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## Brownie First Aid Badge Activity Plan 1

**Purpose:** When girls have earned this badge, they'll know how to get help in an emergency and treat minor injuries.

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

**Fun Patch Link:** First Aider

**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 Brownie 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 Brownie 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 *Brownie Girls Guide to Girl Scouting*, completing two of these activity 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 tell their friends how to play outside without getting hurt
- They can help others by treating minor injuries
- They can get help for injured people by calling 911

### Tips and 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.

### Resources

- Allina Health's Health Powered Kids program provides additional lesson plans that go along well with this badge, including "Safe and Fun, In the Sun!" and "Staying Safe During Physical Activity".  
To use these plans:
  - Visit [healthpoweredkids.org](http://healthpoweredkids.org)
  - Log in using:
    - Username: gsrv
    - Password: allinahealth
  - Find lessons for this badge on the Girl Scouts page.
- This activity plan has been adapted from the *Brownie Girl's Guide to Girl Scouting* Brownie First Aid Badge, which can be used for additional information and activities.
- How to make a sling or splint: <http://gsrv.gs/1M0mZH8>
- How to splint a broken arm video: <http://gsrv.gs/1M0n5yq>

## 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. Sing the Brownie Smile Song. Use repeat-after-me or sing as a group, if girls know it by heart.

The Brownie Smile Song
I've got something in my pocket It belongs across my face I keep it very close at hand In a most convenient place I'm sure you wouldn't guess it If you guessed a long, long while So I'll take it out and put it on It's a great big Brownie Smile!

## Activity #1: "911, What is Your Emergency?"

Badge Connection: Step 1—Find out how to get help from 911

Time Allotment: 10 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Optional: Toy phones or old home/cell phones

Steps:

1. Ask the girls if they know what 911 means and its purpose.
2. Talk with the girls about the role of 911, how 911 can help and what they should do when calling 911. Girls should know the following information to provide 911, as well as try to stay as calm as possible throughout the call:
  - Name
  - Phone number
  - What happened
  - What's wrong
  - Where they are
  - How many people are hurt

- What is already being done
3. After reviewing the general 911 information, instruct the girls to role-play calls to 911 with one another. Have one girl pretend to be the 911 dispatcher and the other girl pretend to be the caller and then switch.

### Activity #2: 911 Quiz Game

Badge Connection: Step 1—Find out how to get help from 911

Time Allotment: 15 minutes

Prep Needed:

- None

Materials Needed:

- None

Steps:

1. Have the girls stand in a group in the middle of the room. Identify one end of the room as “Call 911” and the other end of the room as “Do Not Call 911”.
2. Instruct the girls that you will be giving them an emergency situation and they need to determine when they should or should not call 911. After hearing the situation, they must go to the side of the room they believe is the correct answer.
  - Examples when you should call 911:
    - Someone becomes suddenly dangerously ill
    - Someone crashes a car in front of you
    - You notice smoke in your home or that of a neighbor
    - You hear gunshots
    - You see a violent physical fight
  - Examples when you should not call 911:
    - You notice graffiti on your home or in your neighborhood
    - You have a question about the risks of carbon monoxide poisoning but don’t suspect it in your home
    - You or a family member has a minor illness
    - Your bike is missing when you come home
    - Your pet is missing
    - You think a neighbor’s animal may be neglected
3. After each situation and girls determine their answers, ask the girls why they chose or did not choose to call 911 then reveal the correct answer. You can also ask the girls whom they *should* call if the situation should go to a different authority and is not a call for 911.

### Activity #3: First Aid Friends

Badge Connection: Step 4: How to handle urgent first aid issues

Time Allotment: 25 minutes

Prep Needed:

- Gather materials and supplies (note: items can be found at home or a local pharmacy).
- Print off basic first aid remedy instructions from the end of this activity plan.

Materials Needed:

- Basic first aid remedy instructions
- Bandage tape or masking tape
- Different size bandages
- Popsicle sticks
- String, ribbon, or strips of cloth
- Dish or medium-sized towels or blankets
- Gauze or similar absorbent material

- Stuffed animals or dolls

Steps:

1. Using the basic first aid remedy instruction sheets, show the girls how to give care for basic injuries.
2. Have the girls practice giving simple injury care on the First Aid Friend (stuffed animals or dolls.)
3. After practicing basic care, the girls can create a story where their First Aid Friend gets one of the injuries and act out how they are going to help them.

#### Activity #4: Snack Chat and First Aid Storytelling

Badge Connection: Questions link to multiple badge steps

Time Allotment: 10 minutes

Steps:

1. While enjoying snack, you can have the girls play a storytelling game with a first aid theme, using what they have learned. Start off the story by saying, "One day I was taking a walk outside when..." then instruct the girls to continue the story, one girl after another.
  - Example: "One day I was taking a walk outside when...(next person) I decided I wanted to go camping...(next person) as I was went to get my backpack...(next person) I fell and scraped my knee...(next person) it hurt really bad so I..."

#### 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 arms 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
  - Go outside! Have the girls practice their first aid knowledge using materials found outdoors.
- Speaker Ideas
  - Invite a camp counselor or Senior Caddie to your meeting to talk about staying safe at camp.
  - Invite a 911 dispatcher or police officer to your meeting to talk about 911.

## Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email [troopsupport@girlscoutsv.org](mailto:troopsupport@girlscoutsv.org).

## 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 are on our way to earning the Brownie First Aid Badge.

We had fun:

- Practicing first steps to take in an emergency through skits.
- Learning and practicing how to give first aid for minor injuries on our First Aid Friends.

Continue the fun at home:

- Help your Girl Scout by letting her practice her first aid skills with you.
- Create an emergency plan of action for your family at home.
- Help your Girl Scout create a 911 call sheet with the facts she learned.
- Look through the *Girls Guide to Girl Scouting* with your Brownie to find other activities you can try at home.

Thank you for bringing your Brownie to Girl Scouts!

## BASIC FIRST AID REMEDIES

### Treatment of First Degree Burns

1. The first thing to do is to get away from the heat.
2. Apply cool water in order to cool the burn. This will help ease the swelling and diminish the pain.
3. A cool compress should be applied if available. If the burn has not broken or charred the skin, place the burned area in cool (not ice) water, pat dry, and cover with a dry, sterile cloth. Do NOT use ointment, butter, or petroleum jelly.
4. Have an adult check the burn. If the skin is broken, blistered, or charred, call a doctor, hospital, or local emergency number, as this indicates a second or third degree burn and requires medical attention.



### Finger Splint



1. Try to immobilize the injured finger until you can seek medical assistance by using a small splint and wrapping it with gauze or tape. A splint can be made from any small rigid object, like a wooden craft stick or another finger.

2. Ice the injured finger to reduce swelling. Remove any jewelry from the entire hand, since swelling could spread to other areas. Avoid placing ice directly on the skin by using an ice pack or plastic bag. Keep the finger elevated above the level of your heart if possible.

3. Seek medical help as soon as you can. The usual medical treatment for a broken finger is X-rays, followed by a splint, unless the fracture is severe enough to warrant orthopedic surgery.

4. Continue to use ice packs after you get home to keep the swelling down, and take an over-the-counter pain medication such as acetaminophen or ibuprofen to give you relief. Using a pillow to help elevate the finger

while at rest will also help to reduce swelling.

5. Make sure you follow up with a doctor to make sure the finger healed properly and that all dexterity has returned to the finger within a few weeks. While it is common for a broken finger to heal slightly crooked, movement should not be restricted.

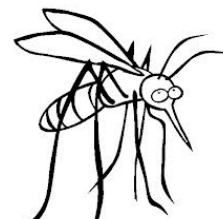


### Animal Bite

1. Wash the wound with soap and warm water.
2. Apply a sterile bandage or cloth.
3. Call a doctor.
4. Try to identify the animal in case it needs to be tested for rabies.

### Insect Sting

1. Remove the stinger if you can. Don't use tweezers, because this might cause poison to travel into the bitten area. Instead, scrape across the top of the skin.
2. Wash the area with soap and water, and apply ice to reduce the swelling.
3. If there is a lot of swelling, or if the person seems to be getting sick, she might be suffering from an allergic reaction. In this case, call a doctor, hospital, or local emergency assistance number.



## Using Bandages and Gauze

1. Clean around the wound with soap and water.
2. Press on the cut to stop the bleeding, and continue for up to 10 minutes or until you see the blood has formed a clot. For this, use a sterile bandage, clean cloth, or if not available, a clean hand. (Try not to use dry gauze. It can stick to the wound). Don't use a Band-Aid for applying pressure.
3. Apply pressure on the wound again if it keeps bleeding. Get help if it is still bleeding after 20 minutes or more. Keep pressing on it while you wait for help.
4. Lift the part of the body with the cut higher than the heart. This slows down blood flow to that spot.
5. Apply a first-aid cream, such as Neosporin or Johnson and Johnson, on the cut after it has stopped bleeding and when it is clean and dry. Apply it with a sterile cloth or cotton swab.
6. Put one or more Band-Aids on the cut. Do it this way...put the Band-Aid across the cut so it can help hold the cut together. The sides of the cut skin should touch, but not overlap. Don't touch the cut with your hand. You can use a butterfly bandage if you have one. Use more than one bandage for a long cut. Leave the bandage on for 24 hours. Change the bandage every day or two or more often if you need to. Be careful when you take the bandage off. You don't want to make the cut bleed again. If you have used gauze, wet it before you pull it off.



## Practice with Nosebleeds

1. Pinch your nose between your thumb and forefinger, and apply moderate pressure by squeezing against the nasal septum (the midsection of your nose) for 15 minutes.
2. Lean your head forward, not backward, so that the blood does not trickle down your throat. This will prevent a feeling of gagging.
  3. Breathe through your mouth.
  4. Apply a cold, soft compress around your nose as you continue to pinch it between your fingers.
  5. Once bleeding has stopped, elevate your head above your heart when you are lying in bed or on the couch. This helps alleviate nasal pressure.
  6. Turn on a cool vaporizer to moisten mucus membranes, which will help prevent the nosebleed from recurring.
  7. Apply a small amount of petroleum jelly to the inside of the nostrils to moisten the passages and prevent the nosebleed from recurring. Use your fingertip.
  8. Avoid blowing your nose for 24 hours, and when you do blow it again, blow gently.
  9. Avoid lifting heavy objects or engaging in other strenuous activities after a nosebleed. This can produce momentary surges in blood pressure that could cause the nose to bleed again.

