Brownie First Aid Badge
Activity Plan

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

Planning Guides Link: Healthy Living
Fun Patch Link: First Aider
Activity Plan Length: 1.5 hours

Involving 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 point 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 Brownie 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 Brownie 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 award or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the Brownie Girl’s Guide to Girl Scouting, completing two of these activity 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 tell their friends how to play outside without getting hurt
  • They can help others by treating minor injuries
  • They can get help for injured people by calling 911
  • They know how to put together a first aid kit

**Tips and Tools**
  • 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.

**Resources**
  • This activity plan has been adapted from the Brownie Girl’s Guide to Girl Scouting 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.

<table>
<thead>
<tr>
<th>Girl Scout Promise</th>
<th>Girl Scout Law</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>On my honor, I will try:</strong> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.</td>
<td><strong>I will do my best to be:</strong> honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.</td>
</tr>
</tbody>
</table>

3. Play a game so girls get to know each other better. Use the example below if needed.
   • Complete the “First Aid Quiz” included in this Activity Plan.
   • Tip: Split the girls into teams and ask the questions Quiz Show style. The team that answers the most questions correctly wins!

Activity #1: First Aid Helpers
Award Connection: Step 2 – Talk to someone who treats injured people
Time Allotment: 20 minutes
Prep Needed:
• 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 out books from your local library on emergency care professionals

Materials Needed:
• Optional: “Emergency Care Professionals” worksheet
• Optional: Books on emergency professionals

Steps:
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 in this plan to quiz the girls on their knowledge of medical professionals.

Activity #2: First Aid Kits
Award Connection: 3-Make a first aid kit
Time Allotment: 15 minutes
Prep Needed:
• Gather the materials for the First Aid Kit
Materials Needed:
- Sandwich Zip-Lock baggies or small plastic containers (GladWare)
- Band-Aids
- Anti-Septic Wipes
- Any other first aid related items (hand sanitizer, gauze, thermometer, antibiotic cream, etc...)
- Optional: stickers and permanent markers

Steps:
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
Badge Connection: Questions link to multiple award steps
Time Allotment: 15 minutes
Prep Needed:
- Gather materials and supplies

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

Steps:
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!
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?

Activity #4: Safe in the Sun Relay
Award Connection: 5- Know how to prevent and treat outdoor injuries
Time Allotment: 10 minutes
Prep Needed:
- Gather relay materials
- Set up relay materials in two separate piles (both should have the same “safe in the sun” items and additional non-summer items)

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

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?
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. 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. On 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 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 arms over their left, holding hands with the person on each side of them.
2. Sing “Make New Friends.”

<table>
<thead>
<tr>
<th>Make New Friends</th>
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<tbody>
<tr>
<td>Make new friends, but keep the old.</td>
</tr>
<tr>
<td>One is silver, the other is gold.</td>
</tr>
<tr>
<td>A circle is round, it has no end.</td>
</tr>
<tr>
<td>That's how long, I will be your friend.</td>
</tr>
<tr>
<td>You have one hand, I have the other. Put them together, We have each other.</td>
</tr>
</tbody>
</table>

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:
  - 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

Suggestions
Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsrval.org.

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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 basic first aid and we earned the Brownie First Aid Badge.

We had fun:

- Learning about emergency care professionals
- Making our own first aid kits
- Practicing how to stay safe in the sun

Continue the fun at home:

- Ask to see your girl’s first aid kit and discuss a good place to keep it.
- Encourage your girl to practice applying her own sunscreen before going out in the sun.
- Look through the Brownie Girl’s Guide to Girl Scouting with your Girl Scout to find other activities you can try at home.

Thank you for bringing your girl to Girl Scouts!
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!

<table>
<thead>
<tr>
<th>Job</th>
<th>Definition</th>
</tr>
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<tbody>
<tr>
<td>Doctor</td>
<td>A member of a group that works to put out fires</td>
</tr>
<tr>
<td>Nurse</td>
<td>A person who is skilled in the science of medicine: a person who is trained and licensed to treat sick and injured people</td>
</tr>
<tr>
<td>Firefighter</td>
<td>A person skilled in the use of radiation to make images and take x-rays</td>
</tr>
<tr>
<td>Lab Tech</td>
<td>A person who is trained to care for sick or injured people and who usually works in a hospital or doctor’s office</td>
</tr>
<tr>
<td>X-Ray Tech</td>
<td>A person who is trained to provide emergency medical services to patients who are being taken to a hospital</td>
</tr>
<tr>
<td>EMT</td>
<td>A person who carries out routine tests and analyzes the results</td>
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