

First Aid Superheroes

Expand children's communication and language, literacy and understanding the world knowledge with our homemade soup activity.

Learning Aims

- Caring for and helping others
- Keeping safe
- Talking about feelings and emotions
- Imaginative play
- Building confidence and independence
- Active learning
- Creative and critical thinking.

Resources

- Roleplay area with furniture/boxes/blankets/materials etc
- Materials/dressing up clothes
- First aid kit with real resources safe for children to use and explore e.g. gauze, tape, bandages
 - Ask at your local medical practice if they have any out of date bandages they could donate
- A range of books and images containing medical equipment
- Pictures of people who work in hospitals and medical centres.

Activity outline

- In a small group, introduce the topic and how we all can be first aid superheroes
- Talk to the children about whether they have had an accident before
 - What happened?
 - Who did they tell?
 - How did they feel?
 - Did they go to the hospital or the doctors?
 - Did they have to have some treatment?
- Give an example of a common childhood accident e.g. falling over and grazing their knee. Ask children what they would do if this happened to them at home or nursery.
 - Who would they tell?
 - How would they feel?
 - What would they do if their friend hurt themselves at nursery?
- Introduce the first aid box; talk about the items that are in the box and what they are used for
- Ask for a volunteer; explain that you are going to show them how to put a bandage on an arm
- Talk through what you are doing in sequence, "first I am going to...", "Next I'm going to..."
- Talk about feelings, "How do you feel?", "How can I make it better?"
- Teach children how to keep calm if they have an accident, and if they are scared or worried, to breathe slowly
- Introduce the children to the role play corner and resources. Explain they are now going to be a 'first aid superhero'
- Sit back and observe as children explore bandages and first aid resources
- Note their language, their emotions and their imagination as they embark on their role play. You could encourage children to think of their own 'first aid superhero' names!
- Join in with their play if invited; allow children to apply bandages/pretend to 'give you first aid'.
- Talk to them about what they are doing while they engage in their imaginative play
- Use open ended questions to encourage critical thinking, "I've hurt my arm, what do you think we should do?"
- Revisit the activity at a later date; help them recall what to do if they or their friends have an accident.

Extending the activity

- Visit your local GP or medical centre
- Invite a health professional to come into the setting to talk to the children about first aid. Are any of your parents a nurse or a doctor?
- Share online information to help children learn about the basics of first aid.



Millie's Mark

Have you signed up to Millie's Mark yet?

Millie's Mark is the 'gold standard' for paediatric first aid in early years. Achieving Millie's Mark accreditation provides you and your team with the confidence, knowledge and skills to deal with an emergency first aid situation.

Find out more about Millie's Mark at www.milliesmark.com