

Kindness and coping

Learning how to be kind to those in need, and how to cope with difficult situations are important parts of learning first aid. This Mental health awareness week encourage young people to look after their own well-being and support others with theirs. When people are distressed or worried, they need extra support. We can do many kind things to help support people. Supporting others is only possible if we can first support ourselves by learning how to cope well.

These quick activities for various ages focus on developing coping skills in order to build resilience, encourage kindness and confidence to give first aid. It uses activities and films from the '[Kindness and coping](#)' section of the new First Aid Champions website for learning first aid. Explore this section thoroughly for more activity ideas around kindness and coping.

Learning objectives

Learners will:

- Learn how to stay calm
- Reflect on kindness and being kind to others
- Think about the importance of helping
- Feel more confident and willing to help others

Role play activity: Kindness and first aid (11-19)

When people feel sad or worried, or are injured, they need support.

Write down or discuss with others the kind of worries you might have about helping someone in a first aid situation.

Let's think about a specific situation. Think about an accident that might happen to someone, would you help them? With the people in your house act out this role play or write a short story about what would happen.

- > A man is standing on a train. Suddenly he falls down. There are many people on the train, they see that he has fallen but they don't know what to do.

Run through the role play the first time where no one does anything. What might happen to the man? Now run through it again where someone helps him. What might happen now? How could they help him?

Go back to your worries. How can you overcome these worries and still help someone in need?

Reflect on your two scenarios.

- > How is giving first aid to someone in need an act of kindness?
- > Think about how you would feel if no one helped you when you were injured.
- > Now think about how you would feel if someone did help you.

Film activity: Comforting others (ages: 7-19)

Watch this [film of Ekam](#) talking about comforting others. What does he say about comforting people?

What does the word 'kindness' mean to you? Write down all the things you think about when you hear the word 'kindness'.

How can we be kind when someone needs first aid?

Why is showing kindness to people who are distressed or injured important?

To explore this activity more visit the [Emotions and comforting others](#) page of First aid champions.

Reflective activity: Head, heart hands (ages 7-19)

Think about how people might feel in a first aid emergency and how we can make them feel better with this simple activity.

Draw the outline of head, a heart and a hand on a piece of paper.

- > Inside the **head** write all the things a person who is in distress or injured might be **thinking**.
- > Inside the **heart** write all the things a person who is in distress or injured might be **feeling**.
- > Inside the **hand** write all the things a person who is in distress or injured might **do or act like**.

What kind of things did you write? How would you describe their mood in one word?

Now imagine you want to help this person. How can you use your head, heart and hands to support them? Write ideas around the outside of the picture.

- > How can you use your **head**? What **skills, knowledge or ideas** do you have that can help.
- > How can you use your **heart**? What **emotions or comforting words** might make them feel better?
- > How can you use your **hands**? What **skills or actions** can you do to help them?

Check out this [link](#) for an illustrated version of the instructions in the 'Kindness' section.

Reflective activity: Coping skills (ages: 11-19)

What is coping? Define 'coping' in your own words.

Now think about the dictionary definition. The Oxford English Dictionary definition of coping is: "to deal effectively with something difficult."

This is only one definition of it. Think about:

- > Does it cover what you were thinking?
- > Does it have enough detail?
- > Is there anything you would change or add?

People often talk about 'coping mechanisms' - these are activities or exercises people do to help them cope with certain situations, thoughts or feelings. Do you have any coping mechanisms?

What do you normally do to help yourself deal with something that is difficult? Understanding what makes you feel better will help you to be more prepared in the future. You can use these things to help you in difficult situations.

Film activity: Breathing with colour (ages 7-19)

One coping exercise is the 'Breathing with colour' exercise. Watch [Jonjo's film](#) about this exercise, and try doing it yourself. Then think about:

- > Why did Jonjo do this exercise – how does it help him?
- > How did doing this exercise make you feel?
- > How could you use this in a first aid situation?
- > Why might you feel that a first aid situation is a difficult situation to cope with? Look back at the worries you listed in activity one.

To explore this activity more visit the [copings skills](#) page on the First aid champions website.

Think about the question from the first exercise. Would you be willing to help someone who was injured and needed help? Do you feel more confident than you did at the start?