



Junior First Aid Badge Day

Girl Scouts have a tradition of being prepared to help those in need. Advance your first aid skills and find out how to come to the rescue when people are ill or injured. Practice treating minor injuries and make your own first aid kit. Then, you'll be more prepared to respond when the unexpected happens.

Program Grade Level: Girl Scout Juniors

School Grade(s): 4–5

Program Essentials Focus Area: Healthy Living

Program Duration: 3 hours

Optimal Setting: Large room with table and chairs in addition to open space for group games.

Optimal Group Size: 30–75

Learning Objectives: Girls will learn how to help people who are sick or hurt.

Program Portfolio Links: Junior Girls Guide to Girl Scouting

Award Requirements Met: Junior First Aid Badge

Step 1: Learn the steps to take in an emergency

Step 2: Talk to first responders (Step 2 will be completed if you get an expert to speak to the girls)

Step 3: Make a portable first aid kit

Step 4: Learn how to handle urgent first aid issues

Step 5: Learn how to take care of someone who is sick

Outcome Indicators:

- | | |
|---|--|
| <input checked="" type="checkbox"/> Girls develop strong sense of self | <input checked="" type="checkbox"/> Girls gain practical life skills |
| <input type="checkbox"/> Girls seek challenges in world | <input type="checkbox"/> Girls develop healthy relationships |
| <input checked="" type="checkbox"/> Girls promote cooperation and team-building | <input checked="" type="checkbox"/> Girls can resolve conflicts |
| <input checked="" type="checkbox"/> Girls identify community needs | <input checked="" type="checkbox"/> Girls are empowered to make a difference |

Program Overview

Time Allotment for Activity	Activity	Materials Needed
10 minutes	Welcome and Introductions Girl Scout Promise and Law	<ul style="list-style-type: none"> Optional: Girl Scout Law poster
25 minutes	Activity #1: Guest Speaker <ul style="list-style-type: none"> Girls hear from an expert 	
15 minutes	Activity #2: Firefighter's Drag <ul style="list-style-type: none"> Girls play a relay game 	<ul style="list-style-type: none"> Masking tape
25 minutes	Activity #3: Check, Call, Care! <ul style="list-style-type: none"> Girls learn the first steps to take in an emergency 	<ul style="list-style-type: none"> Poster board Markers Optional: stickers, stencils, etc.
15 minutes	Snack	<ul style="list-style-type: none"> Snack
20 minutes	Activity #4: First Aid Kits <ul style="list-style-type: none"> Girls make their own portable first aid kits 	<ul style="list-style-type: none"> Assorted bandages for cuts, scrapes, and wounds Antibiotic ointment Antiseptic wipes Small canvas pouch (found at Oriental Trading) Fabric markers
20 minutes	Activity #5: Dr. Girl Scout to the Rescue! <ul style="list-style-type: none"> Girls learn about common illnesses and how to treat them 	<ul style="list-style-type: none"> Chart paper Writing utensils Optional: Props
20 minutes	Activity #6: Arm Sling Relay <ul style="list-style-type: none"> Girls practice making an arm sling. 	<ul style="list-style-type: none"> Triangle bandages for slings Masking tape
20 minutes	Activity #7: Urgent First Aid Issues <ul style="list-style-type: none"> Girls learn about choking, allergic reactions, and asthma attacks. 	<ul style="list-style-type: none"> Toy dolls Computer and projector Video Asthma Optional: Batman Heimlich Maneuver PSA
10 minutes	Wrap Up <ul style="list-style-type: none"> Girls fill out evaluations Thank everyone for coming 	<ul style="list-style-type: none"> Evaluations Pens

Notes to the Facilitator:

If you do not find a guest speaker, add five minutes to Activities 3–7.

For larger groups, Activities 4–7 can be run as stations.

Activity #1: Guest Speaker

Time Allotment: 25 minutes

Prep Needed:

- Find an expert to speak to the girls.

Steps: Ask a first responder such as a medical professional, 911 operator, EMT, police officer, or firefighter to speak to the girls about what to do in an emergency situation before first responders arrive. Have them discuss their job and share how they help people in emergencies.

Activity #2: Firefighter's Drag Relay

Time Allotment: 15 minutes

Prep Needed:

- Review the foot drag and shoulder drag (demonstrations can be found by searching on YouTube)
- Mark lines for the start area and victims area

Materials Needed:

- Masking tape or other "line marker"

Steps:

1. Explain to the girls that they will play a game that involves moving "victims." Sometimes you need to move someone quickly (like out of a burning building). If an injured person is safe where they are, it is always better NOT to move them. Only use this technique if they are in danger.
2. Demonstrate the foot drag and shoulder drag. These are often referred to as the "fireman's drag."
3. Divide the girls into teams. Half the members of each team are firefighters and half are victims lying on their backs.
4. On signal, the first firefighter runs up to her victim and pulls her back to the starting line with the Fireman's drag.
5. She then high-fives the next firefighter to rescue the next victim.
6. The first team to bring in all of their victims wins.

Activity #3: Check, Call, Care!

Time Allotment: 25 minutes

Prep Needed:

- Gather materials and supplies
- Optional: make an example poster

Materials Needed:

- Poster board (any size)
- Markers
- Optional: stickers, stencils, glitter glue, etc.

Steps:

1. Discuss necessary steps to take in an emergency:
 - Check—Before rushing to someone's aid, make sure the area is safe. If the area is safe, check the injured person to see what is wrong.
 - Call—Then call 911 or ask an adult for help.
 - Care—Once you've called for help, you can offer to help the injured person by giving first aid.
2. Make Check, Call, Care posters. Tell the girls to make a poster that teaches others what to do in an emergency, explaining Check, Call, Care.
3. Girls can work individually or in a group.

Activity #4: First Aid Kits

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies

Materials Needed:

- Assorted bandages for cuts, scrapes, and wounds
- Antibiotic ointment
- Antiseptic wipes
- Small canvas pouch (found at Oriental Trading)
- Fabric markers

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 canvas pouch to decorate with fabric markers.
3. Fill pouches with first aid kit contents.

Activity #5: Dr. Girl Scout to the Rescue!

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies

Materials Needed:

- Chart paper
- Writing utensils
- Optional: Props for role-playing such as thermometer, blanket, medicine bottle, etc.

Steps:

1. When someone is sick, it is important that we take care of her/him. Depending on what type of illness she/he has, we may care for her/him in different ways.
2. As a group, ask the girls to make a list of how they would treat common illnesses:
 - Common Cold—offer tissues, Tylenol, or ibuprofen for aches and pains, get plenty of rest, drink fluids (orange juice is good!)
 - Fever—take temperature, give Tylenol or ibuprofen, drink plenty of fluids, rest, stay cool by dressing in light layers, take a luke-warm bath
 - Sore Throat—take antibiotics for strep, get rest, drink fluids like warm water with honey, eat popsicles, lozenges, and treat pain with Tylenol or ibuprofen.
3. Next, split the girls into three groups. Assign each group one of the common illnesses. Give each group a few minutes to prepare a short role-play to describe their illness.
4. Have each group perform their role-play, while the others try to guess which illness they had.

Activity #6: Arm Sling Relay

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.
- Mark start and finish line with masking tape

Materials Needed:

- Triangle bandages for slings
- Masking tape

Steps:

1. Demonstrate how to make a sling with a triangle bandage.
2. Give the girls a few minutes to practice.
3. Split the girls into equal teams (5–10 per team depending on group size).
4. Girls line up on the starting line, with one girl from each team playing the patient at the finish line.
5. On signal, the first girl runs to the patient and uses a triangle bandage to bind the patient's arm in a sling. When the leader sees that the sling is correct, she signals to the rescuer to remove the sling.
6. The patient runs back to tag the next girl in line while the rescuing girl now becomes the patient.
7. The first team to finish wins!
8. Wrap up by asking girls in what situations may they need to make a sling.

Activity #7: Urgent First Aid Issues

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.
- Review how to give the Heimlich Maneuver.
- Copy videos to desktop.

Materials Needed:

- Toy dolls
- Computer and projector
- Speakers
- Asthma Video (search on YouTube)
- Optional: Batman Heimlich Maneuver PSA (search on YouTube)

Steps:

At this station, we are going to talk about a few first aid issues—choking, bee stings, and asthma attacks.

1. **Choking**

- Has anyone ever heard of the Heimlich Maneuver? What is it? In what situations might someone be choking?
- Show the Batman PSA video (optional)
- Demonstrate how to give the Heimlich Maneuver:
 - For a conscious person who is sitting or standing, position yourself behind the person and reach your arms around his or her waist.
 - Place your fist, thumb side in, just above the person's belly button and grab the fist tightly with your other hand.
 - Pull your fist upward and inward to increase airway pressure behind the obstructing object and force it from the windpipe.
- Have girls practice finding the correct spot on themselves.
- The girls can practice on themselves or toy dolls.

2. **Bee Stings and Allergic Reactions**

- Has anyone ever been stung by a bee? What happened? What did you do?
- For most people, after being stung by a bee you should:
 - Tell an adult right away!
 - Have an adult help you remove the stinger if one is left behind.
 - Wash the area with soap and water.
 - Apply some ice to the area.
 - Ask your parent for a pain reliever.
- Some people are allergic to bees and may have an allergic reaction. If someone has an allergic reaction to a bee sting, a doctor must immediately give a shot that fights the reaction. People

who know that they are allergic to bee stings also sometimes carry emergency medicine that they can give to themselves to prevent a severe reaction from happening, called an EpiPen.

3. **Asthma Attacks**

- Asthma is a condition that affects a person's airways (also called breathing tubes or bronchial tubes). These tubes lead from the windpipe into the lungs.
- For most kids, breathing is simple: They breathe in through their noses or mouths and the air goes into the windpipe. From there, it travels through the airways and into the lungs. But for kids with asthma, breathing can be a lot more difficult because their airways are very sensitive.
- Let's watch a video on what happens to someone's airways and lungs during an asthma attack.

Activity Resources:

Arm Sling Directions

Arm Sling

Step 1:

Gather at least two triangular bandages.

Step 2:

Orient one of the bandages so that the point opposite the long side of the triangle is pointing toward the same side of the injured person as the injured arm is on.

Step 3:

Keeping the elbow flexed at 90 degrees, position the arm so that the forearm is at a 30-degree angle to the ground, with the hand higher than the elbow.



Step 4:

Cradle the arm into the triangular bandage.

Step 5:

Tie the two ends of the bandage together behind the neck.

Step 6:

Secure the arm by pulling the bandage around the person: under the armpit opposite the injured arm on one side, over the injured arm on the other side. The bandage should be parallel to the ground.

