

# RECOVERY POSITION



GET LEARNING



30 MINUTES



READY  
TO GO



## ▶▶ GETTING INTO THE ACTIVITY

Learning first aid skills is a great thing to do, as one day you might be able to use them to help somebody and even save a life.

To learn how to do the recovery position check out the YouTube video [The Recovery Position - First Aid Training by St John's Ambulance](#).

Take some time to learn the recovery position and try it out on a family member.

If you want to learn more first aid skills, then check out more of the videos by St John's Ambulance on YouTube.

Take a photo or video of you doing the recovery position and share it with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- YouTube
- Family Member



## NOTES FOR PARENTS & CARERS

An adult should initiate any contact with the BB group and/or share on social media.