

JUNIOR FIRST AID BADGE - MEETING 2

Badge Purpose: When girls have earned this badge, they'll know how to help people who are sick or hurt.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
25 minutes	First Responders <ul style="list-style-type: none"> Girls talk to first responders and learn how to take care of someone who is sick. 	<input type="checkbox"/> (Optional) Computer with internet access
20 minutes	First Aid Kits <ul style="list-style-type: none"> Girls make a portable first aid kit. 	<input type="checkbox"/> Plastic zipper bags or small canvas pouches from a craft store <input type="checkbox"/> Various sizes of adhesive bandages <input type="checkbox"/> Various other "single use" sized first aid supplies (antiseptic wipes, antibiotic ointment, etc.) <input type="checkbox"/> Stickers and other decorative items <input type="checkbox"/> (Optional) Permanent makers <input type="checkbox"/> (Optional) Plastic tablecloths
15 minutes	Snack Chat <ul style="list-style-type: none"> Girls enjoy a healthy snack while discussing what they have learned. 	<input type="checkbox"/> Healthy snack
15 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

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.



Activity #1: First Responders

Time: 25 minutes

Badge Connection: Step 3 – Talk to first responders; Step 5 – Know how to take care of someone who's sick

Materials Needed: (Optional) Computers with internet access

Prep Needed:

- A few weeks in advance: Find a first responder to come speak to your girls. This can include an EMT (paramedic), doctor, nurse, firefighter, or police officer. If possible, ask them to bring tools or equipment associated with their job.
 - If you don't have a guest speaker, you'll need to set up at least one computer with internet access and load the following videos:
 - "What It's Like to Be A Firefighter": <http://gsrv.gs/1Nqg6dj>
 - "Female Firefighters: What it Takes to Make the Cut": <http://gsrv.gs/1KhwpG>
 - "Paramedic": <http://gsrv.gs/1KhwsLz>
 - "Take a Tour: Inside an Ambulance": <http://gsrv.gs/1L5KlsM>
 - "Paramedic Students Participate in Trauma Simulations": <http://gsrv.gs/1IKx8j7>
1. Have your special guest talk to the girls about what they do, what equipment they use, and how girls can help someone feel better when they're sick or injured.
 2. Optional: If you don't have a guest speaker, have the girls watch the videos listed above.
 3. Optional: If you don't have a guest speaker, have girls take turns sharing when they or someone they know has been sick and what has been done to make them feel better.

Activity #2: First Aid Kits

Time: 20 minutes

Badge Connection: Step 4 – Make a portable first aid kit

Materials Needed: Plastic zipper bags or small canvas pouches from a craft store; adhesive bandages (various sizes); various other "single use" sized first aid supplies (ex. antiseptic wipes, antibiotic ointment, etc.); stickers and other decorative items; (optional) permanent markers (optional); (optional) plastic tablecloths

Prep Needed:

- Gather material and supplies.
1. Go over contents of what to keep in a portable first aid kit. Ask the girls what they think would go inside. Some items to include could be:
 - Bandages
 - Antiseptic wipes
 - Antibiotic ointment
 2. Give each girl a plastic zipper bag and have them decorate it. If girls use permanent markers, be sure the bags have time to dry before girls take them home.
 3. Fill bags with the first aid kit contents.



Activity #3: Snack Chat

Time: 15 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Healthy snack

1. While enjoying snack, here are some things for girls to talk about:
 - Has anyone ever used a first aid kit before? What did you have to use?
 - Does everyone have a first aid kit in their house? Where is it?
 - What else have you seen in a first aid kit besides what we put in ours? What is it used for?
 - Has anyone ever had to go to the emergency room? What happened? What did they do to make you feel better?

Wrapping Up

Time: 15 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:
 - Visit a local pharmacy and look at the different first aid equipment they may have and find out what it's for.
 - Visit your special guest speaker where they work so you can see the equipment they use.
- Speaker Ideas:
 - Invite someone who has been sick or injured and talk to the girls about how they got better.
 - Invite someone who has used first aid in an emergency and have them talk about their experience.

