

Topic: HELPFULNESS / FIRST AID

Objective: To stimulate thought about equipping ourselves to be ready for life's challenges.

Crime and Safety.

Having a positive approach to life.

Recognising the needs and concerns of others.

Being prepared to reconsider existing views.

Consideration for others' religious teaching and individual conscience.

Curriculum Links: Citizenship, Drama, English, Music, PSHE, Science

Key Words: ashen, colleague

Materials needed:

- The Manual or copy of lesson plan
- Silent sitting exercises from the Introduction Manual
- CD player
- CD with music for silent sitting
- CD with music for the song
- Photocopy of First Aid Quiz
- Pages of the drama for 4 pupils

QUOTATION/THEME FOR THE WEEK



BE PREPARED

Whose motto is this?

Brainstorm and discuss the meaning.

Volunteers may like to give an example from their own experience.

SILENT SITTING

Step 1 *(See page 36 of the Introduction Manual).*

Step 5: Guided Visualisation on Light exercise *(See page 37 of the Intro Manual).*

Step 6.

DRAMA

FIRST AID

by Geeta Singh

The scene is set at Peter's home and work.

Characters: *Narrator*
 Peter
 Father
 Tom

Peter: I'm having a great time at college. I'm studying electrical engineering. I get to go out a lot with my mates - drinking, smoking and clubbing.

Father: As you've got plenty of free time, I would suggest that you take a First Aid course. It will help people and could save their lives.

Peter: You must be joking, Dad. I don't want to waste time doing extra courses. You do make me mad! After all, you're only young once!

Narrator: One day, after Peter had left college, he was working in an engineering company and was involved in wiring the premises. He had undertaken this work on numerous occasions and was always careful and efficient. On this particular day, however, his mind was preoccupied. He had had a row with his girlfriend the evening before and was finding it difficult to concentrate. Suddenly his drill touched an electrical mains cable. Peter fell to the floor, quivering.

Tom: What was that noise? Oh my goodness! It's Peter. Now what did they say on that First Aid course? I'd better switch off the mains supply quickly. Then gently pull Peter away from the dangerous cable by his clothes. He appears to be in shock. His face is ashen and he has severe burns on his body. He is breathing okay. His heartbeat is there all right and he has a faint pulse. I just need to get him into the recovery position before I call the emergency services.

Narrator: Peter was taken to hospital where he made a full recovery. When he was dismissed, he was extremely grateful to his colleague, Tom, who had saved his life by his quick actions.

Peter: Dad, I'm sorry I didn't listen to you before. Now I realise the value of your words and I'll enrol on a First Aid course. Maybe one day, I can do the same for someone else as Tom did for me.

QUESTIONS: *Support answer to question 1 with evidence from the text*

1. When did Peter change his mind about doing a First Aid course?
2. Should all young people have a basic knowledge of First Aid?
3. How did you feel when Peter fell to the floor quivering?
4. Have you ever seen a person who has collapsed on the floor?
5. If so, how did you feel at the time?

Key words: Look up any of the words in the dictionary that you have not understood and make sure you understand them and can spell them.

GROUP ACTIVITY

Give each pupil a copy of the following First Aid Quiz:

First Aid Quiz

We never expect accidents to happen to us, but the fact is that they can and often do. Each year a staggering 2.9 million of us have accidents at home and outside that are serious enough to require hospital treatment.

Knowing what to do in an emergency really can mean the difference between life and death. How would you cope if you had to tackle an emergency?

1. On your way to the gym, you come across a road accident.

What would you do first?

- a) Start helping any injured people out of their cars?
- b) Stop the traffic and ensure that no-one is in any immediate danger?
- c) Try to find a phone box to call the emergency services?

2. You are queuing for the cinema with your friends when someone faints.

What should you do?

- a) Shake them by the shoulders and shout their name?
- b) Lay them down and raise their legs slightly?
- c) Lift them up and help them to walk around?

3. You burn your hand quite badly on an oven shelf while cooking dinner.

What is the best treatment?

- a) Rubbing butter on to the burn?
- b) Covering it with a plaster?
- c) Putting the burn under cold running water for ten minutes?

4. An elderly relative has taken a tumble on an icy pavement and hurt her ankle.

What would be the best thing to do?

- a) Wrap a bag of frozen peas in a towel and apply to the ankle?
- b) Gently rotate the ankle to find out whether it is broken?

2. Invite someone from your local police station to talk about crime and safety awareness.

Extension exercise:

- a) Research how you would get help in an emergency.
- b) Research what first aid courses are available, including those run by voluntary organisations.

Citizenship Link: Unit 15 Crime and safety awareness.
Programme of study 1f: the work of voluntary groups.

English Link: Spelling 7: Spelling key words; Sentence 5 use active or passive voice;
7 use speech punctuation accurately ;
Vocabulary 15: use a dictionary; Drama 15: develop drama techniques.

PSHE Link: 2h basic emergency aid procedures and where to get help and support.

Science Link: Breadth of study 2b Health & Safety: recognise that there are hazards... and assess risks and take action to reduce risks to themselves.

GROUP SINGING

CARE AND SHARE

(music and lyrics by Renu Gidoomal)

Have a heart to care and a smile to share
That's what we're talking about
Give a helping hand to you in any land
That's what we're talking about.

*Chorus: Care and share around the world
Care and share, let's fill the world
With the biggest heart, the widest smile
And the hope for all mankind
To care and share
Let's care and share.*

See the dying man, hold his dying hand
Give your love to him
Let your heart pour out kind and loving care
Share your smile with him.

Chorus: Care and share around the world ...

From the time that the world began
There's never been the need to have a hungry man
It just takes a little heart with love to give
A little food, a little care, for us to live.

Let our hands reach out in love and service
To our fellow man
Come, join the human race with a smiling face
Share your gifts with all!

Chorus: Care and share ...

Answers to Quiz: 1b, 2b, 3c, 4a