



3 & 10 NOVEMBER 2020



We're starting our first aid stage 1 badge this week. There are 5 activities to complete and you need to complete ALL 5 activities to get the badge. All activities can be found on the next two pages.

Let's start by **getting the right kit**. Tick which of these you would include in a first aid kit

- Plasters
- Teddy
- First aid handbook
- Bandage
- Sweets
- Party Hat
- Safety Pins
- Rubber gloves
- Ice Pack

It's time to **kill the germs**. Go and wash your hands for at least 20 seconds, can you make up a song to sing while washing your hands?

We're looking at **bites** you may get from going on an **adventure**. Find out how to look after someone who gets one of these:

A dog bite

A snake bite

An insect bite

Mend a Friend

You need a red pen or lipstick, plaster, gloves, baby wipe or clean cloth

- 1) Using lipstick or washable red pen, make a small mark on someone's arm.
- 2) You need to put gloves on (if you have some)
- 3) Using a baby wipe or clean cloth, clean the cut, don't scrub, try dabbing it clean.
- 4) Put the plaster on.
- 5) Make sure you look after the patient

send us a
picture of your
finished drawing

Colour my mood

This is all about thinking about your emotions.

- 1) Happiness is just one feeling, what others can you think of?
- 2) Write them down under good feelings and bad feelings.
- 3) Now on a piece of paper draw all the good feelings around the outside. Draw a person in the middle who feels all those things. What colours show their feelings?

send us a
picture of you
completing this