| **Lesson Guide** |
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| **Date:** | **Topic: Health/Wellness-First Aid (1)** |
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| **Lesson:**  |
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| Cuts/Scrapes/Scratches |
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| **Materials:** |
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| Bandages (Bandaids) of various sizes. Access to sink, soap, water |
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| **Learning Objectives:** |
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| * Students will demonstrate washing/cleaning an area of a scratch/scrape/cut (simulated)
* Students will choose appropriate sized bandage for injury
* Students will open a bandage & apply bandage to “injured” area
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| **Structure/Activity:** |
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| 1. Have students sit around tables (set up in a square)
2. Hold up a box of bandages and ask students if they knew what they were/what they are used for. Discuss when students have used a bandage.
3. Have each student take a bandage from the box.
4. Demonstrate the proper procedure for washing a cut/scrape and applying a bandage.
5. Have students practice applying bandage to their hand/arm
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| **Assessment:** |
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| Bandage assessment  |
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