



What's in a First Aid Kit?

Odd One Out

This activity can be run in a variety of different ways depending on how you want to do it.

Resources:

- List of equipment you can find in a first aid kit and equipment you won't find in a first aid kit. You can also have these items physically or print out photos of them.

Example items that should be in a first aid kit:

- Plasters
- Eye Pads
- Dressings
- Triangular Bandages
- Safety Pins
- Gloves
- Foil Blanket
- Resuscitation face shield
- Scissors
- Adhesive tape
- Steripods
- Period Products
- Ice Pack
- Tourniquet (Only for regulated courses e.g. First Aid at Work)
- Paracetamol and other "Over the counter" medications (Important to discuss when it's allowed and when it is not <https://www.scouts.org.uk/volunteers/staying-safe-and-safeguarding/incidents-and-illness/first-aid-kits-and-accident-books/first-aid-kits/medications/>)
- First Aid Manual

Example items that shouldn't be in a first aid kit:

- Screwdriver
- Hammer
- Needles
- Prescription Drugs
- Out of date consumables

Instructions:

- Hold up one item or read out one item at a time.
- Ask the audience whether or not they think it should be in a first aid kit.
- Get the audience to vote – for older audiences you can just raise hands. For younger audiences, it's good to get them on their feet so say one side of the room is no, and the opposite is yes, and get them to run to whichever side they agree.
- Ask a few people to discuss their reasoning and then reveal the correct answer.
- Repeat until you have run out of items.



Kim's Game

Resources:

- At least 8 items from the "Example items that should be in a first aid kit" above. They can either be physically on a tray or photos.
- A blanket to cover up the items.

There are many variations of Kim's Game. Play whatever version you think would work best with your section. Here is one example of the game.

Instructions:

- Show the tray with all the items on to your audience for 30 seconds.
- Cover the tray up with a blanket so no one can see the items.
- Distract the audience from the tray – for example get them to run around the room or answer random quiz questions.
- During the time, secretly remove one item from the tray.
- Bring the audience back and remove the blanket so they can see the items, with one item missing.
- They must then try to remember what the missing item was.
- Repeat removing different items each time. To increase the challenge, remove multiple items at a time.

Adaptions:

- After showing the items the first time, then try to get them to write down every item that was on the tray.
- Increase and decrease the timings as appropriate.
- Add or remove items to make the game harder or easier.

I went to the shop/I went to the first aid kit

No resources required other than the list of equipment that should be in a first aid kit.

Sit in a circle and start off by saying "I went to the first aid kit and I found..." and then add on an item that you would find in the first aid kit.

The next person in the circle will then say "I went to the first aid kit and I found (item one) and..." and they will add on a new item you would find in a first aid kit.

Keep going around and around until someone forgets the order of the words or cannot think of another thing to add! The words must be original each time.

Adaptations:

- Traditionally you have to start each word with a different letter of the alphabet. This may be a challenge just using First Aid related words, but can be made easier using adjectives e.g. Amazing Plasters, Brilliant Bandages.
- You can make the words easier and harder depending on the age. For younger people use words like plasters, bandages, gloves. For older people use words like hypoallergenic plaster, or combat application tourniquet.