

JUNIOR ER DETECTIVE

The case of Teddy's three clues | Ages 3-9 | 10-15 minutes

Teddy fell. Can your team solve the case?

Grab a teddy, a clean cloth, a disconnected phone or paper phone, and a grown-up. Visit the three clue stations in order. Color each star when you finish!

1

CLUE 1 / GET HELP



Find a grown-up and practice what to say.

2

CLUE 2 / TOOL DETECTIVE



Match first aid tools with their jobs.

3

CLUE 3 / BODY LAB



Discover how a heart changes pace.

DETECTIVE RULE: Practice on Teddy and props. For a real injury, get a grown-up. Do not touch another person's blood.

CLUE 1 / GET HELP

Look first > find an adult > practice a pretend emergency call

What do you notice?

Put Teddy on the floor with a red ribbon somewhere visible. Without moving Teddy, point to the ribbon. What can you tell a grown-up?

Try it: "I need help. Teddy fell. I see an ouchie on the ____."

The pretend 911 challenge

Use a toy or disconnected phone. If no grown-up is available during a real emergency, call 911. A dispatcher will ask questions. Practice with a made-up situation but your real address.

9 1 1

Point to each number. Never place a live practice call.

WHERE

"I am at ____."

WHAT

"Someone needs help because ____."

LISTEN

Answer the questions; stay on the line.

Grown-up tip: Post your address where caregivers can find it, and rehearse saying it aloud.

CLUE 2 / TOOL DETECTIVE

Draw lines between each tool and its job

Which tool would a grown-up choose?

Point, talk or draw a line. Some tools are only for a grown-up to use on a real person.

A

Adhesive bandage

1

Barrier for an adult helping with blood

B

Disposable gloves

2

Soft material for pressure on a wound

C

Triangle cloth

3

Can support an arm with adult help

D

Clean gauze

4

May cover a small clean scrape

ANSWER KEY (grown-up): A-4 / B-1 / C-3 / D-2

CLUE 3 / BODY LAB

Your body gives clues: the heart can beat faster after movement

Can you hear a change?

An adult can help you feel your pulse gently at your wrist. Count beats for 15 seconds while resting. Then march in place for 30 seconds and count again. Stop if you feel uncomfortable.

RESTING COUNT

_____ beats in 15 seconds

AFTER MARCHING

_____ beats in 15 seconds

What did you discover?

The heart is a muscle that pumps blood around the body. When you move, your muscles need more oxygen, so the heart usually beats faster. Your numbers can be different from someone else's.

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Awarded to: _____

I spotted a clue, found a helper and learned how my heart works!

Want more missions? Look for Family Emergency Game Night and the Little Helpers first aid class kits from Adventures with Dr. Mom.