Be a First Aid Hero: Staying Calm and Helpful

Learning objective: I can identify basic first aid principles and know how to respond safely in an emergency.

About 15 minutes. Grown-up tip: Please read this guide with your child to discuss how they would handle a potential emergency safely.

Key Vocabulary

Read the vocabulary definitions carefully. Use the vocabulary list to complete the questions below. If you are unsure of a term, refer back to the categories. Example: If a friend falls and is bleeding, you must first ensure the area is safe before you help. This is called 'danger assessment'.

Why is it vital to …	**List the two most …**	**If a person is unc…**
Explain the corre…	**If you witness s…**	