

## BROWNIE FIRST AID BADGE – MEETING 2

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

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> <li>Girls recite the Girl Scout Promise + Law and sing the Brownie Smile song.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster <input type="checkbox"/> (Optional) Brownie Smile song lyrics poster
20 minutes	First Aid Helpers <ul style="list-style-type: none"> <li>Girls will have a visit with an Emergency Care Professional.</li> </ul>	<input type="checkbox"/> (Optional) “Emergency Care Professionals” worksheet <input type="checkbox"/> (Optional) Books on emergency professionals
15 minutes	First Aid Kits <ul style="list-style-type: none"> <li>Girls will each make a First-Aid Kit to keep.</li> </ul>	<input type="checkbox"/> Resealable plastic bags or small plastic containers <input type="checkbox"/> Band-Aids <input type="checkbox"/> Anti-septic wipes <input type="checkbox"/> Any other first aid-related items (gauze, thermometer, antibiotic cream, latex-free gloves, hand sanitizer, tape, etc.) <input type="checkbox"/> (Optional) Permanent markers, stickers
15 minutes	Band-Aid Crackers <ul style="list-style-type: none"> <li>Girls will make a fun snack and have a topic discussion.</li> </ul>	<input type="checkbox"/> Graham crackers (1 per girl, broken into quarters) <input type="checkbox"/> White frosting <input type="checkbox"/> Red candy (licorice nib, red hot, jelly bean, or red icing gel) <input type="checkbox"/> Spoon <input type="checkbox"/> Napkins
15 minutes	Safe in the Sun Relay <ul style="list-style-type: none"> <li>Girls will play a game that teaches them about outdoor safety.</li> </ul>	<input type="checkbox"/> Sunscreen (2) <input type="checkbox"/> Water bottles (2) <input type="checkbox"/> Sunglasses (2) <input type="checkbox"/> Shorts (2) <input type="checkbox"/> T-shirt (2) <input type="checkbox"/> Books (2) <input type="checkbox"/> Sweaters (2) <input type="checkbox"/> Toys (2)
10 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster



## Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster and (optional) Brownie Smile song lyrics poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Brownie Smile song.

## Activity #1: First Aid Helpers

Time: 20 minutes

Award Connection: Step 2 – Talk to someone who treats injured people

Materials Needed: (Optional) “Emergency Care Professionals” worksheet; (optional) books on emergency professionals

Prep Needed:

- A few weeks prior to your meeting, contact an emergency care professional to speak to the girls (EMT, firefighter, police, nurse, doctor, etc.)
  - (Optional) Make copies of the “Emergency Care Professionals” worksheet
  - (Optional) Check your local library for books about emergency care professionals
1. Invite an emergency care professional to speak to the girls about staying safe, calling 911 and/or using first aid.
  2. If you are unable to do so, discuss what EMTs, firefighters, nurses and doctors do to help people. Find books at your local library that talk about the different types of emergency care professionals.
  3. (Optional) Use the worksheet at the end of the activity plan to quiz the girls on their knowledge of medical professionals.

## Activity #2: First Aid Kits

Time: 15 minutes

Award Connection: Step 3 – Make a first aid kit

Materials Needed: Resealable plastic bags or small plastic containers; Band-Aids; anti-septic wipes; any other first aid related items (hand sanitizer, gauze, thermometer, antibiotic cream, etc.); (optional) stickers and permanent markers

1. Talk to the girls about First Aid kits. Ask questions to facilitate discussion: Have you ever used a first aid kit? What do you find in a first aid kit? What should not be in a first aid kit?
2. Assemble your first aid kit.
3. (Optional) Decorate your first aid kits with stickers and/or permanent markers. Have girls write their name on their first aid kits.

## Activity #3: Band-Aid Crackers

Time: 15 minutes

Badge Connection: Questions link to multiple award steps

Materials Needed: Graham Crackers (1 per girl, broken into quarters); white frosting; red candy (licorice nibs, red hots, jelly beans) or red icing gel; spoon; napkins

1. Break the graham cracker into quarters.
2. Spoon the white frosting into the middle of the graham quarter.
3. Place the red candy/icing onto the frosting. It should look like a Band-Aid (see below for an example)!
4. While enjoying snack, here are some things for girls to talk about:
  - Have you ever been to the hospital?
  - What skills do you have to help someone in an emergency?
  - What type of dog do you find in fire stations?



Example:



## Activity #4: Safe in the Sun Relay

Time: 15 minutes

Award Connection: Step 5 – Know how to prevent and treat outdoor injuries

Materials Needed: (2 of each) Sunscreen; water bottle; sunglasses; shorts; tee shirt; other non-summer items and misc. items (books, sweaters, toys, etc.)

Prep Needed:

- Set up relay materials in two separate piles (both should have the same “safe in the sun” items and additional non-summer items)
- 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
  - Dress in light clothing
  - 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 (not ice!). Or even take a cool bath.
  - Keep it moist – apply aloe or moisturizing cream to the sunburn.
- 4. Play the Safe in the Sun Relay! Divide girls into two teams. Each team will line up in a row, across from their pile of items. When you give the signal, the first girl will run up to the pile of items, and find one item to keep them safe in the sun. She will then run back and tag the next girl, and so on. The first team to find all of the “safe in the sun” items wins!

## Wrapping Up

Time: 10 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

## More to Explore



- Field Trip Ideas:
  - Schedule a visit to the local hospital.
  - Schedule a visit to the local fire station.
- Speaker Ideas:
  - Invite a medical professional to speak to your troop (EMT, firefighter, nurse, doctor).
  - Invite the Red Cross to speak to your troop.



## First Aid Quiz

1. If you need to call 911, what should you tell the dispatcher?
  - a. Describe the emergency
  - b. Give your name and telephone number
  - c. Give the exact address where the emergency occurred
  - d. All of the above
2. What phone numbers should you keep near your phone?
  - a. Poison Control Center
  - b. Family Doctor
  - c. Neighbor
  - d. All of the above
3. Which of these should your home first aid kit include?
  - a. Adhesive bandages
  - b. Antibiotic ointment
  - c. Aspirin
  - d. All of the above
4. What should you put on a first degree burn?
  - a. Cool water
  - b. Butter
  - c. Ice
  - d. None of the above
5. How should you treat a minor cut?
  - a. Leave it alone
  - b. Wash it off and use a bandage
  - c. Rub lotion on it
  - d. Call 911

Answers: 1. D; 2. D; 3. D; 4. A; 5. B



# Emergency Care Professionals

Match the definition with the job by drawing a line to connect them!

Doctor

A member of a group that works to put out fires.

Nurse

A person who is skilled in the science of medicine; a person who is trained and licensed to treat sick and injured people.

Firefighter

A person skilled in the use of radiation to make images and take x-rays.

Lab Tech

A person who is trained to care for sick or injured people and who usually works in a hospital or doctor's office.

X-Ray Tech

A person who is trained to provide emergency medical services to patients who are being taken to a hospital.

EMT

A person who carries out routine tests and analyzes the results.

