



First aid

# Take a moment

Stage

4

30 mins



Skills builder



## Aim of activity

Sometimes the best way to help someone in a situation is to try and keep them calm. Discover some ways to be the calm amongst the storm.

## What you'll get out of it

- Know how to identify an asthma attack.
- Know how to identify a panic attack.
- Explore calming techniques.

## What you'll need

- Paper
- Pens
- A timer
- A random object



WE DISCOVER, WE GROW

Girlguiding



# First aid

## Before you start

Your leader should write the calming techniques onto four separate pieces of paper and set up four stations with the different instructions face down and equipment. If you have a large group set up more stations.

## What to do

**1** Read the following out loud: Whenever you're helping with a medical situation, one of the most important things is to keep everyone calm. This is really important if someone is having breathing difficulties. This could include an asthma or panic attack, which have the following symptoms:

- Wheezing
- Coughing
- Quick breathing
- Chest tightness
- Pale, sweaty face
- Anxiety

**2** Get into groups of four and pick a station.

**3** In your group, choose someone to go first. They then need to look at the instructions and lead the calming technique.

## Calming techniques

**Distraction.** You'll need a random object. A great way to calm someone is to distract them. Get your group to look and touch the object while you tell them a story about it. Make this story as fun and imaginative as possible. Can you get your group to laugh?

**Breathing.** A classic calming technique is deep breathing. Get your group to take slow deep breaths and to focus on the sensation of their lungs expanding. Breathe in for six and out for six.

**Tell me about it.** You'll need three pens. Sometimes talking won't calm people down. Try getting them to focus on something else. Get your group to each take a pen and describe it to you – maybe its shape or the way it feels. How many ways can you get your group to describe a pen?

**What's around you?** Calm someone by making sure they're focusing on the present and what's happening around them. Ask your group to tell you:

- Five things they can see.
- Four things they can touch right now. How do they feel?
- Three things they can hear.
- Two things they can smell.
- One thing they can taste.

Remember, not every technique is suitable for every situation and person.

**4** Move to the next station and choose a new leader. Keep going until you've done all four.

**5** Get back together. Which technique was the most calming? Can you think of any other techniques? By yourself, create your own calming technique and test it out on someone.

## Top tip

### Asthma attack

As well as keeping someone who is having an asthma attack calm, you need to sit them down and make sure they use their inhaler. Call for emergency help if they don't have their inhaler or don't feel better after using it.

### Panic attack

If you have a panic attack, you may want to talk to your doctor to investigate what caused it.