Unresponsive and not breathing



**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/unresponsive-and-not-breathing)



**Pen and paper**

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**PowerPoint**

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**How to help someone who is unresponsive and not breathing card**

Learning objectives

* Learn first aid skills.
* Feel confident to help someone who needs first aid.
* Feel able to help someone in need of first aid.

## Overview

Children learn about how to recognise if someone is unresponsive and not breathing, before learning what key action to take to help.

## Preparation

Ensure you can play the [unresponsive and not breathing film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing), display the PowerPoint and display or print off the how to help someone who is unresponsive and not breathing cards.

## 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:

* How can you tell if someone is unresponsive? *They don’t wake up if you shout their name 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 no, then they are not breathing.*
* How might you feel if you had to help someone who was unresponsive and not breathing? *It can be frightening to see someone like this when they are not responding or breathing. It is okay to feel worried or scared, the most important thing is to recognise what is happening and to calmly help them.*
* What can you do to help someone who is unresponsive and not breathing? Ask children if they know what to do; explain that you are going to learn what to do in this activity.

1. Watch the [unresponsive and not breathing film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing). Ask the children:

* What was happening in the film?
* How did Dele know his granddad was unresponsive and not breathing?
* What did he do to help?
* How might he have felt?
* What else was he good at? What qualities did he show? What can you learn from this? How could you use the learning?

1. Display or hand out the how to help someone who is unresponsive and not breathing cards; ask the children to look at them and discuss again the signs that someone is unresponsive and not breathing; and what they would do.
2. To help them remember, ask them to write or draw what the key action to take is when someone is unresponsive and not breathing to help them remember.
3. Now either hand out or show on the PowerPoint the photos from the [unresponsive and not breathing film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-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

Display the images in the correct order and review the key action to help.

Now practise how to help someone who is unresponsive and not breathing.