



CARE FOR SELF & OTHERS



Key Learnings:

- Show empathy and understand how another person feels
- Develop awareness of available safety resources
- Show awareness of safe and unsafe behaviours and settings



Activity 1: Happenings Around Me!

Learning Objective: Children will learn and understand how other people feel.

Materials: Find pictures from newspapers that show people in a situation where feelings are depicted.

(Suggestion: Pick a news article that relates to an elderly queuing at the vaccination center or a picture that depicts someone wearing a mask)

Children to watch and listen attentively. Ask the children how would they feel if they are in these situations. Where applicable, teachers discuss and explain what's happening or how someone is feeling.



Activity 2: Creating Emergency Contact List

Learning Objective: Children will be able to understand there are different numbers that they can call in the event of an emergency.

Materials: Vanguard sheet or A3 papers

Guide the children to create an emergency contact list with drawings. E.g. For 995, children will draw an ambulance or fire truck for emergency ambulance & fire; for 999, children will draw police officers or police car.





Activity 3: What is this for?



Learning Objective: Children will be able to identify the functions of the first aid items.

Materials: 8-10 first aid items and printed pictures of the 8-10 items

(Suggested First Aid items: tweezers, plaster, thermometer, gloves, sterile gauze, triangle bandage, saline solution, cotton wools, roll bandages)

Place the items in front of the children. Show the printed pictures of the items, one at a time and get the children to point out which item on the table matches the picture that the teacher is holding. Get the children to recall their names and purposes.

Give several minor accident scenarios and ask the children to recommend the first aid items that can be used to treat these injuries e.g. a knee scrap after falling at the playground.



We are pleased to share that Singapore Red Cross is able to provide some of the materials. E.g. first aid kit.

To all children, please remember to practice good personal hygiene, you may learn some good hygiene practices from the next activity. (page 3)

Come and plan for a school visit with our Red Cross Junior Ambassadors - **Bravo, Carrie and Henry** to learn simple first aid skills from them.



Please feel free to contact us at **redcrossjunior@redcross.sg** if you require any assistance.



Singapore Red Cross would like to take this opportunity to invite you to set up a Red Cross Junior Club in your centre.

For more information about Red Cross Junior Programme, please visit www.redcross.sg





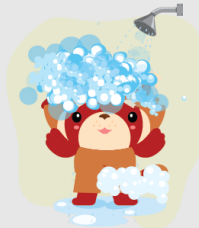
Let's Learn Good Hygiene Practices

To protect ourselves and others from germs and bacterial



Tick the good practices that you do.

**Take a bath once
you reach home.**



**Sneeze/cough into
a tissue paper and
throw it in a bin.**



**Wash your hands
regularly.**



**Flush the toilet
after use.**



**Can you think of any other good hygiene practices?
Draw it in the space above.**