

First Aid Heroes with Kit the Fox

Learning objective: To understand basic first aid principles, know when to call for help, and learn how to respond to minor injuries.

Kit the Fox is organising his first aid kit! Look at the scenarios below and decide on the best action to take. For each question, choose the correct step from the word bank and explain why it is the safest choice.

Word bank: Call 999 · Apply a clean plaster · Tell an adult · Cool under running water · Elevate and apply pressure

1. Your friend falls in the playground and gets a small, clean graze on their knee. What should you do first? (2 marks)

2. You are cooking with an adult and accidentally touch a hot pan, causing a small red burn. What is the immediate action to take? (2 marks)

3. You see someone collapse and they are not responding when you speak to them. What is the most important thing to do? (2 marks)

4. Why is it important to always 'Tell an adult' before trying to help someone who is hurt? (2 marks)

5. If you are unsure how to help someone, why is it safer to wait for an adult rather than guessing? (2 marks)

Draw: Draw a picture of Kit the Fox holding a first aid box. Inside the box, draw three items you think are essential for treating a small injury, such as a bandage, antiseptic wipes, and a pair of gloves.



Extension challenge: Imagine you are designing a 'First Aid Poster' for your classroom. Write a catchy slogan and list three golden rules for staying safe in an emergency.