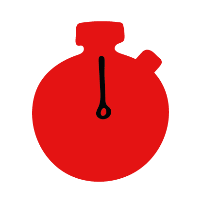
Safety stories



**Activity type**

Practise

**Suggested timing**

20-30 minutes

**Method**

Role Play/freeze-frame

Learning objectives

**What you need**



**PowerPoint**

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**Story cards**

* Practise how to keep yourself and others safe
* Learn how to care for yourself and others

## Overview

Small groups “freeze” in a scene from the story cards, then act out what happened before and after the frozen moment. The rest of the group discuss the role of safety in the story.

## Preparation

Print off enough story cards for small group work or display them on the PowerPoint. Find all the resources to run this activity on the [Safety stories webpage](http://www.firstaidchampions.redcross.org.uk/primary/safety/safety-stories).

This activity includes pretend stories where someone is ill or injured. Some children might find this upsetting, so please refer to the guidance on creating a safe, inclusive and supportive learning environment in the [guidance and support section](http://www.firstaidchampions.redcross.org.uk/primary/guidance-and-support) before running this activity.

## How to run the activity

1. Start by discussing with the group, the importance of keeping themselves safe when helping someone in need of first aid.

* Can they help someone while keeping themselves safe?
* How?

1. Divide the learners into small groups. Hand each group a story card (you may need to give some groups the same one) or display them on the PowerPoint and ask the groups to choose a story.
2. In their groups ask the learners to take the story on their card, read and talk it through and divide up the characters to create a freezeframe. The freezeframe needs to clearly show what is happening in the story for each character, as though their role-play is frozen in time. Then ask them to act out what happened the moment before the frozen scene, then to freeze when they reach this point, then to act out what happened the moment after the frozen scene. Encourage the groups to think about safety and the first aid action to take to help the character in the story. (Refer to the notes below).

**Teaching notes on the stories and the first aid action to take in each story:**

*The Safety stories practise PowerPoint includes a “how to help” first aid card for each of the stories below.*

1. You are playing football in the park with a friend. Your friend’s dad is on a bench. A man on another bench nearby has been eating his lunch. Suddenly he stands up and looks scared. He looks like he can’t breathe, and he is pointing at his neck.

* *This man is choking and needs first aid – find out how to help someone how is choking* [here](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/choking)*.*

1. You are in the school playground. A group of your friends are running about quickly. You see one of them trip over a coat that has been left on the ground. They hit their head very hard on the ground and say their head is hurting a lot.

* *This person has a head injury and needs first aid - find out how to help someone who has a head injury* [here](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/head-injury)*.*

1. You are running down the stairs with a group of your friends at school. One of your friends falls down the stairs in front of you, and is now crying loudly and holding their arm in a lot of pain.

* *This person may have broken a bone and needs first aid – find out how to help someone who has broken a bone* [here](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/broken-bone)*.*

1. You are in a café with a friend and their parents. A waiter goes past with a tray. The waiter trips and hot pot of tea falls from the tray onto the arm of a woman sitting on the table next to you. She is upset, and her arm goes very red.

* *This woman has a burn and needs first aid - find out how to help someone who has a burn* [here](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/burn)*.*

1. You are at home and your mum has asked you and your little sister to sort out the recycling. You are both rushing because you want to play a new game when you have finished. Your sister cuts herself badly on a very sharp tin. It is bleeding a lot.

* *Your sister has is bleeding and needs first aid – find out how to help someone who is bleeding a lot* [here](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding)*.*

1. Once the children have had a chance to practise their role-play and freezeframe, ask the groups to take it in turns to perform while the rest of the group watch. Once each group has finished showing their scenes, ask the group (you can also display these questions on the PowerPoint):

* What was happening in this story?
* Was anyone injured? What needed to be done to help them? What was the first aid action to take?
* What did the characters need to think about to keep themselves and others safe? What did they do to keep themselves and others safe? Was there anything else they needed to think about?

## Summing up



Review the scenes (you can also display these questions in the PowerPoint).

* In which stories did the characters need to think about safety the most, and what were the solutions?
* What are the key things to remember when helping others and keeping yourself safe? E.g. if you are not sure ask a trusted adult, call 999 if needed.