Stay Calm and Help Out: Your First Aid Challenge

Learning objective: I can identify basic first aid procedures and understand how to keep myself and others safe in an emergency.

About 15 minutes. Grown-up tip: Please read these questions through with your child to discuss how they would handle these scenarios safely.

Read each question carefully. Choose the best answer for multiple-choice questions or write your answer clearly. Example: If you see someone hurt, the first step is to check if it is safe for you to approach. (True/False) Answer: True.

Answer Key: 1.C, 2.True, 3.B, 4.A, 5.True, 6.999, 7.B, 8.False, 9.Pressure, 10.B. *Open-ended advice: A good response should mention checking for danger, staying calm, and calling for adult help immediately.

Word bank: Emergency · 999 · Pressure · Recovery position · Safety

1. 1. What is the very first thing you should do if you find someone who is hurt? A) Run to find a teacher. B) Start shouting for help. C) Check the area for danger before approaching. * D) Move the person immediately. (1 mark)

2. 2. True or False: If someone is bleeding, you should press a clean cloth firmly against the wound to help stop the blood. (1 mark)

3. 3. Which number should you dial in the UK if there is a serious medical emergency? A) 111. B) 999. * C) 101. D) 000. (1 mark)

4. 4. If a friend burns their hand on a science experiment, what is the best immediate action? A) Run cool, cold-ish water over the burn for 20 minutes. * B) Apply butter or oil to the skin. C) Wrap it tightly in a bandage. D) Pop any blisters that form. (1 mark)

5. 5. True or False: You should never move a person who has had a serious fall unless they are in immediate further danger. (1 mark)

6. 6. Fill in the blank: If you call for an ambulance, the operator will ask for your location and the _____ of the emergency. (1 mark)

7. 7. What should you do if someone is choking but they are still able to cough? A) Hit their back as hard as you can. B) Encourage them to keep coughing to clear the blockage. * C) Give them a glass of water immediately. D) Lay them down on the floor. (1 mark)

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8. 8. True or False: You should always try to give medicine you find in a cupboard to someone who is feeling unwell. (1 mark)

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9. 9. If you see someone with a suspected broken arm, what is the most important thing to do? A) Try to straighten the arm. B) Keep the arm still and supported without applying heavy pressure. * C) Give them a hot cup of tea. D) Wait until the next day to see if it improves. (1 mark)

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10. 10. Why is it important to stay calm during an emergency? A) So you don't look silly. B) So you can give clear information to the emergency services. * C) So the person hurt doesn't get annoyed. D) It doesn't matter if you stay calm. (1 mark)

Draw: A friendly illustration of a first aid kit sitting on a shelf next to a bandage and a pair of scissors, drawn in a clear, educational style.

Extension challenge: Imagine you are at the seaside and see someone fall and graze their knee. Write a short paragraph explaining the three steps you would take to help them.

I did it! Name: _____ Date: _____

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