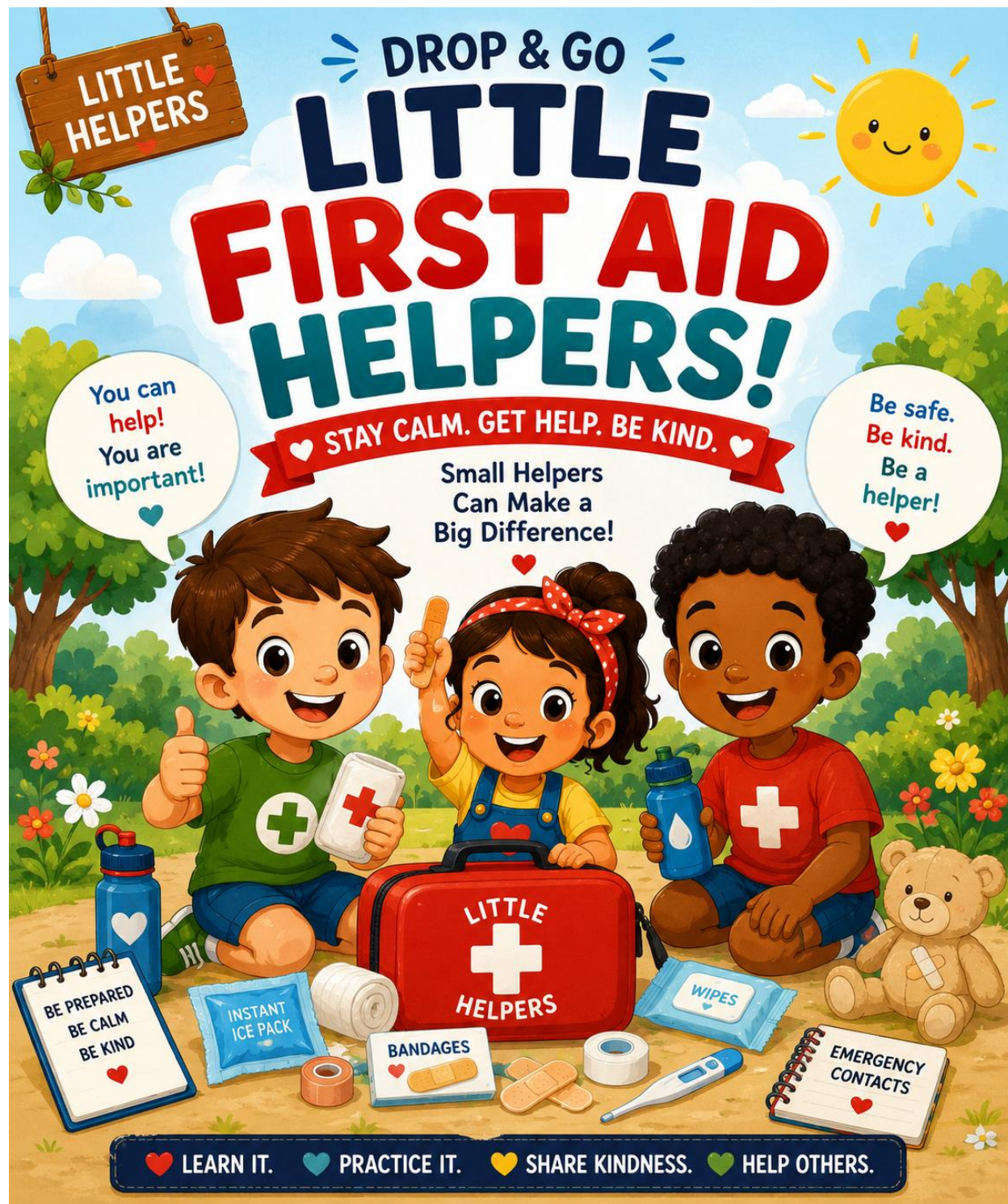


DROP & GO — LITTLE FIRST AID HELPERS

Stay Calm. Get Help. Be Kind.



- Small Helpers Can Make a Big Difference
 - Stay Calm. Stay Kind. Get Help.
 - Caring for Others Starts Small
 - Kindness Is a Superpower
-

INTRODUCTION — WHAT IS FIRST AID?

First aid means helping someone feel safer and cared for until an adult can help.

Little helpers can:

- stay calm
- get help
- bring supplies
- comfort others
- listen carefully
- follow directions from trusted adults

Helping safely and kindly is always important.

LITTLE HELPERS RULES

☐ Stay calm ☐ Get an adult when needed ☐ Wash hands often ☐ Use supplies carefully ☐ Be gentle and kind ☐ Listen closely ☐ Never panic ☐ Ask questions if unsure

SECTION 1 — LITTLE FIRST AID KIT



What Can Go in a First Aid Kit?

☐ Bandages ☐ Gauze pads ☐ Medical tape ☐ Ice pack ☐ Water bottle ☐ Thermometer ☐
☐ Tissues ☐ Hand wipes ☐ Emergency contacts ☐ Small flashlight

My First Aid Kit Checklist

☐ I found the first aid kit ☐ I know where it stays ☐ I know who to ask for help ☐ I can help get supplies

SECTION 2 — WASHING SCRAPES



Easy Steps

1. Tell an adult
2. Wash your hands
3. Rinse gently with clean water
4. Dry carefully
5. Add a clean bandage

Helper Reminder

Always ask a trusted adult for help.

SECTION 3 — BANDAGE BASICS



How To Use a Bandage

1. Peel the wrapper carefully
2. Place gently over the scrape
3. Smooth the edges down
4. Keep it clean and dry

Safety Tips

☐ Wash hands first ☐ Use clean bandages ☐ Change dirty bandages ☐ Ask an adult for help

SECTION 4 — HYDRATION HELPER



Why Water Matters

Water helps our bodies:

- stay cool
- stay strong
- stay healthy
- stay energized

Signs You Need Water

☐ Feeling hot ☐ Dry mouth ☐ Feeling tired ☐ Headache

Water Challenge

☐ Drink water today ☐ Refill your bottle ☐ Help remind others to hydrate

SECTION 5 — WHO TO CALL



WHO TO CALL?

👉 You are not alone! 👈

👉 Trusted adults are here to help you. 👈

If you are hurt, scared, or not sure what to do, get help from a trusted adult right away. ❤️



SAFE ADULTS CAN BE:

PARENTS OR GUARDIANS  They love you and keep you safe. 💜	GRANDPARENTS OR FAMILY MEMBERS  They care for you and want to help. 💚	TEACHERS  They help you learn and keep you safe at school. 💛	SCHOOL NURSE OR HEALTH HELPER  They know how to help when you're not feeling well. 💙	OTHER TRUSTED ADULTS  Coaches, neighbors, family friends, or camp counselors can help too! 💖
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MY SAFE ADULTS LIST

Write the names of adults you trust. ❤️

- 1 Name: _____
Phone: _____
- 2 Name: _____
Phone: _____
- 3 Name: _____
Phone: _____
- 4 Name: _____
Phone: _____
- 5 Name: _____
Phone: _____

I know who I can call.
I am prepared. I am safe.



IN AN EMERGENCY

If someone is badly hurt or in danger, call for help right away!



CALL 911

Tell the adult where you are and what happened.

WHAT TO SAY:

- ✓ What happened?
- ✓ Where are you?
- ✓ Who is hurt?
- ✓ What do you see?



Stay calm.
Speak clearly.
Help is on the way!

❤️ ASK. ★ GET HELP. 💚 STAY SAFE. ★ YOU MATTER.

Trusted Adults

Trusted adults may include:

- parents
- grandparents
- teachers
- school nurses

- coaches
- family friends

My Safe Adults List

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

SECTION 6 — STAYING CALM



STAYING CALM

I CAN DO HARD THINGS!

Calm mind. Brave heart. Helpful hands.

It's okay to feel upset, scared, or worried.
Try these calm-down tools. You've got this!



Take a breath.
You are strong.

CALM BREATHING

♥ Breathe in slowly. Breathe out slowly. Let's try! ♥

1 BUTTERFLY BREATH



Breathe in...flap your wings.
Breathe out...let it go.

2 BALLOON BREATH



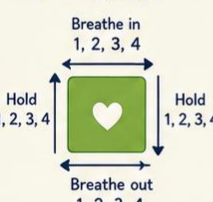
Breathe in...fill your balloon.
Breathe out...let the air float away.

3 COUNTING BREATH



Breathe in...1, 2, 3, 4.
Breathe out...1, 2, 3, 4, 5.

4 SQUARE BREATH



Breathe in 1, 2, 3, 4
Hold 1, 2, 3, 4
Breathe out 1, 2, 3, 4
Hold 1, 2, 3, 4
Breathe around the square.
You are in control.

★ CALM TOOLS ★

Use these when you need a calm break.

-  Draw or color
-  Listen to calming music
-  Hug a stuffed animal
-  Read a book
-  Go outside and breathe
-  Write or draw your feelings

It's okay to take a break. You matter!

♥ HELP A FRIEND FEEL CALM ♥



Be kind.
Stay with them.



Listen.
Let them talk.



Offer help.
Share water.

IT'S OKAY TO FEEL...


Happy


Sad


Worried


Scared


Angry


Nervous

All feelings are okay.
What matters is how we handle them.

♥ I CAN STAY CALM. I CAN ASK FOR HELP. I CAN HELP OTHERS. ♥

Calm Helper Steps

1. Take a deep breath
2. Stay with the person if safe
3. Get an adult
4. Speak kindly
5. Listen carefully

Calm Breathing Practice

☐ Slow breath in ☐ Slow breath out ☐ Count slowly to five ☐ Relax shoulders

Calm Helper Checklist

☐ I stayed calm ☐ I listened carefully ☐ I got help ☐ I used kind words

SECTION 7 — KIND HELPERS



Ways To Help Others

☐ Bring water ☐ Get an adult ☐ Carry supplies ☐ Share kindness ☐ Comfort a friend ☐ Stay nearby if asked

Kindness Reminder

Sometimes the best first aid is helping someone feel safe and cared for.

SECTION 8 — LITTLE SAFETY HABITS

Everyday Safety Tips

- ☐ Wear sunscreen ☐ Drink water outside ☐ Wear helmets when biking ☐ Wear shoes outside
 - ☐ Wash hands often ☐ Rest when tired ☐ Ask adults for help ☐ Stay with your group
-

SECTION 9 — LITTLE HELPERS CHALLENGES

HELPFUL HANDS CHALLENGE

- ☐ Help refill water bottles ☐ Find the first aid kit ☐ Learn emergency contacts ☐ Practice staying calm ☐ Help clean supplies
-

SAFETY STAR CHALLENGE

- ☐ Wear sunscreen ☐ Wear a helmet ☐ Wash hands ☐ Drink enough water ☐ Follow safety rules
-

KINDNESS CHALLENGE

- ☐ Help a friend ☐ Use kind words ☐ Comfort someone ☐ Thank a helper ☐ Share encouragement
-

SECTION 10 — LITTLE HELPERS BADGES

CALM HELPER BADGE

- ☐ Earned

HYDRATION HERO BADGE

☐ Earned

BANDAGE BASICS BADGE

☐ Earned

SAFETY STAR BADGE

☐ Earned

KIND HELPER BADGE

☐ Earned

CLEAN HANDS BADGE

☐ Earned

FIRST AID KIT HELPER BADGE

☐ Earned

COMMUNITY CARE BADGE

☐ Earned

SECTION 11 — MY LITTLE HELPERS JOURNAL

SOMETHING IMPORTANT I LEARNED

WHO HELPS ME FEEL SAFE?

DRAW YOUR FIRST AID KIT

HOW CAN I HELP OTHERS?

SECTION 12 — LITTLE HELPERS PLEDGE

I will: ☐ Stay calm ☐ Ask adults for help ☐ Use kindness ☐ Listen carefully ☐ Wash my hands
☐ Help safely ☐ Encourage others ☐ Keep learning

FINAL MESSAGE

Being a helper means:

- staying calm
- caring for others
- listening carefully
- showing kindness

Small helpers can make a BIG difference.

Keep learning. Keep helping. Keep growing.

The world always needs more kind helpers.

LITTLE FIRST AID HELPERS

FIRST AID BASICS

Small steps can make a big difference.

Be calm. Be kind. Be a helper!

CHECK FIRST

Make sure the area is safe for you and the person.

4 SIMPLE STEPS

1 LOOK

Check what happened. Is the person hurt?

2 CHECK

Ask how they feel. Check for any injuries.

3 CARE

Give the right first aid. Be gentle and careful.

4 GET HELP

Tell an adult if it's serious. Don't wait.

WHEN TO GET HELP

Tell an adult right away if:

- Someone is bleeding a lot
- They hit their head
- They can't move a part of their body
- They feel very dizzy or sick
- They have trouble breathing

It's okay to ask for help!

FIRST AID ESSENTIALS

Basic items that can help:

- Bandages
- Antiseptic wipes
- Gauze pads
- Tape
- Gloves
- Instant cold pack

HELPFUL TIPS

- Wash your hands first.
- Use kind words.
- Stay calm. Take deep breaths.
- Treat others the way you want to be treated.
- Every small act of kindness matters!

I CAN BE A FIRST AID HELPER!

- I stay calm.
- I follow the steps.
- I ask an adult if I'm not sure.
- I help with care and kindness.
- I make a difference!

Kindness is your superpower!

TOGETHER, WE CAN CREATE A SAFER, KINDER WORLD.

BE PREPARED.

HELP OTHERS.

STAY SAFE.

BE A HERO!