



Select one of the items from this website every month and learn vital information and life skills!

One of the challenges could be learning what to do when you have to ring 999 or finding out if your home or school's First Aid kit contains all necessary items and nothing is out of date.

Your teacher or parent/carer can check that you have passed the challenge and give you a score from 7 to 10 when you have passed

Make it more fun and get your friends or your teacher and the whole class involved if you wish!

7 = good;
8 = very good;
9 = excellent;
10 = you are a hero and have potential to be a paramedic



Good luck!

Your monthly challenge

YEAR:	Challenge:	Achieved	Score	Comments
January				
February				
March				



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April				
May				
June				



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July				
August				
September				



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October				
November				
December				