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 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 breathing, before learning what key action to take to help someone who is unresponsive and breathing.

## Preparation

Ensure you can play the [unresponsive and breathing film](http://www.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.

## 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 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. Watch the [unresponsive and breathing film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-breathing). Ask the children:

* What was happening in the film?
* How did Liya know the jogger was unresponsive and breathing?
* What did she do to help?
* How might they have felt? Think about Liya and her dad, and anyone else nearby.
* What else was Liya good at? What qualities did she 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 breathing cards; ask the children to look at them and discuss again the signs that someone is unresponsive and 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 breathing.
3. Now either hand out or show on the PowerPoint the photos from the [unresponsive and breathing film](http://www.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

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

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