

Junior First Aid Badge Activity Plan 1

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 Junior 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 Junior 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

- 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".
To use these plans:
 - Visit healthpoweredkids.org
 - Log in using:
 - Username: gsrv
 - Password: allinahealth
 - Find lessons for this badge on the Girl Scouts page.
- 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.
 - Pile Up: Girls sit on chairs in a circle. Choose a leader who will have a list of “yes” or “no” questions, such as “Do you have on brown shoes?”, “Are you wearing a ring?”, “Is your favorite color purple?” 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 Aid Brainstorm

Badge Connection: Step 1—Learn the first steps to take in an emergency

Time Allotment: 5 minutes

Prep Needed:

- Optional: Gather materials and supplies.

Materials Needed:

- Optional: Poster board, whiteboard, or chalkboard to write up girl responses

Steps:

1. Ask the girls to brainstorm some types of emergencies.
2. Next, ask the girls to brainstorm ways to help prevent those emergencies.

Activity #2: Oh no!

Badge Connection: Step 1—Learn the first steps to take in an emergency

Time Allotment: 20 minutes

Steps:

1. Ask the girls if they know what the first steps in an emergency should be.
2. Talk with the girls about the 3 “C’s”, “Check, Call, Care.”
 - “Check” is for checking the scene to make sure it is safe for you to help someone. You should never put yourself in danger when you’re trying to help someone else. For example, don’t walk onto a highway, go into the ocean, or run into a burning building.

- “Call” is sending someone to ask for help from an adult or call 911 if necessary.
 - “Care” is helping someone once you’ve called for help. With the injured person’s permission, you can care for them by giving first aid.
3. Have the girls think of a creative song or motions to help remember “Check, Call, Care”.
 4. Using the emergency situations the girls brainstormed, have the girls work in small groups to create their own skits where they can practice “Check, Call, Care.”
 5. Girls can then present their skits to the large group.

Activity #3: How can I help?

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

Time Allotment: 25 minutes

Prep Needed:

- Gather materials and supplies. Items can be found at home or a local pharmacy.
- Make note cards with urgent first aid situations (i.e. nosebleed, broken leg, cut, broken arm, etc.).
- Print off splint and bandage instructions.

Materials Needed:

- Instruction pages
- Note cards
- Bandage tape or masking tape
- Different size bandages
- Popsicle sticks
- Magazines
- String, ribbon, or long strips of cloth
- Dish or medium-sized towels or blankets
- Gauze or similar absorbent material

Steps:

1. Using the instruction sheets, show the girls how to give care in emergency situations (splints, bandages, cuts).
2. Have the girls practice caring for one another using the instructions.
3. If there is time, give girls the emergency situation note cards to act out the listed emergency with each other using their “Check, Call, Care” knowledge.

Activity #4: 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.
 - Have you ever needed emergency care?
 - What would you do if you were in the wilderness and someone got hurt?
 - How should you react in an emergency?
 - Have you ever helped someone who needed first aid?
 - What type of people help others for their job?
 - What do you think could happen if a first aid situation went untreated?

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 emergency room or hospital.
 - Go outside! Have the girls practice their first aid knowledge using materials found outdoors.
- Speaker Ideas
 - Invite a police officer, EMT, or firefighter to your meeting.
 - Invite a person who received emergency care to tell their story at your meeting.

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.

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 Junior First Aid Badge.

We had fun:

- Practicing first steps to take in an emergency through skits.
- Learning and practicing how to splint and bandage someone who is hurt.

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.
- 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!

Arm Splint

Step 1:

Put a wad of clothing, or some other soft material, into the injured person's hand to maintain it in a functional position.

Step 2:

Gather at least two triangular bandages.

Step 3:

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 4:

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 5:

Cradle the arm into the triangular bandage.

Step 6:

Pull the half of the bandage that is furthest from the injured person up and over the same side of the neck as the injury.

Step 7:

Pull the half of the bandage that is closer to the injured person up and over the opposite side of the neck from the injury.

Step 8:

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

Step 9:

Swathe the arm by first folding the other triangular bandage over several times: Start by folding the point opposite the long side so that it touches the long side.

Step 10:

Repeat folding in this direction until you have a long piece of cloth 3-4 inches wide.

Step 11:

Pull 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 12:

Tie the ends of the bandage together.

Step 13:

Monitor the fingers of the injured arm regularly for circulation, sensation and motion.



Leg Splint

Step 1:

Assess for fracture.

Step 2:

Immobilize the injured leg. Any movement will be very painful and can worsen the injury.

Step 3:

Get some rigid material long enough to extend at least from above the knee to below the heel. One possibility is to cut a sleeping pad to the right length and then fold it over to increase rigidity.

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:

Make sure the leg is straight.

Step 6:

Place the splinting material along the underside of the leg, so that it extends from above the underside of the knee to below the heel.

Step 7:

Fold the splinting material up around the sides of the leg.

Step 8:

Tie the splinting material into place below and above the fracture. Make sure both the knee and ankle are immobilized.

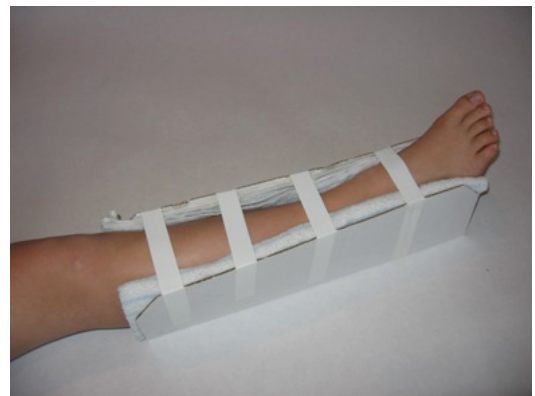
Step 9:

Place padding in any empty spaces between the splint and the leg.

Step 10:

Check circulation, sensation and motion beyond the fracture site, to make sure the splint isn't too tight.

(Another option is to splint the legs together)



Using Bandages and Gauze

Step 1:

Clean around the wound with soap and water.

Step 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.

Step 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.

Step 4:

Lift the part of the body with the cut higher than the heart. This slows down blood flow to that spot.

Step 5:

Apply a first-aid cream, such as Neosporin or Johnson & 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.

Step 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.



Finger Splint

Step 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.

Step 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.

Step 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.

Step 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.

Step 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.

