



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 6 – Safety and Injury Prevention

Unit 4

SOLs:

- 6.1.I 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...
 - identify items that should be in a first aid kit.
 - 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:

Step 1	<ul style="list-style-type: none">● Utilize this performance assessment upon completion of a lesson taught on safety and injury prevention.
Step 2	<ul style="list-style-type: none">● 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	<ul style="list-style-type: none">● Review the directions and have the students complete the steps listed on the worksheet.● Remind them to color, cut, and glue neatly.<ul style="list-style-type: none">○ 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	<ul style="list-style-type: none">● 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

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.

