Thinking about helping

**Group size**



Small group work

Small groups

**Suggested timing**

25-30 minutes

**Method**

Discussion

**What you need**

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**PowerPoint**



**Pens and paper**

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**Flipchart and sticky notes**

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[Film](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/thinking-about-helping)

Learning objective

* Learn about kindness and helping others

## Overview

There are many reasons people might not feel they can help, or feel unsure of what to do when someone needs first aid. In this activity, children work in small groups to explore concerns people might have about helping, and how to overcome these.

## Preparation

The children may need flipchart paper, pens and sticky notes. Be able to show a film.

## How to run the activity

1. Show Dele’s overcoming worries film on the [Thinking about helping page](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/thinking-about-helping).

***Transcript Dele’s overcoming worries film***

*“Hi I’m Dele. Sometimes it might feel scary to help, especially if we’re not sure about what to do. We might freeze but that’s ok, it's totally normal. There’s always something that can be done to help. Learning first aid means you’ll know what to do and how to help. Keep helping!”*

1. Ask the children:
* Have you ever helped anyone in an emergency?
* Has anyone helped you?
* If you saw someone in an emergency, what might stop you from helping?
* What inspires you to help?
1. Explain that sometimes people are in a rush or don’t know what to do, and so they don’t feel able to stop and help.
2. Using the board or in small groups, mind-map reasons why people might not feel able to help. For example, they don’t have time; they think someone else might help; they are scared; they worry they will do something wrong.
3. Now think about reasons to help. Write each reason on a sticky note. For example, it’s always better to do something than nothing; if you are scared, you can help by calling 999 or asking someone else to help you.
4. Now consider which reasons to help might respond to each reason not to feel able to help – stick them over the top of these concerns. Encourage the learners to look at the many reasons to help someone. If somebody stops to help, what kind of person might they be? What kind of qualities do they have? For example, kind, caring, brave, confident.
5. Encourage the learners to think about one of the qualities that they have themselves – does this mean they could help someone if it was safe to do so? Ask them to discuss this with a partner. They could make themselves a ‘I can help’ sticky note or badge to show what their quality is, then move around the room looking at other’s and discuss together.

## Summing up

 Explore the idea that if someone needs help, it is always better to safely do something rather than nothing.