European

First Aid

for 5 to 7 years old

developed by Johanniter International

johanniter
international

Imprint

Published by Johanniter International ASBL ▪ Enterprises of the Orders of St John ▪ Rue Joseph II, 166, 1000 Brussels
Phone +32 2 282 1045 ▪ join.office@johanniter.org ▪ www.johanniter.org ▪ Registered in Belgium (ASBL)

Editor Johanniter International ▪ **Illustration** Herwig Holzmann ▪ **Layout** Mag.ª Julia Kadlec ▪ March 2021

Sam's day out

Hi, I'm Sam. I'm 7.

You may have already met my sister, Alex.

My little sister Alex is at the swimming pool with Daddy.

I'm at home with Mummy.

She is feeling poorly.

I'm always so helpful to Mummy!

Mummy was lying on the sofa with our cat, Tiger.

I went to get her a glass of water.

When I got back, Mummy was breathing very fast.

I was really worried.

"Sam, will you go and get my inhaler for me please?" Mummy asked.

She looked out of breath!

"Then I'll soon feel a lot better."

Mummy keeps her inhaler in her handbag.

I knew it was in the kitchen, so I went to get it.

Can you see the inhaler?

I gave the inhaler to Mummy.

Mummy pumped the inhaler spray in her mouth and breathed it in.

After a while, she said she felt a lot better.

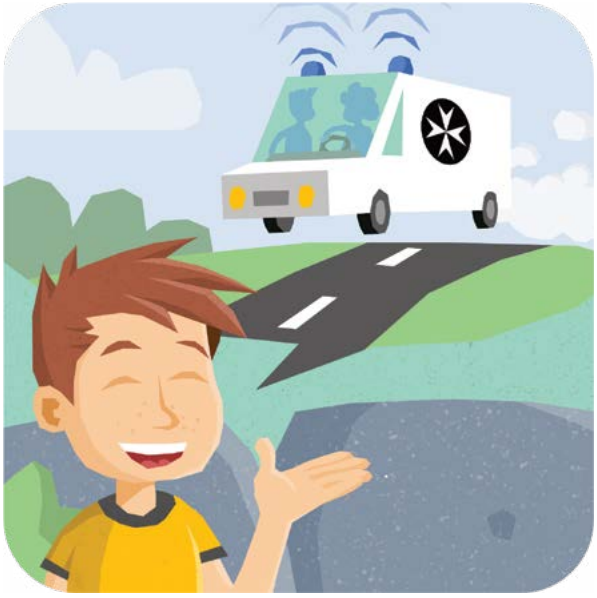
"I have asthma," said Mummy.

"This inhaler really helps me.

"If it doesn't make me better, would you know what to do?"

"Of course I do," I said.

"I'd call for an ambulance."



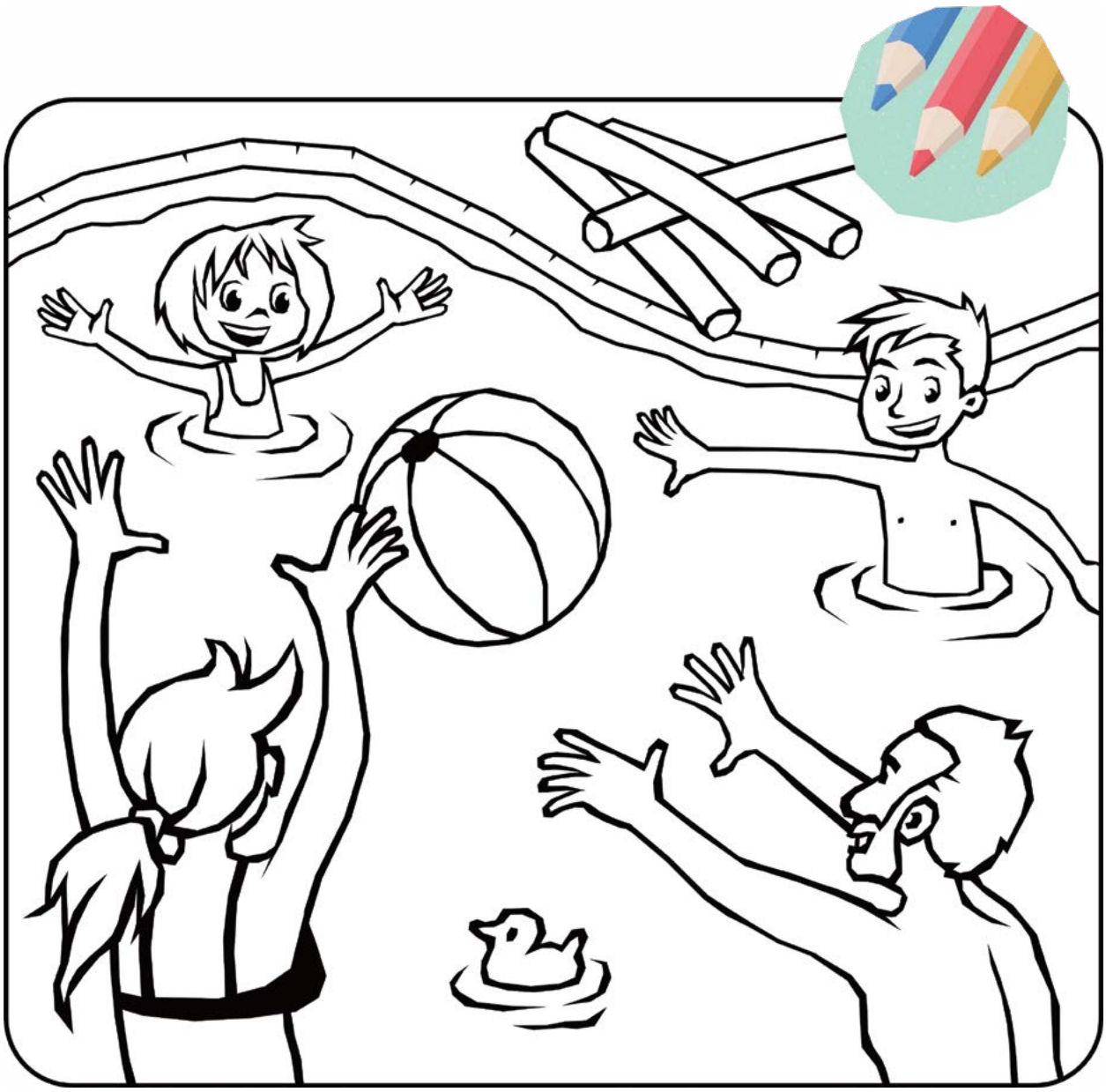
What is the ambulance number in your country?

Mummy promised me a special treat, that we would go to the swimming pool to meet Daddy and Alex.

Sometimes, in an emergency, an adult might ask you to help them take their medicine. Remember to NEVER play with medicines!

Mummy and I set off for the swimming pool. Here it is!

Can you see any dangers?



We had lots of fun!

At the end Daddy said, “Okay children, I tell you what, let’s go out and have some food.”

We went to the shopping mall nearby, where there are lots of nice places to eat.

On the way, I stopped to look in a toy shop window.

When I turned around again, Mummy, Daddy and Alex were not there!

I looked around and couldn't find them anywhere.

I was really scared, but I remembered what Mummy always taught me.

So, I looked around for a person I could trust to help me.

I found the reception desk where a nice lady was sitting.

She was very friendly and asked me if I needed any help.

I told her, “I can’t find my

Mummy and Daddy!

“I don’t know what to do!”

The nice lady made an announcement:

“Will the parents of Sam please come

to the reception desk.”

It was just a moment and Mummy,

Daddy and Alex were there.

I was so happy to see them again!

Finally, we were all walking to the restaurant.

Mummy said, “If you get lost again, who could you ask for help?”

Can you think who you could ask for help if you got lost?

Write down or draw your examples here.

Daddy said, "The best people to ask for help would be those wearing a uniform.

Here are a few examples of people you can ask:

Lifeguard

Police

Shop staff

Receptionist

Firefighter

Security guard

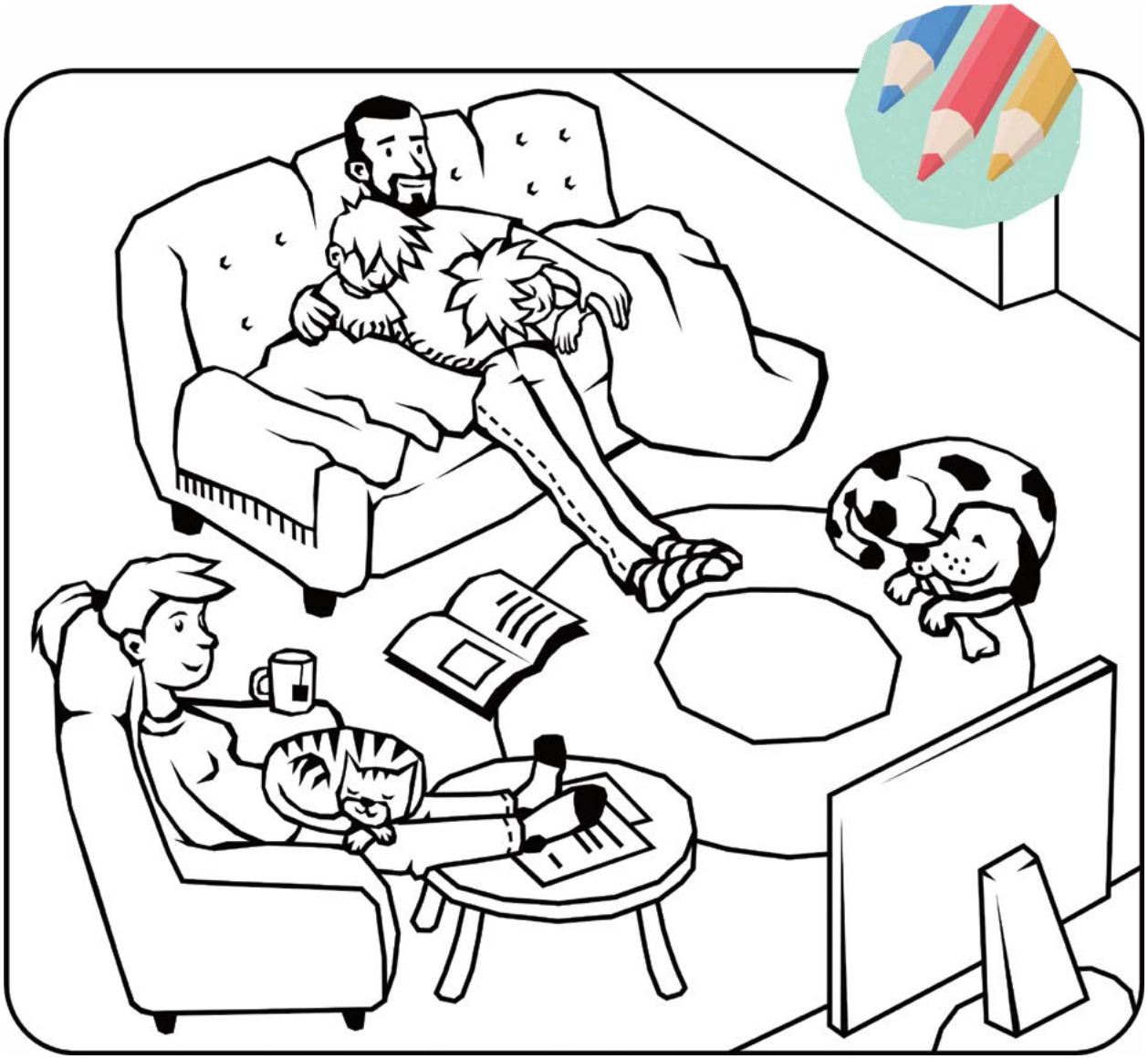
Ambulance worker

That evening we had an amazing dinner with lots of healthy food!

What do you think Sam had for his dinner?
Draw a picture of Sam's dinner on his plate.

We all had a wonderful day out!

When we went to bed that night I slept like a log!

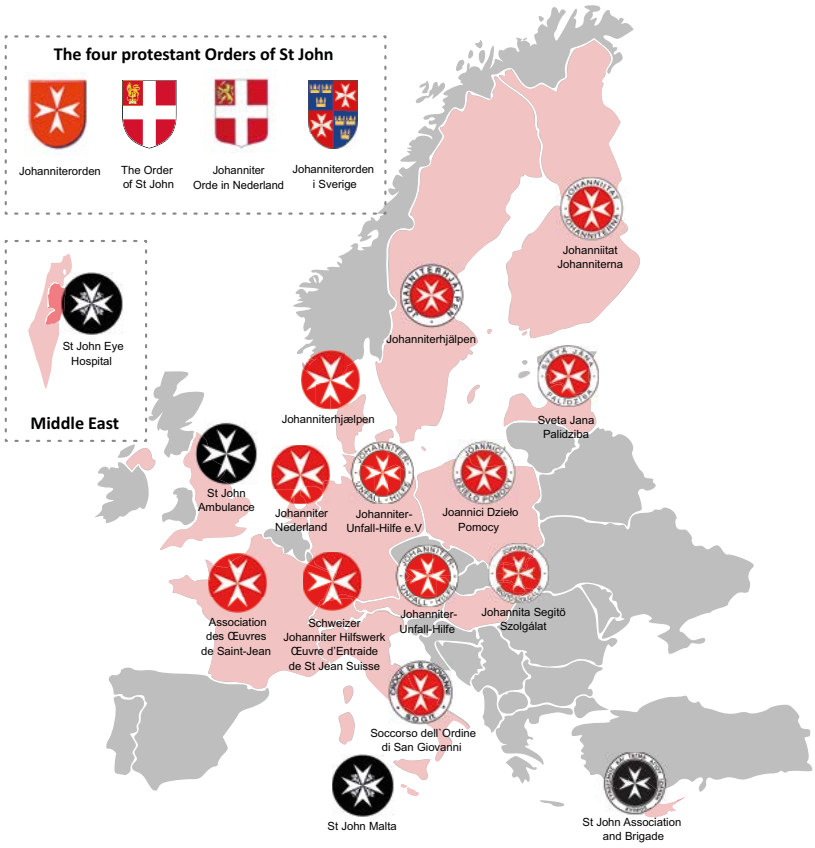


About JOIN

Johanniter International (JOIN) is the partnership of the four protestant Orders of St John and their national charities. Our member organisations, based in Europe and the Middle East, work in close cooperation and are supported by more than 100,000 volunteers. They serve humanity with medical services and first aid, social care, international aid, disaster relief and youth work. The services of JOIN member organisations are open to everyone. Core to our values is our Christian heritage which underlines our work.

The JOIN central office in Brussels advocates the interest of the St John charities towards European and international bodies and facilitates international projects and working groups.

For further information please contact our Brussels office at join.office@johanniter.org or www.johanniter.org.



johanniter international