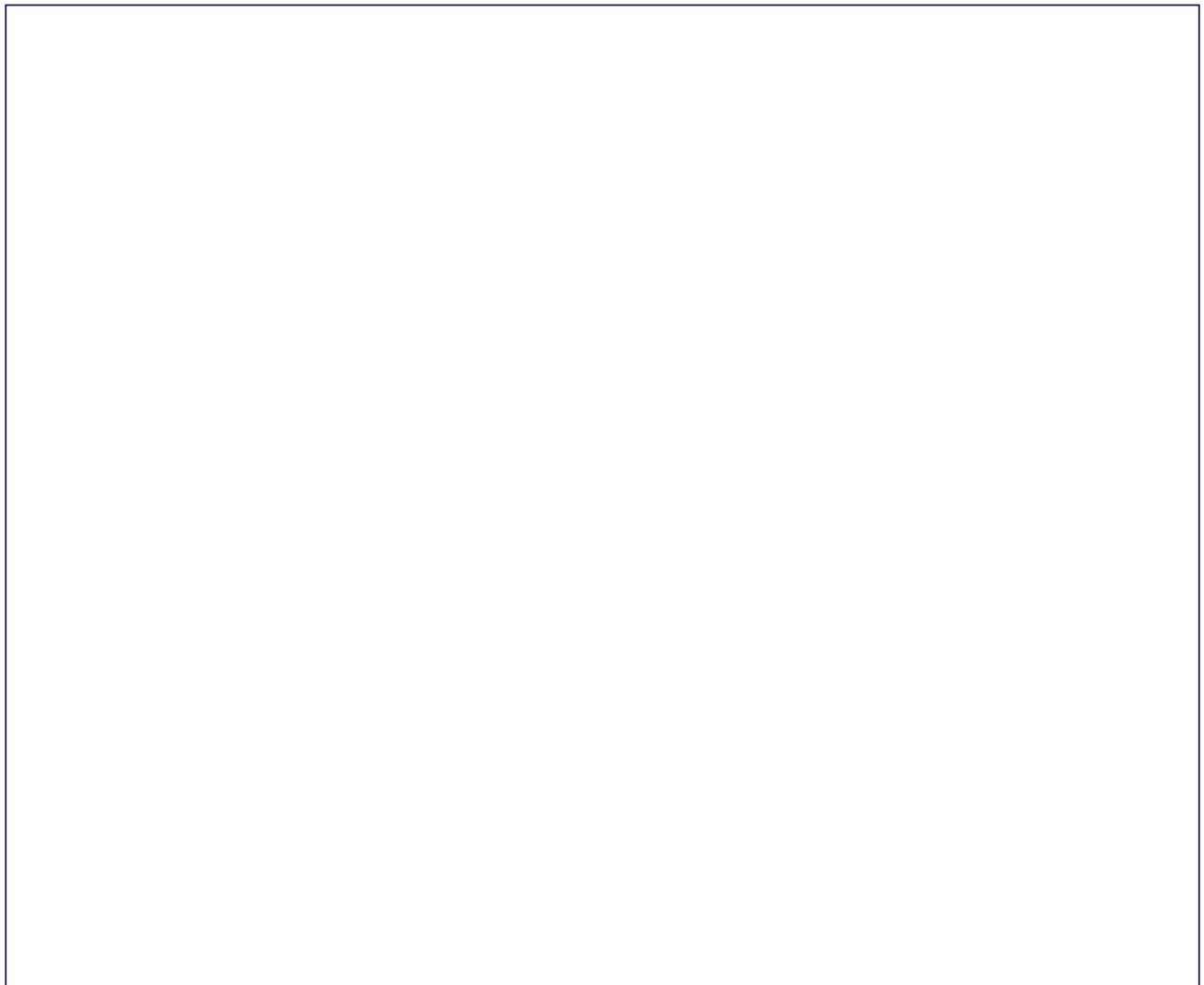


Helping Hands: First Aid Basics

Learning objective: To identify how to stay calm and help someone who has a minor injury.

Follow the steps below to draw a first aid scene. Read the words in the word bank to help you label your drawing.

Draw: Draw a bright, colourful scene in a park. On the left, draw a child sitting on a bench with a small scrape on their knee. On the right, draw Kit the fox wearing a small medical badge, gently helping the child. Include a simple first aid kit box on the ground. Use clear lines and bright colours. Label the items using the words from the word bank.



Label words: Plaster · Cold pack · Clean water · First aider · Calm

Steps:

1. Step 1: Draw a friend who has bumped their knee. Draw a 'First Aider' (like Kit the fox) helping them. What is the first thing you should do to help?
2. Step 2: Label the 'Plaster' on the friend's knee. Why do we use a plaster?
3. Step 3: Draw a 'Cold pack' next to the knee. Why is a cold pack helpful for a bump?
4. Step 4: Write one sentence about how to stay 'Calm' when someone is hurt.