Keeping calm

 

**Group size**

Small groups

**Suggested timing**

20-25 minutes

**Method**

Writing

**What you need**



[Broken bone first aid film](https://vimeo.com/370310467/f9a1c235dc)



**Pens and/or pencils and paper**

****

**PowerPoint**

****

**Feelings thermometer worksheet**

Learning objectives

* Learn about kindness and helping others
* Learn about coping skills
* Feel able to help someone in need of first aid

## Overview

In this activity, learners explore how they might feel in a situation where first aid is needed, to help them recognise these feelings and feel prepared to help.

## Preparation

Ability to show a film and display a PowerPoint. Print one copy of the feelings thermometer worksheet per learner, or display on the PowerPoint. Have coloured pens and/or pencils and paper available.

## How to run the activity

1. Hand out a copy of the feelings thermometer worksheet to each learner or display using the PowerPoint and ask them to draw the thermometer. Hand out a range of colouring pens and/or pencils.
2. As a group, watch the [broken bone first aid film](https://vimeo.com/370310467/f9a1c235dc) or show via the PowerPoint slide. Ask the children what was happening in the action, how do they think the characters felt? You could take each character in turn - the helper, the person being helped, and those nearby. How might they each have felt in the situation? The children can mind-map the feelings in small groups or you can capture them on the board.
3. Next, ask the children to think of a time when they have helped someone or someone has helped them. What happened? How did they feel? Add any thoughts to the mind-map or board.
4. Now ask children to use the worksheet or draw the feelings thermometer. Ask them to think about which emotions are calm emotions and which ones might be tense or nervous emotions. At the bottom of the thermometer they should write or draw calmer emotions, and towards the top of the thermometer more challenging emotions such as pressure or worry.
5. Ask the children to choose a colour they think of as calm, and another they associate with pressure. Then colour the thermometer in, using these colours at each end.
6. Using the thermometer, ask them to think about how they might cope in times where they feel worried or pressured. They can write or draw a few ideas such as listening to music, taking deep breaths, or asking for help from someone they trust.
7. Think back to how Jonjo coped in the film: what did he do? Can they include this idea on their sheet or workbook? Remember to remind children to the key action to take for the first aid situation (broken bone) in the film by showing the ‘how to help someone who has a broken bone card’ in the PowerPoint or linking to the broken bone first aid film [here](https://vimeo.com/370310467/f9a1c235dc).
8. Ask children what other situations they might be able to use these coping skills in, such as tests, or playing with friends. Do they think they would be useful?

## Summing up

Recognising how we might feel in different situations can help us be prepared and cope better. Feelings of tension and worry are natural when we are in situations where someone might need help. Having some ideas of how to cope can help us to respond well.