

## Junior First Aid Badge Activity Plan 2

**Purpose:** When girls have earned this badge, they'll know how to help people who are sick or hurt.

**Planning Guides Link:** Healthy Living and Creativity

**Fun Patch Link:** First Aid

**Activity Plan Length:** 1.5 hours

**Involve Family and Friends:** Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- Before the meeting:
  - Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
    - Offer this activity plan as a starting place and point out that they may choose alternative activities using the *Customize It!* section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.
- At home:
  - Encourage families to ask questions about their girls' badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?
- Throughout the year:
  - Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

**Girls Take the Lead:** Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

- Long Term Planning
  - If you use "Plan Your Daisy Year", share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
  - If you are adapting the "Plan Your Daisy Year", get the girls' input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she's excited about.
- Short Term Planning
  - Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
  - Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.
  - Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.

- Use a rotating list of helper tasks, called a 'kaper chart', to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.
- At the Meeting
  - During the opening, have 1-2 girls share their answers to a get-to-know-you question.
  - Have girls fulfill their kaper chart responsibilities.
  - Try to find something in each activity that you can let girls decide or manage.

**Customize It:** If your group wants to expand work on this badge, or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Junior Girls Guide to Girl Scouting*; completing two of these lesson plans; attending a council-sponsored event; or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They can identify essential first steps to take in an emergency.
- They know how to handle urgent first aid issues.
- They know how to take care of someone who is sick.

### Tips & Tools

- Check out ways to stay safe using Safety-Wise at <http://gsrv.gs/safetywise>.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.
- Complete the Girls Sleep In Training session and be able to explain appropriate safety and emergency procedures for indoor overnights.
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### Resources

- This lesson plan has been adapted from the *Junior Girls Guide to Girl Scouting* – Junior First Aid Badge, which can be used for additional information and activities.

## Getting Started

Time Allotment: 15 minutes

Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group, if girls know it by heart.

Girl Scout Promise	Girl Scout Law
<i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.	<i>I will do my best to be</i> honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, <i>and to</i> respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

3. Play a game so girls get to know each other better. Use the example below, if needed.
  - First Aid Pile Up: Girls sit on chairs in a circle. Choose a leader who will have a list of “yes” or “no” questions about first aid such as “have you ever had stitches?”, “Have you ever broken a bone?”, “Are you wearing a band-aid?” As the questions are asked, those that can answer “yes,” move 1 chair to the right. Those that answer “no,” don’t move. Girls will end up “piled-up” on chairs.

## Activity #1: First Responders

Badge Connection: Step 3—Talk to first responders and Step 5—Know how to take care of someone who’s sick

Time Allotment: 25 minutes

Prep needed:

- Find a first responder to come speak to your girls. This can include an EMT (paramedic), doctor, nurse, firefighter, or police officer. If possible, ask them to bring tools or equipment associated with their job.
- If you do not have a guest speaker, you will need to set up at least one computer with internet access and load the following videos:
  - <http://gsrv.gs/1Nqg6dj>
  - <http://gsrv.gs/1KhwpG>
  - <http://gsrv.gs/1KhwsLz>
  - <http://gsrv.gs/1L5KIsM>
  - <http://gsrv.gs/1IKx8j7>

Materials needed:

- Optional: computers with internet access

Steps:

1. Have your special guest talk to the girls about what they do, what equipment they use, and how girls can help someone in feel better when they’re sick or injured.
2. Optional: If you don’t have a guest speaker, have the girls watch the videos listed above.

3. Optional: If you don't have a guest speaker, have girls take turns sharing when they or someone they know has been sick and what has been done to make them feel better.

### **Activity #2: First Aid Kits**

Badge Connection: Step 4—Make a portable first aid kit

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Plastic zipper bags or small canvas pouches from a craft store.
- Various sizes of adhesive bandages
- Various other "single use" sized first aid supplies (antiseptic wipes, antibiotic ointment, etc.)
- Stickers and other items that can be used to decorate the bag.
- Optional: permanent makers
- Optional: plastic tablecloths

Steps:

1. Go over contents of what to keep in a portable first aid kit. Ask girls what they think would go inside?
  - Bandages
  - Antiseptic wipes
  - Antibiotic ointment
2. Give each girl a plastic zipper bag and have them decorate it. If girls use permanent markers, be sure the bags have time to dry before girls take them home.
3. Fill bags with first aid kit contents.

### **Activity #3: Snack Chat**

Badge Connection: Questions link to multiple badge steps

Time Allotment: 15 minutes

Steps:

1. While enjoying snack, here are some things for girls to talk about.
  - Has anyone ever used a first aid kit before? What did you have to use?
  - Does everyone have a first aid kit in their house? Where is it?
  - What else have you seen in a first aid kit besides what we put in ours? What is it used for?
  - Has anyone ever had to go to the emergency room? What happened? What did they do to make you feel better?

### **Wrapping Up**

Time Allotment: 15 minutes

Materials Needed:

- Optional: Make New Friends printed on poster board

Steps:

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arm over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. Assign one girl to start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the girl who started, she says "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

### More to Explore:

- Field Trip Ideas
  - Visit a local pharmacy and look at the different first aid equipment they have and find out what it's for.
  - Visit your special guest speaker where they work so you can see the equipment they use.
- Speaker Ideas
  - Invite someone who has been sick or injured to talk to the girls about how they got better.
  - Invite someone who has used first aid in an emergency and have them talk about their experience.

**Family Follow Up Email:** Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about how to help others in an emergency situation and have earned the Junior First Aid Badge.

We had fun:

- Learning about first aid from the experts.
- Making our own first aid kit.

Continue the fun at home:

- Show your girl your family's first aid kit. Talk with her about what is in it and how to use it. If you don't have a first aid kit, have your girl come to the store and help you pick one out.
- Talk to your girl about different ways you, her, or other families have been sick and what was done to make them feel better.
- Look through the *Girl's Guide to Girl Scouting* with your Junior to find other activities you could try at home.

Thank you for bringing your Junior to Girl Scouts!