

First Aid Heroes: Staying Safe and Helping Others

Learning objective: To identify basic first aid principles and understand the importance of staying calm and seeking adult help during an emergency.

Follow the steps below to complete your first aid scene. Use your best artistic skills to show how we can help keep ourselves and others safe.

Draw: Create a bright, clear illustration on an A4 page. In the centre, draw Leo the Lion carefully helping a friend. The style should be friendly and encouraging. Include a red box with a cross on it to represent the first aid kit. Use clear lines for labels and ensure the scene looks tidy and helpful. You may use bright colours to make your first aid kit stand out.



Label words: Adult help · Pressure · Clean bandage · First aid kit · Calm · Emergency

Steps:

1. Step 1: Draw a scene where Leo the Lion is helping a friend who has a small scrape on their knee. Label the 'Clean bandage' on the knee.
2. Step 2: Near your drawing, sketch a 'First aid kit'. Why is it important to keep this in a place where adults can find it quickly?
3. Step 3: Draw a speech bubble for Leo. What should he say to stay 'Calm' while waiting for help?

4. Step 4: If someone is bleeding, we must apply 'Pressure'. Show this by drawing a hand holding a cloth firmly on a cut.
5. Step 5: Write down who is the first person you should find if you see someone having a serious 'Emergency'.