

Activity - Make a First Aid Kit

Discussion points: What happens when you fall and hurt yourself? What do you need when you feel ill? What is a First Aid Kit? What should it contain?



Use a small cardboard box to create a first aid kit.

- Paint the box with white paint and allow time to dry.
- Help the children paint a red cross on the lid of the box.
- Write the words, "First Aid" on the box.
- Print or draw pictures of items found in a First Aid kit (bottles of medicine, sterile gloves, sterile wipes, safety pins, scissors, bandages and plasters. (The children could use an internet search tool for this part of the task).
- Ask the children to cut out and place the pictures inside the First Aid kit. The pictures may be laminated if appropriate.

