



Mini Heroes

By SkillBase First Aid



Welcome to *Mini Heroes!*

Mini Heroes is SkillBase's engaging, story-led first aid programme designed especially for children aged 4–11.



Through characters, storytelling, video modelling and hands-on practice, children learn how to stay safe, help others and act calmly in an emergency – all while having fun.

- Created by experienced teachers and first aid instructors
- 'Press-play delivery' ready-to-go slides, guided lesson plans + expert demonstrations included
- Fully age appropriate for Early years, KS1 and KS2
- Not only meets, but exceeds DFE statutory requirements
- Sessions based on story and practical first aid
- Child friendly language and questions
- Makes first aid fun and memorable



What does the course look like? How are sessions structured?

The digital resources have been designed to be super engaging.

Information is given through story, with the help of the Mini Heroes characters - this helps strike the right balance between being informative and not worrying children.

How a Session Works

Each session follows a simple structure:

Watch: Short engaging videos model the skill in action

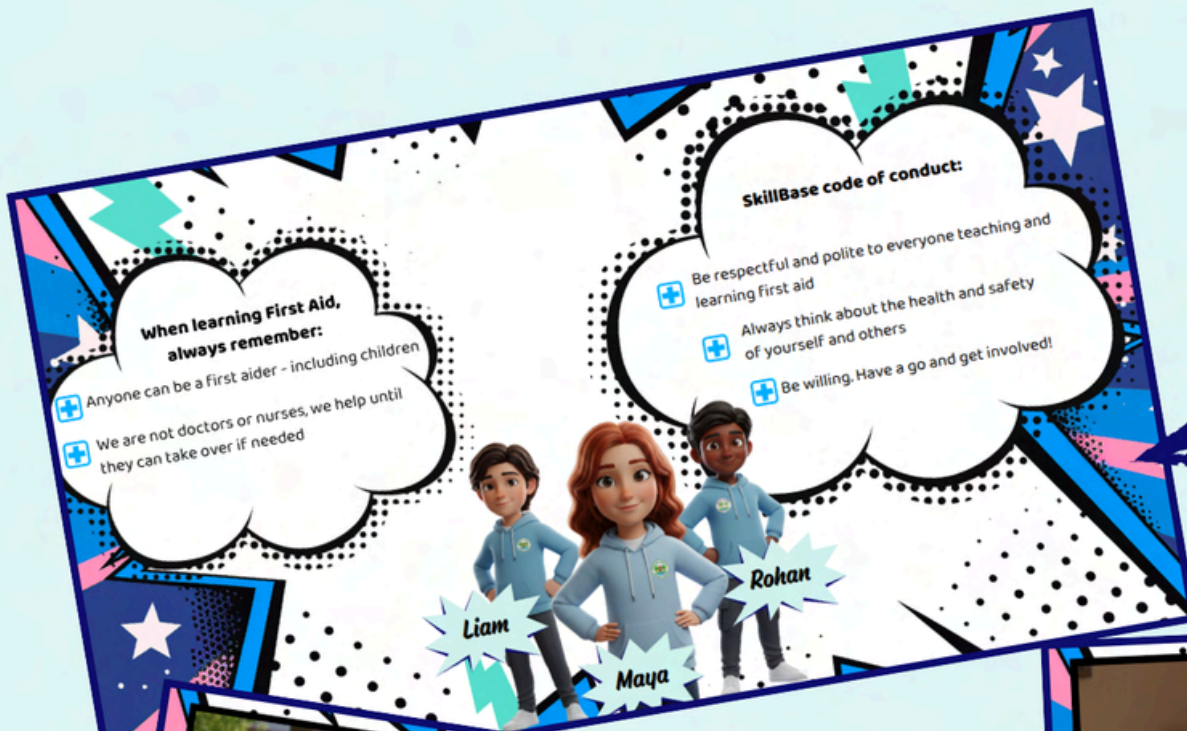
Discuss: Guided questions check understanding and spark conversation

Do: Role-play and practical activities bring learning to life

Every lesson is designed to keep children active, involved and confident.

Session structure sample

1. SkillBase code of conduct: child friendly version



When learning First Aid, always remember:

- Anyone can be a First aider - including children
- We are not doctors or nurses, we help until they can take over if needed

SkillBase code of conduct:

- Be respectful and polite to everyone teaching and learning First aid
- Always think about the health and safety of yourself and others
- Be willing. Have a go and get involved!

Liam
Maya
Rohan



Rohan's ankle is painful. He doesn't feel like he wants to stand up and put weight on it, but he can move it. A twist like this is likely to be a sprain - Liam goes back into school to tell Miss Oak while Maya stays with Rohan.



Maya sends her mum a quick message to tell her what's happened and then calls 999. Her Gran can't get up and there's a good chance her arm is broken.

Mum, Gran's fallen. I think she's broken her arm, we're at her house. I'm calling 999.

2. The SkillBase Mini Hero models correct first aid through story



What have you learnt so far about bone and muscle injuries?

How can you help someone with a sprained muscle?

If you think someone has a broken bone, you should help them stay _____ and _____



3. Age appropriate questions check understanding and encourage discussion

4. Short engaging videos model the skills in action

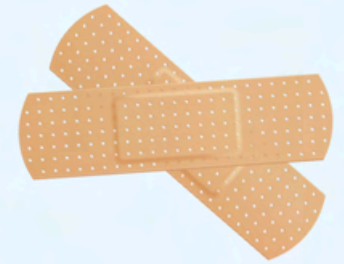


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Time to practice

- Work in a group of 2. One of you is the casualty and one of you is the first aider
- First aider: Look for signs of a sprain. Help the casualty by supporting the sprain, keeping it still and putting an ice pack on
- First aider: Look for signs of a broken bone. Help the casualty by keeping them still, safe and comfortable. Phone 999 for an ambulance and tell them exactly what's happened and where the casualty is.
- When you've finished, swap roles



5. The practical! Children learn best through 'doing'. Every session gives them an opportunity to role play what they have learnt with guidance from an expert facilitator



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About this session:

Session 1:
**Making an
emergency call**

Estimated length

45 minutes

Resources needed

SkillBase Mini Hero phones

Picture scenario cards



**Browse the following pages
to view a sample of the
presentation in action (the
sequence and number of
slides have been reduced for
demonstration purposes).**



**Mini
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Session 1:
**Making an
emergency call**

We are learning:



When to call an emergency ambulance



How to call an emergency ambulance from any phone



How to speak to an emergency call handler



The importance of staying on the phone line



Liam, Maya and Rohan are walking to school one morning when they hear a loud bang. They continue down the path, ready to investigate.

They find a man on the ground, next to an overturned bike. The man looks pale, he's got deep cuts to his head and arm and he's not awake.

The three children feel a familiar urge to help and a little magic flows through them...



Liam becomes captain calm. He knows he must check for any danger before they can do anything. Everything looks safe.



She takes out her phone and presses 9 9 9 followed by the green call button.

Someone who works as a call handler for the emergency services answers and says "9 9 9, what service do you require?"



"Ambulance please" Maya states clearly. "Connecting you to the ambulance service" the reply comes.




The ambulance service call handler answers with "ambulance service - is the patient breathing?" - This is what they will always answer the call by saying


Ambulance service - is the patient breathing?

I don't know - I'll just check





An ambulance is on the way.
Stay on the line - put the call
on speakerphone and I'll tell
you what to do next



Maya stays on the phone. She puts it
on speakerphone so that she can
put the phone on the ground and
use both hands, then listens for
what she needs to do next.

As the children hear the ambulance sirens coming nearer, Liam waves his arms to show the driver exactly where the emergency is. The call handler asks if the ambulance has arrived and when Maya says yes, the call is ended. The man can now get the medical attention he needs.





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**What have you learnt so far about
making an emergency call? -**

Answers

Call 999. The call handler
will say "ambulance
service - is the patient
breathing?"

Maya put the call on
speakerphone so she had
both of her hands free to
help

Always check for danger
before going closer - you
can't help if you get hurt
too





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Time to practice



Work in a group of 2. One of you is the person who has found the health emergency shown on the card, the other person is the emergency call handler. Hold the card up in between you so you can see one side each.



Caller, dial 999 on your phone and tell the call handler what information you can work out from the picture card.



Emergency call handler, ask the questions on the other side of your card and wait for the caller to answer.



When you have finished, swap roles so the other person can practice making the emergency call. Swap cards with someone nearby to try out another scenario.





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**Session 1:
Making an
emergency call**

We have learnt



To call an ambulance in a health emergency by dialling 999 and pressing the green call button



To hold down the side buttons or swipe a locked phone screen to still be able to make a 999 call



To answer clearly the questions asked by an emergency call handler and to look for clues so we can tell them where the emergency is



To put the call on speakerphone and stay on the line until the ambulance arrives so the call handler can help



Sample lesson plan for session 2: bleeding and bandages

Scheme of Work SkillBase Mini Heroes - Key Stage 2			
Timing (mins)	L.O.	Expected understanding	Achieved by
Session 2 - Bleeding and bandages			
5	To know that anyone can be a first aider	- Children will be reminded that anyone can be a first aider, but that first aiders are there to help until someone else can take over - Children will understand the SkillBase way code of conduct for first aid sessions	Slides 1 - 4 - Share the code of conduct, that anyone can be a first aider and the importance of calling for help as we are not trained doctors and nurses - Share the objectives slide with children on what they will be learning in this session - Reinforce the concept that first aiders are not doctors, nurses or paramedics and that anyone can be a first aider
15	To know the difference between minor and major bleeds To know how to treat bleeding wounds To know when bleeding becomes a health emergency	Children will know that a minor bleed is a small cut or graze, which will stop bleeding on its own or with light pressure Children will know that for a minor bleed, they should clean it, dry it and put a plaster on it Children will know that a major bleed is a much deeper cut or wound where the blood flows or pours out, needs a lot of pressure to stop and may continue to bleed through a bandage They should understand that they should seek adult help for any bleeding wound and that a major bleed that continues to bleed through a bandage is a health emergency	- Use slides 5-12 to share the story about Rohan having a minor injury, where the other children model the correct first aid practice in treating the injury. Ask children the retrieval questions on slide 11 to check their understanding. Answers can be found on slide 12. - Use slides 13-24 to share the story about the Mini Heroes finding a casualty with a major bleed, where they correctly give first aid. - Emphasise the points where the children try to find the boy's adult and when they call for help from an ambulance.
20	To be able to use plasters and bandages	Children will demonstrate their understanding of how to clean and dry a minor bleed and apply a plaster. They will demonstrate that they know how to apply a bandage with some pressure	- Watch the video slide, which recaps the information given in the story and role models how to treat a minor bleed and a major bleed - While the video is playing, give out plasters, bandages, first aid wipes (or wet paper towels) and dry tissues. - An explanation of the tasks can also be found on slide 28. - Children first practice how to treat a minor bleed on a partner. Clean the pretend injury with a wipe, wet paper towel or water, dry it with a clean tissue and prepare a plaster to be applied. At SkillBase we strongly suggest getting children to apply the plaster over the top of clothing to minimise the risk of allergic reaction and to help any children who may not like the sensory feeling of having plasters on their skin or of taking them off - Next, children practice applying a bandage to a partner. Stress that they should not put the bandage around necks for safety reasons. Emphasise the need for the bandage to stay flat and tight to apply pressure and remind children to tuck the last bit of the bandage in to stop it coming unravelled.
5	To summarise the key things to remember when treating minor and major bleeding	- Children will remember the main points of the lesson	- Use the last slide to recap what has been covered to meet the objectives set out at the beginning of the session - The difference between a minor and a major bleed, how to treat each and when to call for help



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Session 2:

Bleeding & Bandages



1 Complete the sentences:

A minor bleed is usually a small cut or _____.

A _____ bleed is when blood is flowing or pouring.

2 How would you treat a minor bleed like a graze or small cut? Tick one box:

- Wrap tissues around it
- Put a layer of cling film or plastic over it
- Clean it, dry it, put a plaster on it
- Call an ambulance
- Put it under the cold tap for 20 minutes

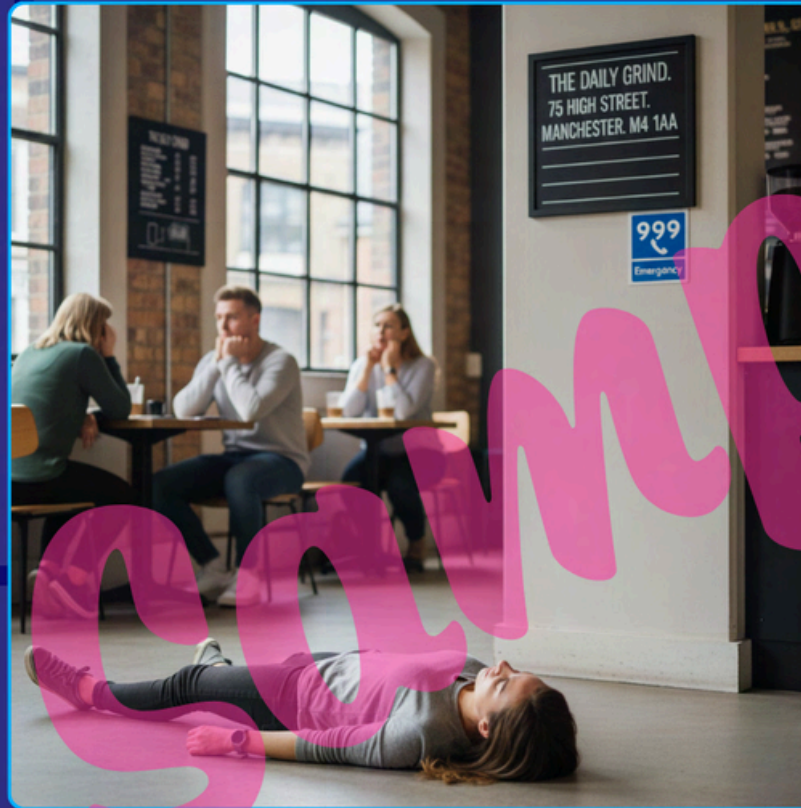
3 Why shouldn't you wash or clean a major bleed?

- It might hurt
- Major bleeds don't have germs
- It could make the bleeding worse

4 Write a sentence to explain how a first aider can help someone with a major bleed:

5 True or false: If a casualty is bleeding a lot, you should wait for the bleeding to stop on its own before helping

- True
- False



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*Call 999 and ask for an
ambulance*

*Is it safe to go closer or is
there any danger?*

*What could have
happened?*

*Can you see any clues to
tell you where they are?*

Emergency calls



If there isn't an adult around to help but the casualty needs a doctor quickly, call 999 for an ambulance

Mini Hero Printable Resources

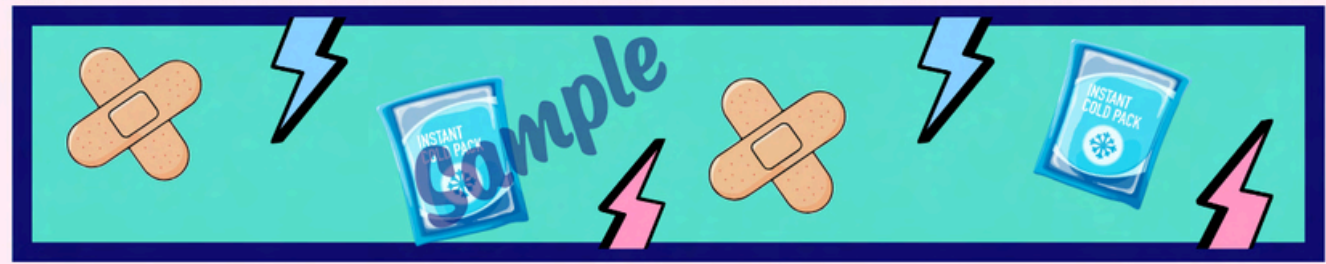


Plasters and Bandages

For a minor bleed like a small cut or graze, clean it, dry it and put a plaster on

For a major bleed, wrap a bandage around tightly to apply pressure. Find an adult or call 999

Posters and display resources for schools





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*Mini Hero
Certificate*

This certificate is awarded to:

For completing the SkillBase First Aid Mini Hero training

Date

Signature

Get in touch!



0330 335 1234



info@skillbasefirstaid.com

For more information visit the website here:

<https://www.skillbasefirstaid.com/hub/mini-heroes-get-started/>

