



FIRST AID FRENZY

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.

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.

ACTIVITY DESCRIPTION:

- ▶ Ask the participants to name items that they think should be in a First Aid Kit.
- ▶ As they announce each item, display the item to the participants and place it on the tray.
- ▶ Once they have exhausted their suggestions, present the remaining items indicating their use.
- ▶ Divide the participants into small groups.
- ▶ Present each team with an item from the tray.
- ▶ Have each team create a scenario that demonstrates when or how the item would be used.
- ▶ Encourage the teams to act out their scenarios for the group.

**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?
- ▶ Think of a time that you got hurt and needed First Aid. Were you playing safely before you got hurt?

GUIDED DIRECTION

- ▶ Ensure that all participants have an opportunity to contribute their ideas when creating the scenarios and during the discussion.

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*