

Sunbeams – First Aider Badge
Tasks 1, 2, 3, 4

Welcome & Settling Down (5 minutes)

Task 1 (10 minutes)

First aid is _____

Print off “First Aid Jumble” sheets and post them around the room. Have students place the pages in the right order to give the definition of first aid.

Task 2 (5 minutes)

“Show what you should do to help a person who has a nosebleed.”

“1. Stop the Bleeding

- Have the person sit up straight and lean forward slightly. Don't have the person lie down or tilt the head backward.
- With thumb and index finger, firmly pinch the nose just below the bone up against the face.
- Apply pressure for 5 minutes. Time yourself with a clock.
- If bleeding continues after 5 minutes, repeat the process.

2. Call a Health Care Provider

See a health care provider immediately if:

Nosebleed doesn't stop after 10 minutes of home treatment” (webmd.com)

Task 3 (10 minutes)

Pass out the “First Aid Match” Handout and have students match the injury to the treatment.

Task 4 (5 minutes)

“Why do people faint? Tell what you can do to help a person who has fainted.”

“1. Make the Person Safe

Lay the person flat on his or her back.

Elevate the person's legs to restore blood flow to the brain.

Loosen tight clothing.

2. Try to Revive the Person

Shake the person vigorously, tap briskly, or yell.

If the person doesn't respond, call 911 immediately.

3. Do Home Care for Simple Fainting

If the person is alert, give fruit juice, especially if the person has not eaten in more than 6 hours or has diabetes.

Stay with the person until he or she is fully recovered.

4. Call a Health Care Provider

See a health care provider right away if the person:

Hit his or her head when fainting

Faints more than once in a month
Is pregnant or has a heart condition or other serious illness
Experiences unusual symptoms, such as chest pain, shortness of breath,
confusion, blurred vision, or difficulty talking” (webmd.com

First Aid Relay Race (5 minutes)

Before class purchase a first-aid kit. Split Sunbeams into two groups and have each group stand on the opposite side of the room from the kit supplies. Students will run (or walk) to the other side of the room, apply one item from the first aid kit, and come back to tag the next person. The team that has one of each item on first wins.

Prayer & Dismissal (5 minutes)