

Strength lies within

the **lifeforce** alphabet story



Co-funded by the
Erasmus+ Programme
of the European Union



Strength
lies within
the lifeforce alphabet story

Story by Evgenia Douvara and Theodoros Kalyvas

Artwork by Dimitris Tsolis

Mascot design by Katerina Panagou

Cover - Layout by Thanos Palatos

Revision by Sevasti Etmektsoglou and Angeliki Botonaki

English translation by Theodoros Kalyvas

- Hey! Stop!

The black-haired girl pushed forcefully the wheelchair away from the reversing car. Next to her, her dog was barking angrily.

The boy was almost thrown on the ground, but, luckily for him, the girl's voice made the driver stop on time.

A boy with blond hair jumped out of the rear door and asked the boy in the wheelchair anxiously:

- Are you alright? Were you hurt?

- Yes, I'm fine, thanks to ...

- I'm Kate and I am glad that you are OK!, said the girl.

- I'm Nick. Thanks a lot, Kate!

- I'm Mike, added the blond boy.







The three of them, together with other children from all over Europe, had won the competition organized by their favorite chocolate brand. The prize was a 10-day stay in the Playland camp, in the Chalkidiki peninsula in Greece.

The camp gates had opened in the morning of August, the 1st. Children were settling in in their dormitories.

- "Hi, I'm Anne! Do you mind if I take the upper berth?", asked the girl with the skateboard politely.

- "I was here first, so I will sleep up here!", shouted the other girl angrily and put on her red earphones.





At that moment, a voice through the loudspeakers called all the children to lunch. Slowly, everybody started heading for the dining hall.

Among them was a boy with horn-rimmed glasses and black and white striped t-shirt.

- "Can I sit here?", he asked shyly as he approached one of the tables.

- "Of course! There is enough space for everyone!", answered Mike decisively.

- "Thank you!", replied the boy and sat down.

Then, he took out from his backpack a pot with a cactus and placed it on the bench beside him.

- "But, it's full of thorns"..., murmured the girl with the red earphones annoyed.

- "Yes, it is full of thorns, but have you seen how beautiful its flowers are, Lisa?", said Anne.

- "How do you know my name?"

- "I saw it written on your suitcase. It was very clever to write it there!"

Meanwhile, Nick, full of surprise, watched a dog climbing up his legs.

- "Hercules, come here!", yelled Kate at the dog.

- "Leave him, Kate! I love dogs!", said Nick petting the dog.

The boy with the glasses took a meatball from his tray and offered it to the dog.

- "I'm Marco", said the boy, smiling.

- "Oh, come on! Finish eating, already! Chocolate will be served soon!", cried Mike, hitting the table rhythmically with his drumsticks.



The children jumped on their berths for their afternoon rest, but almost none could stay put. They were eager to get up and start playing! In the afternoon, all team leaders showed to the children the variety of things that they could do in the camp! There was a giant football stadium, three basketball courts, a tennis court, a music and dance hall, a stable with a fenced area for the camp ponies, and many other places for endless joy! One of the ponies attracted Nick's attention. It was so cute! He wanted to stroke it! He pushed the fence gate slowly and as he approached the pony, something terrible happened! The pony got scared and begun trotting around alarmed, until it passed through the open fence gate.



- "Oh, no! Now what...?", thought Nick terrified. "What will happen to the pony? What do I tell the caretaker...?"

Sitting on a branch of a very tall pine tree, Lisa was watching the scene with great interest.



The next morning, the caretaker who had woken up at dawn, was searching for the pony.

The camp leader decided to split the children in large groups. This way, they would search the whole area from one side to the other, to find the pony.

- "Well, before we start looking for Xena, we must first get to know each other! Let's begin!", said the caretaker loudly, surrounded by six children.

- "Mike!"

- "Nick!"

- "Marco!"

- "Kate!"

- "Anne!"

- "Lisa!"

said the children in his team, one by one. Everyone's heart was beating fast, but the hearts of the two children who knew something more about the pony's disappearance, were beating a bit faster.

As they were walking up the nearby hill, they heard neighs! They glanced at one another knowingly and started walking faster, hoping they were getting close to Xena.

The hill was steep and tiring, but they walked on towards the direction of the voice without pause.

Suddenly, the caretaker who was walking ahead of them, grabbed his chest and fell on the ground.

- "What happened?", yelled Mike upset while running towards him.
 - "Mike, stop! We must approach carefully. We don't know what has happened!", said Kate decisively.
- Nick stared frozen at the fallen caretaker.
- "Are you OK, Nick?", asked Marco calmly.
- At the same time, Anne turned towards the camp, about to run away.
- "Don't leave. Stay with me", Lisa told her while offering her hand.
 - "What should we do"?, asked Mike, ready to take action.
 - "I was taught first aid. Since then, I always carry this face shield with me! I know what to do, but I am not sure in what order", Kate replied.
 - "I'll help you!", said Marco.





- "First we must make sure that none of us is in danger", said Kate looking at the others.

- "Correct", added Marco. "This applies to the person who will go to help, to the other bystanders and to the caretaker, all of them".

When he made sure that he was safe, he called to the others.

- "Guys, you can approach now!"



- "Time to check if he responds!", Kate reminded him.

Marco knelt by the caretaker's right shoulder. He grabbed the caretaker's shoulders and shook them, saying loudly

- "Are you alright? Are you alright, Mr. George?" But he did not respond.



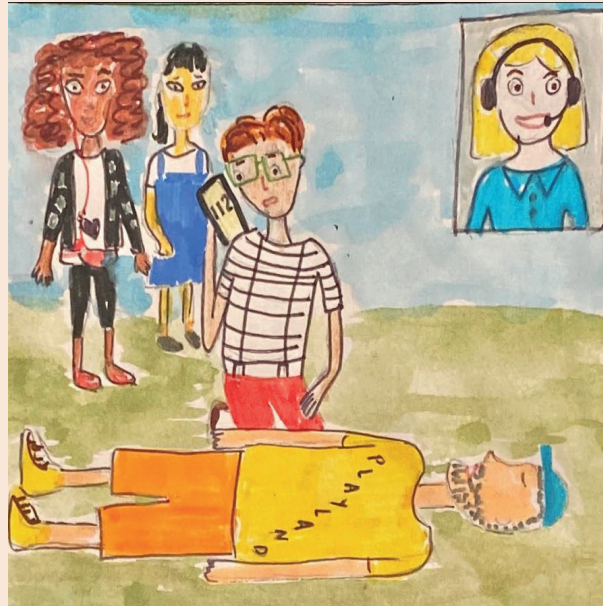
- "Now we will check if he is breathing", answered Marco calmly. With one swift move, he tilted the caretaker's head back slightly, lifting his chin.

Marco lowered his head over the caretaker's face, looking at his chest. He counted slowly and loudly

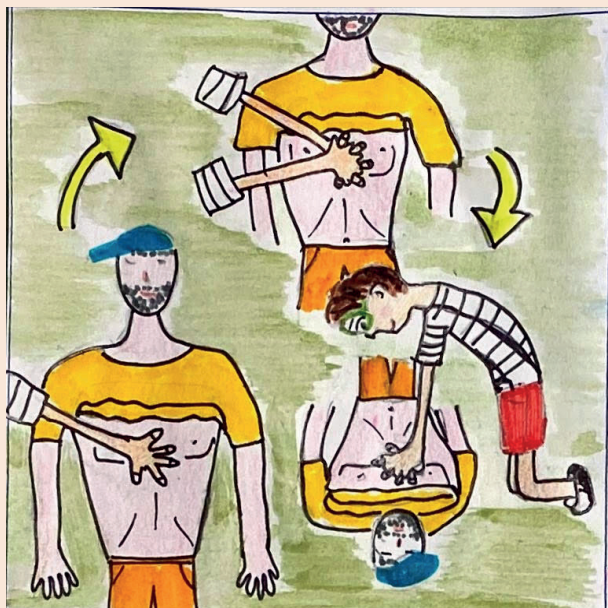
- "1, 2, 3, 4, 5, 6, 7, 8, 9, 10".

- "Did you see his chest rise?", "did you hear his breath?", "did you feel it?", asked Kate.

- "Unfortunately, no", replied Marco saddened. "Mr. George is not breathing".



- "Quick, Marco, it's time to call for help!", cried Kate.
- "I can see Mr. George's cellphone in his left pocket", said Mike. Marco took the cellphone, dialed 112 and pressed the Call button.
- "112, how can I help?", asked a calm female voice.
- "My name is Marco Rossi, I am at the Playland camp in Chalkidiki. There is a man around 50 years old who is not breathing. I know CPR. Do you need anything else?".
- "No. Start CPR. Help is on the way".
- "Mike, run to the camp, tell our team leader that Mr. George is not breathing, and come back quickly with the defibrillator! It is in the dining hall, inside the box under the green sign with the heart and the lightning. Hurry!"



Marco placed his hands on Mr. George's chest with his arms straight, his shoulders directly above it, and started pressing down.

"Remember, press down 5-6 centimeters and let the chest rise!", Lisa said again.

- "What is the correct rhythm?", wondered Nick, and Lisa responded with confidence

- "100 to 120 compressions per minute!"

- "Or you could hum the baby shark rhythm, just to be sure! While you do the chest compressions, I will place the face shield over Mr. George's face", added Kate.



Marco finished the 30 chest compressions. He tilted Mr. George's head back, pinching his nose closed. Then he took a normal breath and blew for one second over the face shield. He took another breath and blew once more.

- "Well done, Marco! Keep doing 30 compressions and 2 rescue breaths. The ambulance will be here soon!", Kate encouraged him.

After a while, Nick cried

- "Listen! Sirens! The ambulance is coming!"

"And I see Mike and the team leader approaching with the defibrillator!" said Lisa. The ambulance arrived. Anne led the paramedics to Mr. George.

- "Almost there, Marco! Once the paramedics are ready, they will tell you to stop!", said Kate. The paramedics prepared their equipment, and one of them told Marco:

- "Well done, we are taking over now." Marco was relieved to hear those words.

- "We'll do our best and we hope that he will make it", added the other paramedic.



Indeed, after a few minutes, the caretaker started breathing, a sign that he had come back to life! Everyone sighed in relief and smiled. "Congratulations, everyone"! said the paramedics, while putting the caretaker in the ambulance to be taken to the hospital.

"Your knowledge and team effort helped to save Mr. George's life!"

"I'm very proud of you all!" said the team leader to the six friends, who

were hugging and cheering. Hercules was barking happily.

Suddenly, Nick heard a strange noise behind him and felt Xena's wet muzzle touching his arm. At once, the other children started approaching the pony, but Nick stopped them.

- "Guys, one at a time. Do not approach all at once. You will scare her".

- "How do you know that?", asked Mike curiously.

- "Because when I tried to pet her, she got scared and trotted away", replied Nick.

- "Thank you for keeping my secret", he whispered to Lisa. Then he turned to his friends and said confidently:

- "This experience taught me that when something goes wrong, it's better to ask for help from someone we trust."

The next day, during the morning gathering, the camp leader said:
- "Dear children, I announce to you with great pleasure that Mr. George is doing well and that he will be back in a few days. Also, Xena has been found! To celebrate these news, we thought to organize a great party in the last evening of the season. Do you want to have a party?"

All the children started clapping and cheering.

- "Yeeeeees!!!!", was heard from one side of the camp to the other, while Hercules was jumping up and down happily.





The days passed quietly and the children shared beautiful moments. When the party's time arrived, everyone was so excited! Mr. George came first of all and wanted to know who had given him first aid. Everyone pointed at Marco, but he said smiling shyly:

- "I could not have done it without Kate's and Lisa's precious help!"

- "At first, I felt stressed and mixed up!", said Kate.

- "I panicked and was ready to run away, but thanks to Lisa, I did not", said Anne.

- "It is not good to be alone in difficult moments", replied Lisa softly.

- "That's correct. Especially, when we feel lost!", said Nick. "What we experienced was scary for everyone. It was very important that we stayed calm and united! I will remember this when I become a veterinarian."

- "It was the first time I heard my heart beat so loud!", added Mike. "It beat even louder than my little brother's drums!"

They all laughed out loud.

The camp leader's voice was heard through the loudspeakers.

- "This year, we shared a unique experience. First, Xena disappeared. Then, our caretaker had a heart attack. Nick, Anne, Kate, Mike, Lisa and Marco gave him first aid and worked together to keep him alive. How great is that! So, we decided that, from next year, we will offer free first aid training to all our campers!"

When Anne, Nick and Mike heard the announcement, they decided that they wanted to learn first aid, so they can be useful, whenever and wherever someone needs them.

- "Guys, remember that, no matter how small or young we are, strength lies within!", the leader's voice was heard for the last time through the loudspeakers, before the music, dance and games started.

A few minutes later, Nick asked seriously:

- "Guys, has anyone seen Hercules?"

They all froze, thinking another animal had been lost...

After a brief pose, which seemed to last forever, a loud bark was heard from under Nick's t-shirt.

- "You fell for it!"



lifeforce alphabet activities

Created by Evgenia Douvara



Let's introduce ourselves! **My name is** Anne.

I am a girl and **I come from** Germany.

I have white skin, carrot hair and green eyes.

I am weak, **I have** two pigtails and two scratches.

I have difficulty in hearing. That's why I wear a modern hearing aid.

I am good at persisting and trying! Every time I fall off my skateboard, I get up and keep practicing!

What about you? Fill in your details below:

My name is

I am and I come from

I have skin, hair and
..... eyes.

I am, I have
and

I have difficulty
.....
.....

I'm good at
.....



Woof, woof! I love Kate very much and I follow her wherever she goes.
Who is your favorite hero from the company of L.I.F.E. F.O.R.C.E?

Draw him / her in the mirror and fill in the bubbles:

1

What do you like about your hero?

.....

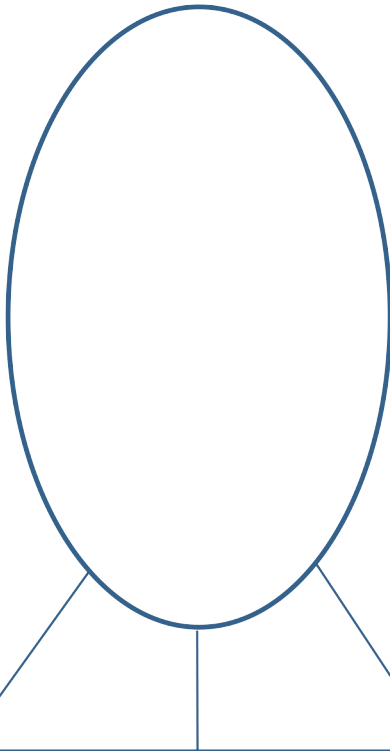
.....

.....

.....

.....

(Circle the features you look like each other)



2

When the camp attendant falls down, your hero:

(how is he/she feeling?)

(what is he/she doing?)

.....

3

If you were in your hero's position,

(how would you feel?)

(what would you do;)

.....

Sometimes it is difficult for me to put my thoughts in order. Can you help me remember what I experienced with the kids at camp this summer?

Paint inside the boxes:



1. WHO:

2. WHERE:

3. WHEN:

4. MISSION:

5. PROBLEMS:

6. HELP:

7. SOLUTION:

8. END:

Sometimes it is difficult for me to put my thoughts in order. Can you help me remember what I experienced with the kids at camp this summer?

Write inside the boxes:



1. WHO:.....
.....
.....
.....
.....
.....

2. WHERE:.....
.....
.....
.....
.....
.....

3. WHEN:.....
.....
.....
.....
.....

4. MISSION:.....
.....
.....
.....
.....

5. PROBLEMS:.....
.....
.....
.....
.....
.....

6. HELP:.....
.....
.....
.....
.....
.....

7. SOLUTION:.....
.....
.....
.....
.....
.....

8. END:.....
.....
.....
.....
.....
.....



It is true that on my first day at camp I **felt distrustful and bored and avoided talking to those around me**. Complete the following sentences with **emotions** and **actions** for my friends and for yourself:

✚ When Anne saw the camp attendant falling down:
how did she feel?
what did she do?

✚ If I saw someone falling down:
how would I feel?
what would I do?

✚ When Kate saw the car approaching Nick:
how did she feel?
what did she do?

✚ If I saw a car approaching someone dangerously:
how would I feel?
what would I do?

✚ When Marco asked the children for permission to sit with them:
how did he feel?
what did he do?

✚ If I asked a stranger's permission in order to sit with him/her:
how would I feel?
What would I do?

✚ When Nick saw Zina going through the open door of the fence:
how did he feel?
what did he do?

✚ If an animal passed the open door of the fence due to my omission/
mistake:
how would I feel?
what would I do?

✚ When Lisa heard Kate and Marco saying that they know how to
provide first aid:
how did she feel?
what did she do?

✚ If I heard someone saying that they know how to provide first aid:
How would I feel?
what would I do?

✚ When Mike first met Kate and Nick in the parking lot:
how did he feel?
what did he do?

✚ If I met two children for the first time in a new environment:
how would I feel?
what would I do?



When I did my **CPR training**, I was taught a **"special" vocabulary**, which you know now, too! Match the images with the steps of the algorithm:



CHEST COMPRESSIONS



CALL FOR HELP



SAFETY



CHECK FOR RESPONSE



CHECK FOR BREATHING



AED DEPLOYMENT



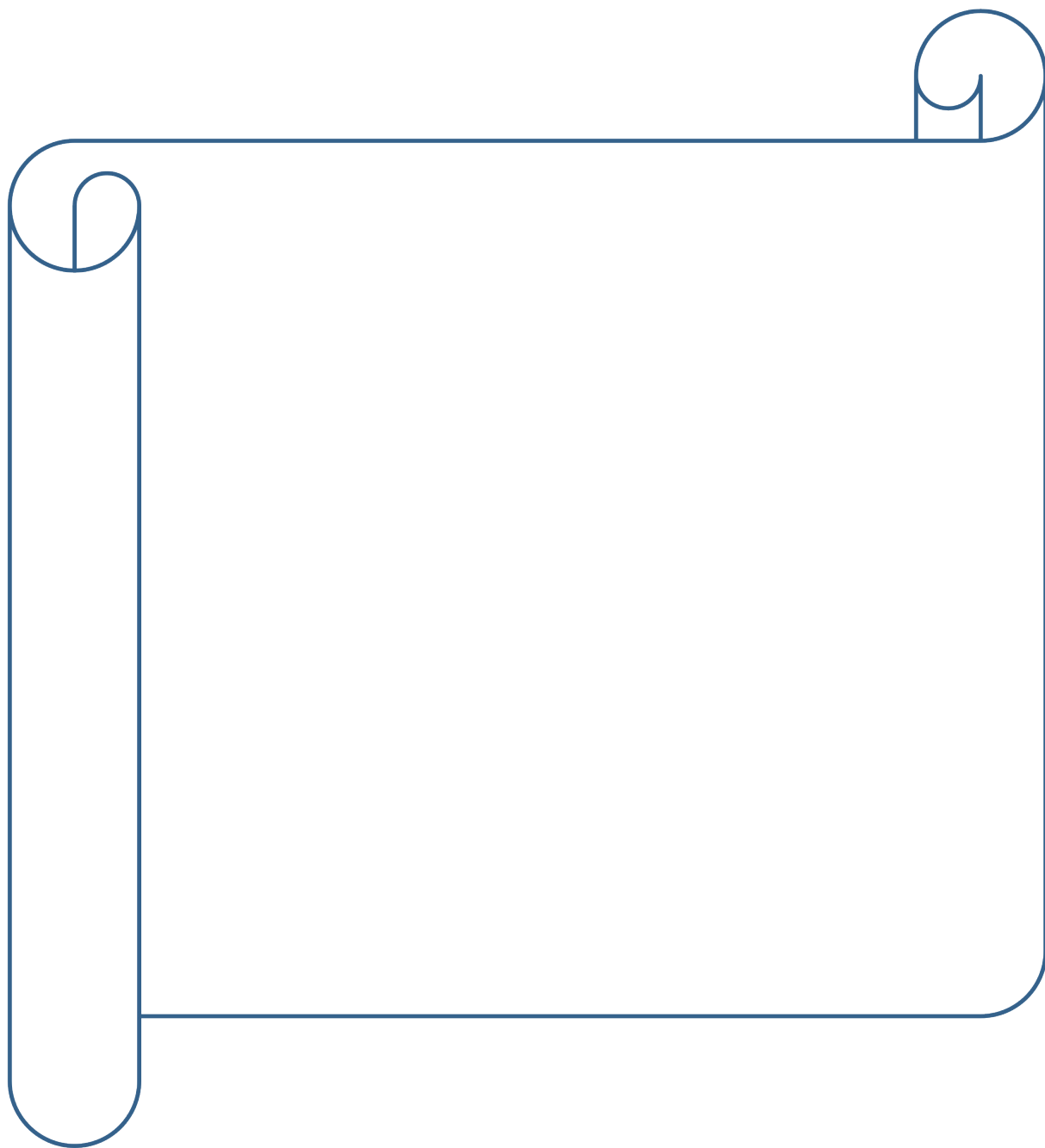
CHEST COMPRESSIONS



My dream is to become a veterinarian, because I like taking care of and treat animals. **If you could offer your valuable help to someone, who would you like it to be?**

Draw it on the opposite page!

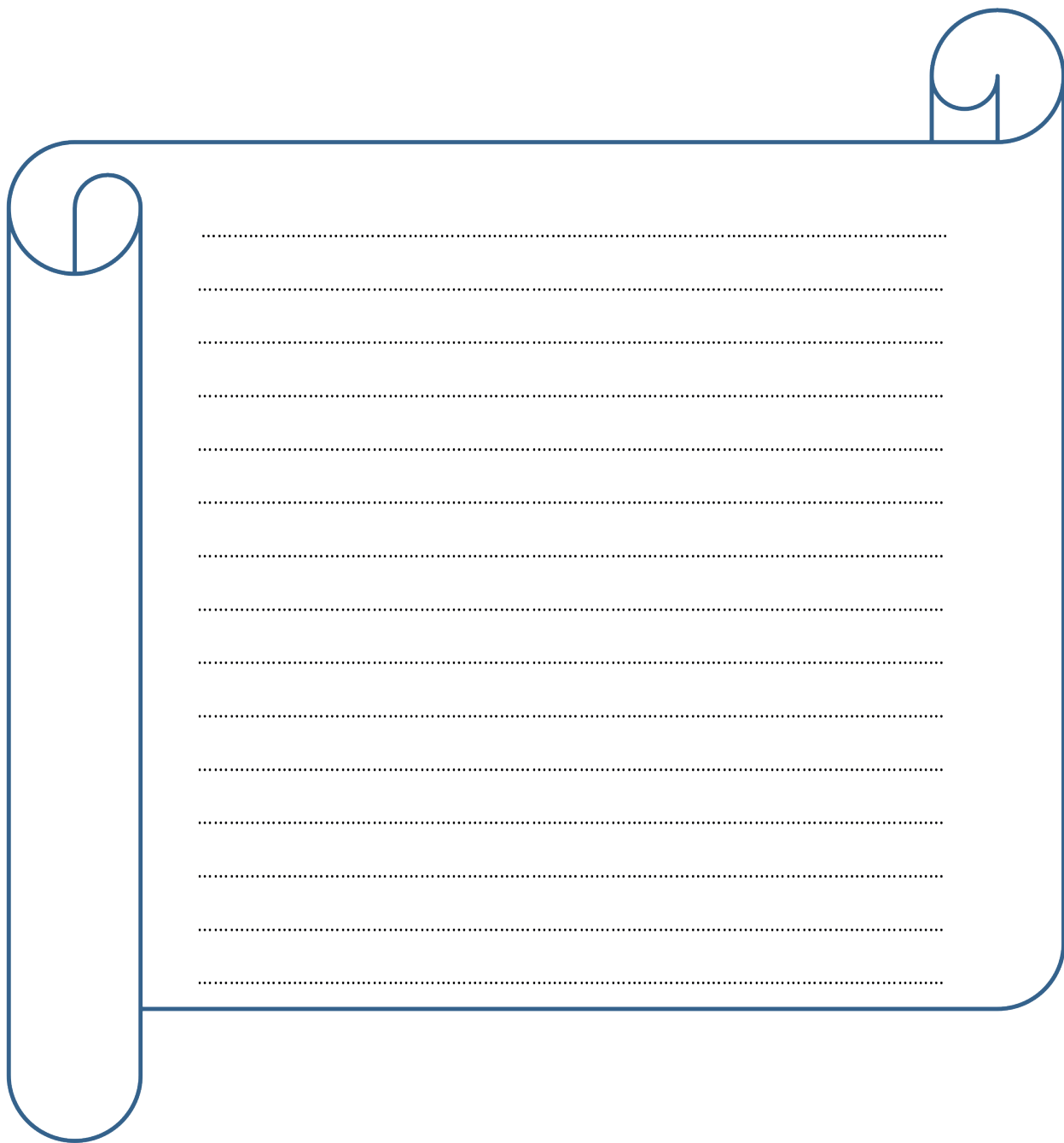




My dream is to become a veterinarian, because I like taking care of and treat animals. **If you could offer your valuable help to someone, who would you like it to be? Why?**

Write it on the opposite page!







As you can see, I enjoy the food. **Now you can cook your own fairy tale with just a few ingredients!** I will help you get started. Write in the boxes what I ask you and in the end, **you will have your own unique story!**

1. WHO? (Choose with whom of L.I.F.E. F.O.R.C.E.'s company you want to live the next adventure. You can take with you whoever you want!)

Me and

2. WHERE? (Choose a place, such as camping, ski resort, beach, playground, house)

.....
.....

3. WHEN? (Choose time, day, month, season, year)

.....
.....

4. MISSION: (Who).....is falling down (heart attack)

and (who).....must save him / her.

5. PROBLEMS:

.....

.....

.....

6. HELP:

.....

.....

.....

7. SOLUTION:

.....

.....

.....

8. END:

.....

.....

.....

Time for family exercise!



So, now that I'm going back home, I will share my experience with my family.

Why don't you try the same? Tell our story to your family members!

Praise them for their efforts and give them as many stars as their correct answers.



Remember to show them all the L.I.F.E.F.O.R.C.E BLS algorithm stages that you learned!

Based on your knowledge, check for their answers!



After practicing, you can ask them to write or draw the stages on the opposite page!



Dear, **draw or write as many stages** of the L.I.F.E.F.O.R.C.E. BLS algorithm as you can remember in the box below:



Now, after checking your answers, based on my knowledge, I will give you **one star for each one stage** that is depicted correctly in the box:





lifeforce



Co-funded by the
Erasmus+ Programme
of the European Union

