



JUNIOR SAFETY AWARENESS & WELL-BEING

Overview: Junior First Aid and an introduction to Mental Health Awareness

An age appropriate introduction to the basics of CPR and First Aid. Creating awareness in managing 'big emotions' how to self soothe and regulate their own nervous system. We are never too young to learn!

Section 1: First Aid Awareness

We have developed a fun and engaging program that will give children the knowledge and skills needed to assist in a situation, if it arises. Covering first aid for anaphylaxis, asthma, snake bites, bandaging and CPR basics. Our juniors will get hands on practical experience with training epi pens, bandages and cpr manikins.

There has been an increase of allergies within our community, when need to educate our younger generation, how it may affect them and what they can do if they witness a friend having an asthma attack or anaphylactic reaction.

Many grandparents are assuming the role of carer or assisting with school pick up and baby sitting. Arming our juniors with basic first aid awareness could literally save a life.

Section 2: Nervous System Regulation

Mental Health decline has reached crisis level, when need to educate our juniors in how to manage big emotions and regulate their nervous system.

In this class they will experience some age appropriate techniques to help them to self soothe. This is an experiential process for maximum engagement and learning.

Who is this program for?

Junior: Kindy - Year 6

Youth: Years 7 to 11

Schoolies: Year 12

Program Benefits

- First Aid Safety and Awareness
- Nervous system regulation
- Fun and engaging
- Age appropriate
- 45 minute program

Program inclusions

- First Aid Awareness - Asthma & Anaphylaxis , Snake bites and bandaging
- D.R.S.A.B.C.D.
- CPR practice on manikins
- Certificate for the centre / school
- DRSABCD Fridge Magnet
- Discounts for staff training

Find out more

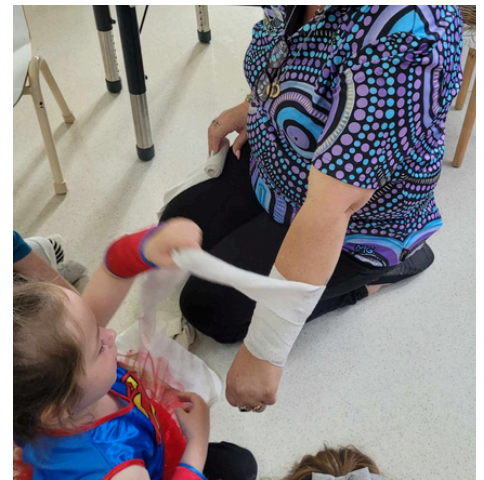
www.fasttrainingaustralia.com.au
07 3067 9070

JUNIOR SAFETY AWARENESS & WELL-BEING



We were thrilled with the Program delivered in our Kindy Room. The Trainer did an exceptional job engaging the children, they said it would be hands on and fun, well they didn't disappoint.

The children loved doing the snake bite bandaging and trying CPR on the manikins. A flexible, informative and much needed program, one that we will deliver in our After School Care Program next holidays. Thank you team F.A.S.T. organising was a breeze and the class everything and more. Peta - Assistant Director Bush Kidz



A great program! A perfect format to create awareness and introduce the children to first aid. The Trainer was fun and did a great job keeping the children on task and engaged. Highly recommend.

Amberley District After School Care.