly. If a person is unresponsive and they have noisy or irregular breathing or are gasping, treat them as an unresponsive person who is not breathing.*

* Is it called the “recovery position” when you move a person onto their side and tilt their head back?

*Yes, you can call it the “recovery position”.*

* What should I do if someone is feeling faint?

*If someone is feeling faint, advise them to lie down on their back and raise their legs to improve blood flow to the brain. A person who has fainted should quickly become responsive again. If they don’t treat them as an unresponsive person.*

1. Display or hand out the how to help someone who is unresponsive and breathing cards; ask the children to look at them and discuss again the signs that someone is unresponsive and breathing and what someone would do to help.
2. Direct the group to the confidence slider on the [unresponsive and breathing first aid skill page](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-breathing/) and complete it again.
3. Check what learners have learned by doing the [unresponsive and breathing 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 unresponsive and breathing.
2. Now either hand out or show on the PowerPoint the photos from the [unresponsive and breathing film](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-breathing/). Ask the learners to decide which is the correct order of the photos, and match them with each of the steps to help.

## Summing up

Remind the group that the most important thing to do is to roll them onto their side and tilt their head back.

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