

## Would you know what to do?

Learning first aid is a really important and useful life skill. This month our resources are focusing on the importance of learning first aid. We are making our new first aid learning website First aid champions available early to help young people to learn first aid whilst they are at home. If someone needed first aid help, would you know what to do? Use first aid champions and learn.

This week's poster was created to promote the learning of first aid. First aid is a big part of our work in the International Red Cross and Red Crescent movement. Giving someone in need the first aid help they need is a vital kind act. The movement was born to help provide medical support to those in need and has expanded to help more and more people throughout the years. To find out more about the origins of the movement look at this [resource](#). We at the British Red Cross provide world leading first aid education to thousands of people each year, reaching the most vulnerable in our community.

### Learner objectives

Learners will:

- Learn about the history of the British Red Cross
- Learn about first aid
- Reflect on the important of kindness
- Think about what it takes to be a first aider

### Colouring activity: Would you know what to do? (ages: 5-19)

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The [original poster](#) was made in 2004 but the British Red Cross has been teaching and giving first aid for 150 years. Colour in the poster below and think about the question: if someone needed first aid help, would you know what to do?

Look at the poster again.

- > what first aid help is needed?
- > look at the little girl, do you think her injury is really serious? What help or support might she need?
- > what would you do in this situation?

Being kind is an important part of first aid. When people are hurt they might be feeling sad or worried. They need kind words and actions. What kind words could you use in this situation to make the girl feel better? Draw a speech bubble on the poster of the kind words you could say.

Learn more about the important and power of kindness when doing first aid in our [kindness and coping resource](#).

### Learning activity: Learn what to do (ages: 5-19)

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Our education has changed over the years. Although the poster shows a first aid kit, we think it is important to say that you don't need a first aid kit to do first aid. There are lots of key skills you can learn to help people with first aid in everyday life.

Look at our [first aid at home resource](#) to learn what everyday items you can use to give first aid at home.

Look at our [safe and active at home resource](#) to think about why staying safe is important and how to help people in need at home.

You can access our new [First aid champions website](#) to learn first aid skills using films, quizzes and lots of activities.

### **Extension activity: Qualities of a first aider (ages: 13-19)**

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Banksy, the famous graffiti artist, recently released a new image showing a Red Cross nurse as a superhero. You can see this image [here](#). Why do you think he made this picture?

What qualities do you need to have to be able to give people first aid? Draw a first aid box. Inside the box write all the personal qualities you think a first aider needs to be able to do first aid. Think about things like:

- > quick thinking
- > patience
- > kindness
- > adaptability
- > resilience

What else can you think of?

What can you do to develop these qualities in your life?