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Daisy 5 Flowers, 4 Stories, 3 Cheers for Animals!
Take Action Project Sample Sessions: First Aid Club

It is a requirement in Girl Scouting that First Aid Kits always be available and for there to be trained First Aiders at all events and trips. The Girl Scout motto, "Be Prepared" is the basis for the Girl Scout commitment to safety. Girl Scout Daisies should not use a kit nor try to perform First Aid treatment. However, they should know the location and the contents of a First Aid Kit in order to show an adult. Girls can make a first aid kit for their classes, meeting places, or donate a First Aid Kit to someone in the community.

Session 1
911 Safety—*learn about 911*
First Aid Kit—*learn about the contents of a First Aid Kit*

Session 2
What's Missing—*practice knowledge of contents of a First Aid Kit*
Assembly—*put together a First Aid Kit*

Session 3
Delivery—*visit a site to donate First Aid Kit*

Session 4
First Aid Kit Club Celebration—*celebrate knowledge of First Aid Kits*

Session 1: 911 Safety
Objective: Learn the procedure and reasons for calling 911.
Time Allotment: 15 minutes
Materials Needed:
- 911 Stickers (call local police station to order)

Discussion and Role-Play
1. Hand out 911 stickers.
2. Discuss the 911 number. Explain that it does not cost any money to call and it is for emergency help or to report an accident.
3. Discuss where to find a phone.
4. Discuss what questions will be asked by the 911 operator. Name, address and a description of the situation.
5. Ask girls to copy what you do.
6. Pretend to pick up a phone. Say, "My name is Jane Doe. I am at 1111 Jones Street. My friend is hurt and she needs help."
7. Ask girls to practice with you.
8. Express that the number is only for use in serious situations.

Session 1: First Aid Kit
Objective: Familiarize girls with First Aid Kit contents and uses.
Time Allotment: 30 minutes
Prep Needed:
- Gather materials and become familiar with their uses.

Materials Needed:
First Aid Kit (contents taken from Safety-Wise)

- Adhesive tape and bandages
- Alcohol wipes
- Band-Aids, assorted
- Bottle of distilled water (for use as an eye rinse or to clean wounds or other items)
- Coins for phone calls
- Flashlight
- Gauze pads
- Instant chemical icepack
- Non-latex gloves (disposable for use in situations involving blood or other body fluids)
- List of emergency phone numbers
- Matches (for starting a fire)
- Needle (for removal of splinters or to make small holes at the base of a blister)
- Oral thermometer
- Paper drinking cups
- Plastic bags (for disposal of used materials and for collecting vomitus for analysis in suspected oral poisonings)
- Pocket face mask or face shield (used in CPR for protection when performing mouth-to-mouth resuscitation)
- Recognized first-aid book
- Roller gauze bandages
- Safety pins
- Scissors
- Soap (antibacterial liquid)
- Splints
- Triangular bandages
- Tweezers
- White index card, transparent tape and self-closing plastic bag (for use when removing objects such as ticks. The item removed can be taped to the index card, enclosed in the plastic bag and given to a medical professional)

Discussion:

1. Gather girls in a circle around the First Aid Kit so all can see.
2. Ask girls to examine the contents of the kit.
3. Ask what things they recognize. What are they used for?
4. Ask what things do they not recognize. What could they be used for? Explain unfamiliar items.
5. Ask what happens when an item is gone. What else could you use in its place?
6. Discuss any other items that may be included. Ask girls to select an item they would like to bring to help make a First Aid Kit to give someone.

Session 2: What's Missing?
Objective: Remind girls of the contents of a First Aid Kit.
Time Allotment: 30 minutes
Materials Needed:

- Complete First Aid Kit (see Session 1: First Aid Kit)
- Tray
- Cloth to cover the tray

Game:

1. Select five items from the First Aid Kit one-by-one and ask girls to tell you their uses. Explain or clarify when necessary.
2. Place the selected items on the tray and cover them with the cloth. Turn around with the tray and remove an item from it. Turn back around and remove the cloth. Ask girls to tell you what is missing. Ask girls to tell you its use.
3. Add five more items to the tray and ask the use for each item. Repeat step 2 with 10 items on the tray.
4. Continue to do so until you have all the items on the tray and have discussed the uses of all.

Session 2: Assembly
Objective: Assemble a First Aid Kit to donate.
Time Allotment: 15 minutes
Materials Needed:

- Container to act as a First Aid Kit
- Contents of a First Aid Kit (see Session 2: First Aid Kit)

Prep Needed:

- Ask girls and inform parents or guardians to choose an item to place in the First Aid Kit.

Discussion:

1. Ask girls to sit in a circle.
2. Ask girls to share what they brought.
3. Girls can then place items in the First Aid Kit container.
4. Decide as a group where the Kit should go.

Session 3: Delivery
Objective: Visit the site for delivery of the First Aid Kit.
Time Allotment: 45 minutes
Materials Needed:

- Completed First Aid Kit

Prep Needed:

- Make arrangements for site visit and presentation of the First Aid Kit.

Site Visit:
Girls should have the opportunity to share their knowledge at the site. Girls can present the First Aid Kit and explain its importance and the use of its contents.

Session 4: First Aid Kit Club Celebration
Objective: Celebrate knowing about 911 and First Aid Kits.
Time Allotment: 15 minutes
Materials Needed

- Paper

Prep Needed:

- Create certificates on paper for each girl. Certificate can say: This Certificate honors (___girl's name__) for being a member of the First Aid Kit Club. Date and sign certificates.

Sharing Circle:

1. Ask girls to sit in a circle.
2. Ask girls to share with each other one thing they learned about 911 or First Aid Kits.
3. After each girl shares, give them a First Aid Kit Club certificates.
4. After everyone has received a certificate, give a big cheer!