



FIRST AID FUN

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:

- ▶ Set up a tray with a number of commonly used First Aid items.
- ▶ Use multiple trays to limit the number of items on each tray depending on the age of the participants.

ACTIVITY DESCRIPTION:

- ▶ Show the tray of First Aid items to the participants. Explain the name and use of each item.
- ▶ Give the participants 1-2 minutes to memorize the items on the tray.
- ▶ Ask the participants to close their eyes and remove one of the items.
- ▶ Have the participants open their eyes and identify the missing item. Before continuing, ask the participants to explain the missing items purpose and use.

**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

- ▶ Add or take away items based on the age of the participants (i.e. put fewer items on the tray at a time for younger participants and more for older participants).
- ▶ For older participants, move items around on the tray when you are removing an item or remove 2-3 items at a time.
- ▶ Ensure that all participants have an opportunity to contribute their ideas.

**ACCOMMODATIONS
& CONSIDERATIONS:**

*ALLOW VISUALLY IMPAIRED
PARTICIPANTS TO TOUCH ALL
OF THE FIRST AID KIT ITEMS*

TAKE HOME MESSAGES

We are learning about the First Aid, including the items found in 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