



Brownie First Aid Badge Day

Become an everyday hero with Girl Scout Brownie First Aid skills. Find out what to do in an emergency and how to use first aid to treat minor injuries. After attending this program, you'll be prepared when the unexpected happens, because you will know the basics of how to help someone who is sick or hurt.

Program Grade Level: Girl Scout Brownie

School Grade(s): 2–3

Program Essentials Focus Area: Healthy Living

Program Duration: 2.5 hours

Optimal Setting: Large room with tables and chairs for stations in addition to open space for games

Optimal Group Size: 30–75

Learning Objectives: Girls will learn how to get help when they need it and how to treat minor injuries.

Program Portfolio Links: Brownie Girls Guide to Girl Scouting

Award Requirements Met: Girl Scout Brownie First Aid Badge

Step 1: Find out how to get help from 911

Step 2: Talk to someone who treats injured people (Step 2 will also be completed if you get an expert to speak to the girls)

Step 3: Make a first aid kit

Step 4: Learn how to treat minor injuries

Step 5: Learn how to prevent and treat outdoor injuries

Outcome Indicators:

Girls develop strong sense of self

Girls gain practical life skills

Girls seek challenges in world

Girls promote cooperation and team-building

Girls identify community needs

Girls develop healthy relationships

Girls can resolve conflicts

Girls are empowered to make a difference

Program Overview

Time Allotment for Activity	Activity	Materials Needed
10 minutes	Welcome and Introductions <ul style="list-style-type: none"> • Welcome and Introductions • Girl Scout Promise and Law • Rules, Overview, Bathrooms, etc. 	
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 	
15 minutes	Snack	<ul style="list-style-type: none"> • Snack
15 minutes	Activity #3: 911, What is Your Emergency? <ul style="list-style-type: none"> • Girls find out how to get help from 911 	<ul style="list-style-type: none"> • Emergency contact sheet • Toy phones
15 minutes	Activity #4: Cuts and Bandages <ul style="list-style-type: none"> • Girls practice basic first aid 	<ul style="list-style-type: none"> • Cuts and bandages handout • Various sizes of bandages and gauze • Dolls or stuffed animals
15 minutes	Activity #5: Splints <ul style="list-style-type: none"> • Girls will practice making splints 	<ul style="list-style-type: none"> • Splints handout • Gauze rolls, bandanas, triangle bandages • Magazines, pencils, popsicle sticks • Medical tape
15 minutes	Activity #6: First Aid Kits <ul style="list-style-type: none"> • Girls will decorate their own first aid kits 	<ul style="list-style-type: none"> • First aid kits • Permanent markers • Stickers
15 minutes	Activity #7: Safe in the Sun <ul style="list-style-type: none"> • Girls will learn how to prevent and treat sunburn 	<ul style="list-style-type: none"> • UV pony beads • Small cups or bowls • Pipe cleaners • Scissors • Key chain • Sunscreen, sunglasses, aloe
10 minutes	Clean-up/Closing	

Notes to the Facilitator:

If you cannot find a guest speaker to talk to the girls, you can simply increase Activities 3–7 to 20 minutes each and have a little more time for discussion at each station.

Another alternative to the guest speaker would be to show a video on calling 911.

Activities 3–7 can be run as a large group or in stations, depending on group size.

Activity #1: Guest Speaker

Time Allotment: 25 minutes

Prep Needed:

- Find an expert to speak to the girls
- OR play the video, "911, Getting Help is Easy"

Steps: Ask an expert, such as a medical professional, 911 operator, police officer, or firefighter to speak to the girls about staying safe, calling 911, and/or using first aid.

Activity #2: Firefighter's Drag Relay

Time Allotment: 15 minutes

Prep Needed:

- Review the foot drag and shoulder drag (you can find videos 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: "911, What is Your Emergency?"

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies

Materials Needed:

- Emergency Contact Sheet (one per girl)
- 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 to 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. Possible situations for role-playing may be:
 - You see smoke coming out of the house next door.
 - Your friend accidentally drank a household cleaner that was stored in a soda bottle.
 - You were playing at the playground and your sister fell off the slide, hit her head, and is not responding.
- 4. Pass out an emergency contact sheet for girls to fill out at home with an adult.

Activity #4: Cuts and Bandages

Time Allotment: 15 minutes

Prep Needed:

- Make copies of the bandages handout
- Optional: Write out the steps for treating cuts on poster board

Materials Needed:

- Cuts and Bandages handout (for station leader)
- Various sizes of bandages and gauze
- Optional: Dolls or stuffed animals

Steps:

1. As a group, review and demonstrate the steps for using bandages and gauze to treat a cut.
 - Clean the wound with soap and water.
 - Press on the cut with a bandage, cloth, or gauze, and apply pressure.
 - Apply a first aid cream.
 - Place a band-aid over the cut or gauze and medical tape.
2. Next, girls will work in pairs to practice caring for a cut or scrape. They can practice on each other or toy dolls and stuffed animals.
3. Discuss situations when girls may need to treat a cut. Ask if anyone has been hurt and had to treat a cut or scrape before. What happened?

Activity #5: Splints

Time Allotment: 15 minutes

Prep Needed:

- Make copies of the splints handout
- Optional: Write out the steps for making splints on poster board

Materials Needed:

- Splints handout (for station leader)
- Gauze rolls, bandanas, and triangle bandages
- Magazines, pencils, popsicle sticks
- Medical tape

Steps:

1. As a group, review and demonstrate the steps for making arm, leg, and finger splints. Ask girls if they know when and why someone would need a splint.
 - Immobilize the injured arm, leg, or finger.
 - Place a rigid object (magazine, stick, popsicle stick, branch) under the injured arm, leg, or finger.
 - Secure with rope, string, tape, or fabric.
 - For arm splints, finish with a sling to hold the arm in place.

2. Next, girls will work in pairs to practice using splints. They can choose to try an arm, leg, or finger splint on each other.
3. Discuss situations when girls may need to treat an injury with a splint. Have they done this before? What types of items could you use to make splints if you were camping in the woods?

Activity #6: First Aid Kits

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies

Materials Needed:

- First aid kits (can be found at a dollar store or an online retailer if ordered early)
- Permanent markers
- Stickers

Steps:

1. Tell the girls that it is a good idea to have a first aid kit handy to help anyone who has a minor injury, like a cut or scrape. What types of items could you keep in a first aid kit? Ideas include:
 - Band-Aids
 - Antiseptic ointment
 - Gauze
2. Review the contents of the first aid kits and pass one out to each girl.
3. Girls will decorate their first aid kits.

Activity #7: Safe in the Sun

Note: Steps 6 & 7 can be optional and used depending on time, location, and weather

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies
- Cut pipe cleaners in half
- Put beads in small bowls

Materials Needed:

- UV reactive pony beads (10 per girl)
- Small cups
- Pipe cleaners (1/2 per girl)
- Scissors
- Key chain (1 per girl)
- Optional: sunscreen, sunglasses, aloe (as visual aides)

Steps:

1. Tell the girls that in addition to cuts and scrapes, sometimes we can get hurt from the sun. *Does anyone know what that is? Sunburn! It is important to learn how to stay safe in the sun.*
2. What ways can we stay safe in the sun?
 - Wear sunscreen
 - Drink water
 - Wear sunglasses
 - Take breaks in the shade
3. Sometimes, even when we do our best to protect ourselves, we can get sunburn. Does anyone know how to treat sunburn?
 - Keep it cool—apply a cold compress or cold towel, or even take a cool bath.
 - Keep it moist—apply aloe or moisturizing cream to the sunburn.

4. Explain that they are going to make a keychain to take home that can harness the power of the sun and help remind them of the sun's harmful rays. Hand out $\frac{1}{2}$ of a pipe cleaner along with a key chain to each girl and 1–2 cups of beads per table.
5. Have the girls string 10 beads onto their pipe cleaner. Then, have them twist the two ends of the pipe cleaner together. The twist "knot" should be against the beads on both sides. Have them loop one end of the pipe cleaner through the key chain and twist the two ends together again to secure the chain. You will need to demonstrate this for the girls before having them try. They may also need adult help. Once the keychain is finished, have the girls bend the ends over so they don't stick out and poke them.
6. When girls are finished with their keychains, have them line up at the door to the outside. They should have their keychain in their closed fist so they cannot see it. When everyone has finished, take the girls outside and have them all open their hands at the same time. The beads will change from white to various colors, but this may take time depending on how sunny it is outside.
7. Ask girls what happened when they put their keychain in the sun? Explain that these are special beads that use the energy from the sun to change colors. They can put them on their keys, backpack, or zipper. When the beads change color, they know that they need to put on sunscreen or cover their skin to avoid sun damage.

Activity Resources:

- Emergency contact sheet
- Cuts and bandages instructions
- Splint instructions

Emergency Contact Sheet

FOR EMERGENCY SERVICES: DIAL 911

The best time to prepare for an emergency is before it happens. Fill out this sheet and keep it near each phone. Update the sheet when necessary, and be sure to let family, babysitters, and others know that it is available.

EMERGENCY NUMBERS

Poison Control Center: **1-800-222-1222**

Hospital Name: _____ Phone: _____

Doctor's Name: _____ Phone: _____

Dentist's Name: _____ Phone: _____

Pharmacy Name: _____ Phone: _____

Health Insurance Plan: _____

Policy #: _____ Phone: _____

FAMILY CONTACT NUMBERS

Parents' Names: _____

Kids' Names: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Mom Cell #: _____ Mom Work #: _____

Dad Cell #: _____ Dad Work #: _____

Emergency Contact 1

Name: _____

Relationship: _____

Phone: _____

Emergency Contact 2

Name: _____

Relationship: _____

Phone: _____

In an emergency, call 911 or your child's doctor. Before your child gets sick, speak with your doctor about the best way to handle an injury, illness, or emergency.



Directions for Cuts and Bandages Station

1. As a group, review and demonstrate the steps for using bandages and gauze to treat a cut.
 - Clean the wound with soap and water
 - Press on the cut with a bandage, cloth, or gauze and apply pressure
 - Apply a first aid cream
 - Place a Band-Aid over the cut or gauze and medical tape.
2. Next, girls will work in pairs to practice caring for a cut or scrape. They can practice on each other or toy dolls and stuffed animals.
3. Discuss situations when girls may need to treat a cut. Ask if anyone has been hurt and had to treat a cut or scrape before. What happened?

Directions for Splint Station

1. As a group, review and demonstrate the steps for making arm, leg, and finger splints. Ask girls if they know when and why someone would need a splint.
 - Immobilize the injured arm, leg or finger.
 - Place a rigid object (magazine, stick, popsicle stick, branch) under the injured arm, leg, or finger.
 - Secure with rope, string, tape, or fabric.
 - For arm splints, finish with a sling to hold the arm in place.
2. Next, girls will work in pairs to practice using splints. They can choose to try an arm, leg, or finger splint on each other.
3. Discuss situations when girls may need to treat an injury with a splint. Have they done this before? What types of items could you use to make splints if you were camping in the woods?

Arm Splint

Step 1:

Assess for fracture.

Step 2:

Immobilize the injured arm.

Step 3:

Use a rigid material to stabilize the arm.

Step 4:

Gather materials to tie the splint into place. Any of the following will do: pack straps, rope, clothing, belts, bandannas, triangular bandages. (http://www.ehow.com/how_7858_splint-fracture-lower.html)

Step 5:

Tie the splinting material into place.



Cradle the arm into the triangular bandage.

Step 10:

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

Step 11:

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.



Step 6:

Gather at least two triangular bandages.

(<http://gsrv.gs/1Gr1P4>)

Step 7:

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 8:

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 9:



Leg Splint

Step 1:

Assess for fracture.

Step 2:

Immobilize the injured leg.

Step 3:

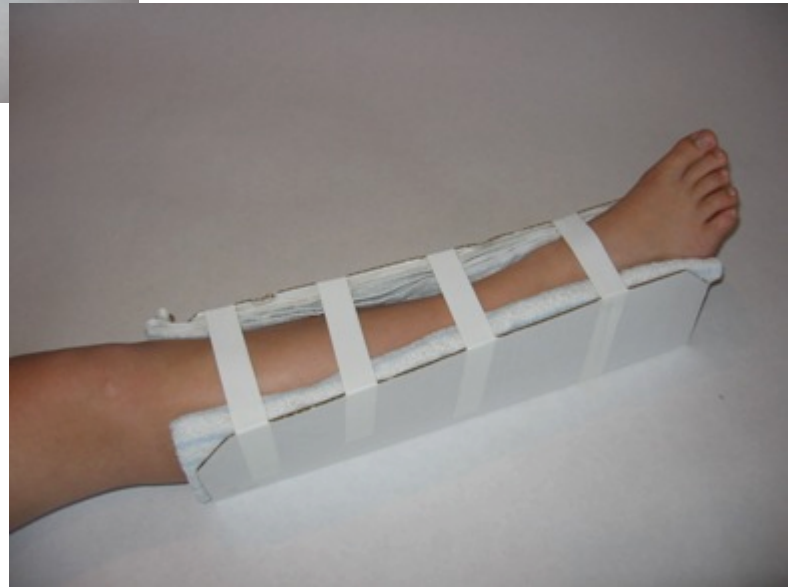
Use a rigid material to stabilize the leg.

Step 4:

Gather materials to tie the splint into place. Any of the following will do: pack straps, rope, clothing, belts, bandannas, triangular [bandages](#).

Step 5:

Tie the splinting material into place.



Finger Splint



Step 1:

Immobilize the finger with a pencil or stick.

Step 2:

Secure with medical tape or bandages.

Step 3:

Ice the injured finger to reduce swelling.

Using Bandages and Gauze



1. Clean the wound with soap and water
2. Press on the cut with a bandage, cloth, or gauze and apply pressure
3. Apply a first aid cream
4. Place a band-aid over the cut or gauze and medical tape.