



How to make a CPR Manikin

Here is one example of how you could make your own manikin. You may choose to do this as a family prior to the session starting or you could simply grab a teddy, ball or pillow and jump straight into it. Be as creative as you like!

WHAT YOU WILL NEED:

- An old T-Shirt or Jumper that you don't mind decorating
- A 1.5ltr or 2ltr empty plastic bottle with a lid
- 3 elastic bands or hair elastics
- Two rolled up towels (don't worry, you can have them back afterwards)
- Colouring pens (or anything else you would like to decorate your manikin)





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STEP BY STEP INSTRUCTIONS:

1. Fold your t-shirt in half so that only the chest section is visible
2. Now draw a heart in the centre of the chest section and colour it in
3. Get decorating!
4. Use the 2 elastic bands to tie off both sleeves
5. Place the bottle inside the t-shirt down the centre (ensure bottle lid is on)
6. Put your rolled-up towels on either side of the bottle to help keep it in place.
7. Use your 3rd elastic band to tie off the bottom of your t-shirt

