Health Smart Virginia - Sample Lesson Plan
Grade 6 – Safety and Injury Prevention

Unit 4

SOLs:
● 6.1.l Describe basic first aid and emergency procedures for treatment of sunburn and injuries to the head, teeth, and eyes.

Title: First Aid Kit

Objectives/ Goals:
● The student will be able to...
  o identify items that should be in a first aid kit.
  o describe how the items in the first aid kit prevent or treat injuries.

Materials:
● First Aid Kit Worksheet
● Construction paper
● Glue sticks
● Coloring supplies
● Scissors
**Procedure:**

<table>
<thead>
<tr>
<th>Step</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 1</td>
<td>Utilize this performance assessment upon completion of a lesson taught on safety and injury prevention.</td>
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</tbody>
</table>
| Step 2 | Give each student a First Aid Kit Worksheet and piece of construction paper  
As a class identify what is pictured on the worksheet and the main purpose of each item as it pertains to first aid for an injury. |
| Step 3 | Review the directions and have the students complete the steps listed on the worksheet.  
Remind them to color, cut, and glue neatly.  
- Step 1: Color 5 objects you think are important to have in your first aid kit.  
- Step 2: Neatly cut out the 5 objects you colored.  
- Step 3: Glue the objects to a piece of construction paper.  
- Step 4: Under each picture label the object. |
| Variations | Have students hand draw an item that they would include that isn’t included in the pictures.  
On a separate piece of paper have them write the item name and explain briefly how it can help when an injury occurs or how it may help prevent further injury. |

**Assessments, References, & Sources:**

- Stacy Adams, Shaler Area Elementary School
First Aid Kit

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