

Objective

By the end of this lesson, you will learn basic first aid skills that can help you assist others in case of an emergency.

Materials and Prep

- Bandages
- Adhesive tape
- Scissors
- Clean cloth
- Antiseptic wipes
- Gloves
- First aid manual
- Parental supervision

No prior knowledge is required, just bring your curiosity and willingness to learn!

Activities

- **Bandage Practice:** Practice wrapping bandages on different body parts, like arms and legs.
- **Role Play:** Pretend scenarios where you have to provide first aid to a family member or friend.
- **First Aid Kit Assembly:** Create your mini first aid kit with the materials provided.

Talking Points

- When someone is hurt, it's important to stay calm. You can say, "It's okay, I'm here to help you."
- Before you touch someone who is hurt, always ask for permission. You can say, "May I help you with that cut?"
- Remember to wash your hands before and after providing first aid. You can sing a song while washing to make sure you do it long enough.
- Bandages are used to cover and protect wounds. They come in different sizes for different injuries.
- It's important to call for help in serious emergencies. You can say, "I need an adult to help us right now."