

**PAWPRINT**  
**BADGES**

**Adventure For All**  
Supporting young people via  
the Pawprint Trust

# First Aid Challenge



**Rik Bear has donned his face mask and is ready for the First Aid Challenge!**

Meet the competition winning design for 2020. Martha's entry to our annual Design Competition captured the imagination of the judges and here it is in all its glory!

**Please remember to check up to date First Aid guidance for your location.**

Proceeds from this badge and all the products in the Pawprint Family go towards helping young people take part in lots of adventures via the Pawprint Trust. Thank you for your support!

**Suggested challenges for different age groups:**

3-5 Years : Complete a minimum of 3 challenges from different sections.

5-7 Years : Complete 1 challenge from each of the 4 sections.

7-11 Years : Complete 1 challenge from each of the 4 sections + 1 more of your choice.

11-14 Years : Complete 1 challenge from each of the 4 sections + 2 more of your choice.

14-18 Years : Complete 1 challenge from each of the 4 sections + 3 more of your choice.

18+ Years : Award yourself a badge for assisting young people in achieving their challenges.

**For even more programme ideas check out our 'First Aid' board over on**  
[www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**Once completed head to the website to get your paws on your badges!**  
[www.PawprintFamily.com](https://www.PawprintFamily.com)

# Craft

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- + Make a face mask.
- + Create a poster to display in your meeting place or local area sharing advice and tips on hand washing and hygiene.
- + Sew your own pouch or roll-up First Aid kit.

## Here's an Idea!

Why not use old clothes or recycle fabrics to make your First Aid kit? There are plenty of patterns online and you can check out our Pinterest board for more ideas! For younger ones try using felt and learn how to hand sew a basic pouch and for older ones have a go at using a sewing machine.

- + Film your own 'How To Hand Wash' advert/video and if you like share it with friends/family and us at Pawprint!
- + Get messy and create your own artificial wounds and learn how to treat them.
- + Make a cardboard box ambulance and enjoy some role play activities. What has happened to your casualty? How will you treat them?
- + Put together a pocket First Aid kit...you could even turn this in to a Kim's Game and count it as your game activity too!
- + Pioneer a stretcher using broom handles/poles/branches and tarpaulin or jackets, an extremely useful skill for wilderness survival.
- + Invent your own board game based on First Aid. You could re-invent an existing game (like Snakes and Ladders) or you could get super creative and invent one from scratch!
- + Fold an emergency card containing your emergency numbers and some handy reminders of what to do in an emergency. Maybe you could make it look like a First Aid kit or use our free resource.
- + Together with friends, create a set of handy reminder/flash cards to help you cope with different First Aid scenarios, i.e. what to do with burns, how to treat shock, etc.
- + As well as traditional First Aid methods there are lots of natural and organic remedies you can try. Do some research and have a go at mixing some of your own. **REMEMBER:** some people have allergies to some ingredients so take care and seek advice if you're unsure.

[www.PawprintFamily.com](http://www.PawprintFamily.com)

# Food

## PAWPRINT BADGES

- ✚ Mix your own 'Plaster Salad' (that's pasta salad to you and me!).

### Here's an Idea!

Not only is this a great play on words but it's a great activity for practicing safe knife skills. Chop up all your favourite salads and veggies and mix together with cooked pasta. If you like, add a splash of mayonnaise or salad dressing for extra flavour.

- ✚ We can prevent the need for medical treatment by staying healthy. Find out about foods that keep us healthy and make a healthy meal; one, two or three courses? You decide!
- ✚ Find out about foods with protective properties.
- ✚ Another play on words for you...mix your own Lemon-Aid (or another fruit is fine)!
- ✚ Whip up you own Thirst-Aid in the form of fruit smoothies, healthy and fun! What are your favourite fruit combinations? Share them with us on our social channels.
- ✚ Romaine Calm! Make a salad using Romaine lettuce.
- ✚ Learn about 'Sit, Chop and Chew', the safe eating practice to prevent choking incidents.

### Did You Know?

140,000 people die each year in the UK in incidents where First Aid could have helped, including 900 people who choke to death.

- ✚ Bake some heart beat biscuits, shaped like hearts and iced with lines to show the heart beat.
- ✚ Make your own thermometer bread sticks. Dip the bread sticks in white chocolate and use red and black writing icing to create the thermometer's gauge.
- ✚ Decorate your own plaster biscuits using pre-made rich tea fingers or bake your own.
- ✚ Create your own severed hot dog sausage fingers with ketchup blood. You could cook them on a skewer and wrap them in bread dough bandages!

# Games

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- ✚ Play Kim's Game with the contents of a First Aid kit.
- ✚ Hold relay races carrying your casualty using your home-made stretcher or a First Aid chair carry.
- ✚ Have a game of First Aid BINGO!
- ✚ Roll a First Aid Kit using our free resource.
- ✚ Play the Immunisation Game.

## How?

Two people are 'on', one plays the 'germ' and the other 'immunisation'. The game is based on tag. If you get caught by the germ, curl up on the floor, you cannot be immunised. If you are immunised then you cannot be tagged by the germ. This is a great way to demonstrate how immunisation works.

- ✚ Have a game of corners labeling each one; Ambulance Service, Fire Service, Police and Mountain Rescue. The leader reads aloud a scenario and you must decide which emergency service you require.
- ✚ Play the board game Operation.
- ✚ Wrap the patient. Race to apply bandages to your patient. Use real bandages or toilet paper.
- ✚ Pass the parcel but wrap it in bandages (or toilet paper). You could put a First Aid scenario between each layer and ask the unwrapper what they would do.
- ✚ Play the Yes/No game. Leaders read out a First Aid scenario and you decide is the answer yes or no, i.e. There's glass in a wound, do you pull it out? Get the answer wrong, you're out of the game!
- ✚ Spot the hazards. There are loads of these online, find the hazards in the picture and learn to manage risks at the same time.
- ✚ See how fast germs can spread and why hand washing is so important. One person's hand is sprinkled with glitter (germs). They then walk around the room shaking hands at random. At the end of a minute see how many people have glitter on their hands/have caught the germs.
- ✚ Play your own game created as your Craft challenge.

# Other



-  Learn how to call the emergency services.
-  Organise a visit or speak to a nurse/doctor/paramedic to find out more about their role and how they help people.
-  Visit an ambulance station or see if you can organise a virtual tour to find out what equipment ambulances carry.
-  Find out how to complete a primary survey using 'DR ABC' (danger, response, airway, breathing, circulation). Find out more at [sja.org.uk](http://sja.org.uk)
-  Complete an age appropriate First Aid course.
-  Learn how to do the Recovery Position. We find the saying, "Hey there cheeky! Fancy a knees up? Come on over." really helpful when trying to remember how!
-  Find out about the history of St John Ambulance or the Red Cross. How did they start? What is their role? You could even invite one of their volunteers to speak to you/your group.
-  Discuss and debate what would you do in different First Aid scenarios. You can find scenario cards online.
-  Learn pet First Aid. Do you know what to do if your dog/cat stopped breathing? Find out! You could even organise a talk with a vet.
-  Act out different accidents/scenarios and how you would deal with or treat them as the first person on the scene.
-  Discover other jobs within the medical profession, there are lots of different types of Nurses, Doctors and Paramedics and they all have very different roles. Share your findings in an interesting way.
-  What is normal body temperature for humans and how would we tell if someone was too hot/cold? What are the risks and what would we do to treat them?
-  Find out about different conditions like diabetes, epilepsy or allergies; how would you recognise them and how would you treat them?
-  Tag us in your adventures working towards your Rik Bear First Aid Challenge using @PawprintFamily on Facebook and Twitter, @Pawprint\_Family on Instagram and #AdventureForAll