

Year 4 PSHE: Being a First Aid Helper

Learning objective: To understand how to help someone in an emergency and know when to call for adult support.

Read each question carefully. Use the word bank to help you spell tricky words. If you are stuck, look at the pictures in your head of how we stay safe. Write your answers clearly on the lines.

Max the monkey is playing in the park. He sees his friend trip and scrape their knee. Max knows he must stay calm and find a grown-up to help. Being a good helper means knowing how to keep yourself and others safe.

Word bank: Emergency · Adult · Help · Pressure · Clean · Call · Safe · Doctor · First Aid

1. 1. If you see someone hurt, what is the first thing you should do? (Tick one)

☐ Run away fast

☐ Find a trusted adult

☐ Try to fix it yourself (2 marks)

2. 2. Max says we must keep calm. Why is it important to stay calm in an emergency? (3 marks)

3. 3. If someone has a small cut, what should you do to help? Use the word bank. (4 marks)

4. 4. Who should you call if there is a big emergency? Finish the sentence: I should call... (3 marks)

5. 5. Imagine your friend falls down. Write three steps you would take to help them. Use the sentence starters:

First, I will...

Next, I will...

Then, I will... (5 marks)

6. 6. Why do we need a First Aid kit? (4 marks)

7. 7. How do you know when a situation is too big for you to handle alone? (4 marks)

Draw: Draw a picture of a First Aid box. Inside the box, draw two things that might help someone who is hurt.



Extension challenge: Total: /25. Challenge: Write a list of three places in your house where you might keep a First Aid kit safely.