



6 Head injury

Group size



Whole group or small groups

Suggested timing



20-25 minutes

Method



Film and discussion

What you need



Film



Pens and paper



PowerPoint



How to help cards

Learning objectives

- Learn first aid skills.
- Feel confident to help someone who needs first aid.
- Feel able to help someone in need of first aid.

Overview

Children learn about how to recognise the signs of a head injury, before learning what key action to take to help someone who has a head injury.

Preparation

Ensure you can play the head injury [film](#) and display the PowerPoint. Display or print off the How to help someone who has a head injury card.

How to run the activity

1. Start with these questions to check current learning and to open the topic with the group. Ask children:
 - How might someone hurt their head? *They might bump it on something; for example, if they fall.*
 - How can you tell if someone has a head injury? *They may have banged their head. Their head may hurt, or they may have a headache. A bump might appear on their head.*
 - Have they ever had a head injury or known someone who has? What happened? *Make sure the children know that they don't need to share if they find a story upsetting. Explain that you are going to learn how to help someone who has a head injury.*
 - How might you feel if you had to help someone with a head injury? *It can be very serious when someone has hurt their head. It is okay to feel worried or scared, the most important thing is to recognise what is happening and to calmly help them.*
 - What can you do to help someone who has a head injury? Ask children if they



- know what to do; explain that you are going to learn what to do in this activity.
2. Watch the head injury [film](#). Ask children:
 - What was happening in the film?
 - How did Dele hurt his head?
 - What did Georgia do to help?
 - How might they have felt? Think about the person with the head injury, the person who helped and anyone else nearby.
 - What is the action that Georgia took to help?
 - What else was Georgia good at? What qualities did she show? What can you learn from this? How could you use the learning?
3. Display or hand out the how to help someone who has a head injury cards. Ask the children to look at them and discuss again some of the signs of this injury; and what they would do.
4. To help them remember, ask them to write or draw what the key action to take is when someone has a head injury.
5. Now work through the photos on the PowerPoint. Ask the learners to decide which is the correct order of the photos, and match them with each of the steps to help. The review the how to help card.

Summing up



Display the images in the correct order and review the key action to help.

Now practise how to help someone who has a head injury.