



FUN WITH FIRST AID

RECOMMENDED AGE

GROUP:

- ☐ 5-7
☐ 8-10
☒ 11-12

ACTIVITY THEME:

First Aid Awareness

DURATION:

Prep Time: **5** minutes
Activity Time: **15-20** minutes

ACTIVITY PURPOSE:

Teach children about the First Aid Kit and its contents. Children will understand the content of a First Aid Kit, as well as how the items are used

ACTIVITY GOALS:

- ☐ Learning each other's names
☒ Team building and cooperation
☐ Building trust
☐ Learning a new skill
☐ Embracing differences and accepting diversity
☐ Other:

EQUIPMENT:

- Tray
- Small cloth to cover items,
- First Aid Kit items: scissors, band-aids (various sizes), gauze, sports tape, first aid booklet, tensor bandage, tweezers, safety pins, ice pack, splint, flip chart and markers.

RESOURCES

ACTIVITY AREA:

This activity can be conducted indoors or outdoors as long as children are able to sit in close proximity to the items that are being displayed.

SAFETY:

Make sure that all participants have a direct view of the tray to avoid pushing or shoving.

ACTIVITY DESCRIPTION & INSTRUCTION

PREPARATION:

- ▶ Gather the equipment required for this activity.
- ▶ Create 4-5 scenarios in which a First Aid Kit would be used. Ensure the scenarios are age-appropriate.

ACTIVITY DESCRIPTION:

- ▶ Divide the participants into smaller groups.
- ▶ Have the groups brainstorm the items that should be in a First Aid Kit and their use. Have each team create a list.
- ▶ Have each team share their lists and create one big list on the flip chart so everyone can see it. Explain the use of each item as they are identified.
- ▶ Walk the participants through the First Aid scenarios using volunteers to act as the injured persons.
- ▶ Ask the teams to discuss how to appropriately handle the situation (i.e. what should they do, who do they contact, what First Aid items would be needed, etc.).



- ▶ Each team presents their ideas to the whole group at least once. Make sure you fill in any missing information for each scenario.

DISCUSSION POINTS: FIRST AID

- ▶ Why is it important to have a complete First Aid Kit?
- ▶ Who knows where the First Aid Kit is located at home? At school? At the After School Program?
- ▶ What should you do if you hurt yourself?
- ▶ If you hurt yourself, who should you ask for help?
- ▶ Is there an item you think should be included in a First Aid Kit that we did not discuss today?

GUIDED DIRECTION

- ▶ Have participants share their own real life stories about getting injured and having First Aid administered by their parents, teachers, etc.
- ▶ Ensure that all participants have an opportunity to contribute their ideas.

TAKE HOME MESSAGES

We are learning about the First Aid, including the items found in a First Aid Kits and how they are used. Please check your First Aid Kit at home and make sure it is complete.

- ▶ Every member of your family should know where to find the First Aid Kit.
- ▶ Make sure that your first aid kit is readily available when traveling and when your child is participating in an outdoor activity.
- ▶ Talk to your children about First Aid in an age-appropriate way.
- ▶ For more information on creating or stocking a First Aid Kit, please visit www.kidshealth.org

**ACCOMMODATIONS
& CONSIDERATIONS:**

*GIVE VISUAL REPRESENTATION
WITH EXPLANATIONS
THROUGH CHARTS OR
DIAGRAMS FOR PARTICIPANTS
WHO ARE HEARING IMPAIRED*