

# Fun ways to teach first aid

## “First Aid Stations” rotation



Set up 4–6 quick stations (8–10 minutes each):

- **Bandage lab** (wrap a “sprained wrist” using gauze/elastic wrap)
- **Nosebleed practice** (role-play: lean forward, pinch, time it)
- **Splinter basics** (pretend splinter with tape + tweezers practice on a sponge)
- **When to call 911** (scenario cards)

## Scenario cards + “What would you do first?”



Give groups a card: “Playground fall,” “bleeding scrape,” “choking risk,” “asthma symptoms,” etc. They must answer in order:

1. **Check** (is it safe?)
2. **Call** (who/when?)
3. **Care** (what first aid step?)  
Make it a game: the fastest team with the *correct* first step wins.



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## “Myth vs Fact” quiz



Do a quick true/false warm-up:

- “Put butter on a burn.” (False)
- “For a nosebleed, tilt your head back.” (False)
- “If someone faints, check their breathing and get help.” (True—depends on scenario)  
Keeps it memorable.

## “Choose-your-own-adventure” slides



Each slide is a decision point:  
“You see someone bleeding.

Do you (A) put on gloves, (B) touch it with bare hands...”

Students vote, then reveal the safe choice



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