



Lesson Plan: Superheroes of Safety - Mastering Mini Emergencies

Grade Level: 3rd-5th

Lesson Objective: Students will identify common minor injuries, apply basic first-aid techniques (applying pressure, bandaging, calling for help), and work effectively in teams to handle simulated emergencies in a playful and engaging way.

Lesson Motto(s):

- "Remember, even the smallest superheroes can make a big difference!"
- "Think fast, act calm, be a first-aid champion!"

Materials Needed:

- Interactive Lab Activity (Video Game Options):
 - Nintendo Switch: Super Mario Maker 2 (or alternative platforms: Steam, PC)
 - Chromebook or PlayStation 4: Minecraft Education Edition
 - Xbox or PlayStation 4: Lego City Undercover
- Alternative Lab Activity (Non-Video Game):
 - First-aid kit (practice bandages, adhesive tape, antiseptic wipes)
 - Playdough or modeling clay
 - Craft sticks
 - Marker pens
 - Plastic cups
 - Water
 - Timer
- Post-Lesson Activity: "Superhero of Safety" badge template (see "Post Wrap-up" section)

Lesson Outline:

Warm-up (10 minutes):

- Play a "Guess the injury" game: Describe common bumps, scrapes, or minor burns without naming them. Have students guess the injury and its appropriate first-aid response.
- Watch a short, engaging video on child-friendly first-aid basics (e.g., PBS Kids' "Sesame Street: Elmo Gets a Boo-Boo").

Introduction (15 minutes):

- Discuss the importance of knowing basic first-aid and being prepared for minor emergencies.
- Introduce the lesson's "Superhero of Safety" theme, emphasizing everyone's potential to help others.
- Briefly explain the chosen video game (or non-video game activity) and how it will help them practice first-aid skills.

Instructional Activity (20 minutes):

- For Video Game Options:
 - Super Mario Maker 2: Divide students into teams and challenge them to create custom Super Mario levels featuring obstacles that represent common injuries (e.g., Mario falls on a cactus - needs a bandage!). Teams then play each other's levels, practicing first-aid responses for the virtual Mario.
 - Minecraft Education Edition: Similar to Super Mario Maker 2, students create worlds with "injury scenarios" and design mechanisms to trigger specific first-aid actions (e.g., stepping on a pressure plate releases bandages).
 - Lego City Undercover: Encourage students to explore the game world and identify situations where characters need first-aid. Discuss appropriate responses and how it relates to real-life situations.
- For Non-Video Game Option:
 - Divide students into pairs. Each pair receives a "practice injury" (e.g., playdough cut, taped stick "sprain").
 - Students use the provided first-aid kit to safely and correctly care for their partner's "injury" within a timed challenge.
 - Rotate roles and practice different scenarios throughout the activity.

Interactive Lab Activity (90 minutes):

- Students spend the designated time actively engaged in the chosen video game (or non-video game) activity, reinforcing their first-aid skills through gameplay or hands-on practice.
- Encourage teamwork, communication, and problem-solving during the activity.
- Briefly pause periodically to discuss key takeaways and lessons learned from the scenarios encountered.

Culminating Activity/Competition (20 minutes):

- Organize a friendly "Superhero of Safety" competition.
- For video game options, teams present their best level designs featuring creative and accurate first-aid solutions. The class votes for the most engaging and educational level.
- For the non-video game option, hold a timed first-aid relay race where pairs efficiently and correctly address "injuries" on different stations. Award prizes for teamwork, speed, and accurate first-aid application.

Wrap-up (10 minutes):

- Reflect on the learning experience and emphasize the importance of real-life first-aid knowledge.
- Discuss how remaining calm and thinking clearly can help in emergency situations.
- Introduce the post-lesson activity: decorating and personalizing "Superhero of Safety" badges.

Post Wrap-up (15 minutes):

- Provide students with the "Superhero of Safety" badge template (see below) and decorating materials.
- Encourage them to personalize their badges with drawings, slogans, or symbols representing their first-aid skills.
- Students can wear their badges with pride, promoting awareness and preparedness for minor emergencies.

Homework/Extended Learning:

- Encourage students to share their newfound knowledge with family and friends, teaching them basic first-aid skills.
- Challenge them to create a short comic strip or skit showcasing a "Superhero of Safety" scenario and the proper first-aid response.
- As a family activity, suggest visiting a local ambulance or fire station for a tour and demonstration of basic first-aid equipment and techniques.
- Research various real-life stories of children who used their first-aid knowledge to help others. Discuss the importance of remaining calm and acting responsibly in emergency situations.