

*Taken from the Volunteer Toolkit Badge Year for Brownies  
First Aid 2*

## Overview

### Note to Volunteers

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason, scripting is included for guiding girls through a meeting; these "lines" are under the heading "SAY." However, you know your girls best. If you feel you don't need the script, do what makes sense for you and your girls.

### Prepare Ahead

- Get a plastic pencil box or plastic zipper bag (gallon size), one for each girl to create a portable first aid kit.
- Collect items for a first-aid kit:
  - Sanitizing hand wipes or hand sanitizer
  - Band-Aids
  - Scissors
  - Gauze pad
  - Roll of adhesive tape
  - Alcohol
  - Cotton swabs
  - Tweezers
  - Thermometer
  - Aspirin
  - Antibiotic ointment
  - Ice pack
  - Plastic medical gloves
- Collect items for "Wrap It Up"
  - Band-Aids
  - Bandanas and scarves
  - Ace bandage
  - Bug bite ointment
- Collect items for outdoor safety:
  - Bug spray
  - Sun screen
  - Bug bite ointment
  - Poison ivy ointment
  - Life vest
  - Water
  - Bike helmet

### Get Help from Your Friends and Family Network

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This badge would be great to ask a first responder such as a firefighter, ambulance worker or police officer to come and share their experience with the girls. It would also be great to have a doctor or nurse that works at a hospital to come and talk about the hospital experience. If you can't find a visitor to attend the meeting, it might help to at least interview a professional ahead of time and get their perspective to share with the girls.

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting.

Ask your network to help:

- make snacks
- welcome girls to the meeting
- supply materials for the session

## **Meeting Length**

90 minutes

The times given for each activity will be different, depending on how many girls are in the troop. Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led! And what do you do if you only have an hour for the meeting? Simply omit some of the activities.

## **Materials**

### **Activity 1: As Girls Arrive**

- Pencil box or plastic zipper bag (one gallon), one for each girl
- Stickers
- Colored markers (sharpies)

### **Activity 2: Opening Ceremony**

- PDF of Girl Scout Promise and Law

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### **Activity 3: First Aid Kit Memory Game**

- Blanket
- First Aid kit items
- Pens or pencils
- Paper

### **Activity 4: Wrap it up!**

- Ace bandage
- Band-Aids
- Bandanas and scarves
- Bug bite ointment

### **Activity 5: Food Fighters**

- Orange slices
- Bananas
- Sweet potato chips
- Milk, yogurt, or cheese

### **Activity 6: Outdoors Safety Match Game**

- Bug spray
- Sun screen
- Bug bite ointment
- Poison ivy ointment
- Life vest
- Water
- Bike helmet

### **Activity 7: Closing Ceremony**

- First Aid badges, one for each girl

## **Detailed Activity Plan**

### **Activity 1: As Girls Arrive**

#### **Time Allotment:**

10 minutes

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### **Materials**

- Pencil box or plastic zipper bag (one gallon), one for each girl
- Stickers
- Colored markers (sharpies)

### **Steps**

Have each girl decorate a plastic box or zipper bag to use as a portable first aid kit. The girls will take the box home to fill with supplies with their parents.

### **SAY:**

- *Today you'll find out what goes in a first aid kit. But first, decorate your (box or bag) to put first aid items in. Make sure to put your name on it to take home and fill with first aid items.*

## **Activity 2: Opening Ceremony**

### **Time Allotment**

10 minutes

### **Materials**

- PDF of Girl Scout Promise and Law

### **Steps**

Gather girls in a circle. Welcome them to the First Aid meeting.

Girls say the Girl Scout Promise and the Girl Scout Law together.

### **SAY:**

- Welcome to our second First Aid meeting.
- Today, you'll find out what goes in a first aid kit. You just made the kit, now you need to know what goes into it!
- You'll also learn how to treat an injury and how to keep from getting hurt when you're outdoors. Ready for some first aid action?

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### Activity 3: First Aid Kit Memory Game

#### Time Allotment

20 minutes

#### Materials

- Blanket
- First Aid kit items
- Pens or pencils
- Paper

#### Steps

Spread all the first aid items out on a table. Pick up each item and talk to girls about what it's for and why it's important to have in a first aid kit. Then cover the items with a blanket. Have girls write or draw the items they remember.

#### SAY:

- *When you got here, you decorated a box to put first aid items into. It's a good idea to have a first aid kit handy to help anyone who has a minor injury, such as a cut or scrape. These are things you would find in a first aid kit.*

[Pick up and discuss each first aid item.]

- *Now I'll put the blanket over these items. When I say, "go," write down all the items you remember that are under the blanket.*

[When girls are done, compare what they remembered to the items on the table.]

- *What items would you want for your personal first aid kit? How would you use it?*
- *Which of these items would you bring on a camping trip? (All!) Are there things you would add? Like a flashlight to see in the dark? Something for bug or snake bites? Water? (Always!)*
- *Who else do you think could use a first aid kit? How about people that live in a homeless shelter? Or people in countries that can't afford medical supplies?*

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### **Activity 4: Wrap It Up!**

#### **Time Allotment**

15 minutes

#### **Materials**

- Ace bandage
- Band-Aids
- Bandanas and scarves
- Bug bite ointment

#### **Steps**

Girls pair up and act out an injury and how to treat it.

#### **SAY:**

- *You and your partner will pretend to have an injury and decide how to treat it.*
- *Maybe your friend got a bee sting. Or fell and hurt her arm. Or she has a scrape on her knee.*
- *You can use any of the items here (Band-Aids, scarves, ace bandage, bug ointment) to do your repair. Then share with the group what the injury is and how you treated it.*

### **Activity 5: Food Fighters**

#### **Time Allotment**

10 minutes

#### **Materials**

- Orange slices
- Bananas
- Sweet potato chips
- Milk, yogurt, or cheese

#### **Steps**

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As the girls eat the foods, talk about how certain foods can prevent people from getting sick.

**SAY:**

- *Certain foods we eat help prevent us from getting sick. Orange slices have a lot of vitamin C, which helps our immune system fight off colds. Milk and dairy have calcium, which help our bones stay strong. Bananas have potassium, which helps our bodies grow. And the sweet potato chips contains Vitamin A, which helps keep you from getting sick because it boosts your immune system.*
- *These foods help us not to get sick. Are there certain foods you like to eat when you are sick, such as chicken soup or tea? What are your favorites and why?*

**Activity 6: Outdoors Safety Match Game**

**Time Allotment**

15 minutes

**Materials**

- Bug spray
- Sun screen
- Bug bite ointment
- Poison ivy ointment
- Life vest
- Water
- Bike helmet

**Steps**

Girls match the items to how they will help outdoor injuries.

**SAY:**

- *Find out how you can stay safe when you're outdoors. It could be while you play on swings and slides. When you're at a beach or near water. Or when you're hiking on a trail.*
- *First, look at all the items on the table. Then I will say where you are what you're doing, and you will point to what you need.*
- *You are about to go on a hike where there are lots of mosquitoes and other bugs. (Bug spray. Make sure to put it on before you go out!)*

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- *You are about to go outside to play or to the beach for the day. (Sun screen, also make sure to put it on before you go out. You'll need water, too!)*
- *You are on a hike and got an annoying bite. (Bug bite ointment.)*
- *You are on a hike and accidentally walked into some poison ivy. (Poison Ivy ointment.)*
- *You are going out on the water with your family in a canoe (Always wear a protective life vest.)*
- *You are going on a bike ride. (Bike helmet)*

## **Activity 7: Closing Ceremony**

### **Time Allotment**

5 minutes

### **Materials**

First Aid badges, one for each girl

### **Steps**

Girls form a friendship circle and sing a song.

### **SAY:**

- *Today we had fun learning about what goes in a first aid kit and you made one! Now take it home and ask if you can put some first-aid items in it.*
- *You also learned about taking care of minor injuries and how to stay safe outdoors.*
- *You did a great job earning your First Aid badge today. Our Girl Scout motto is Be Prepared. Now you are! Congratulations.*

Ask a girl to end the ceremony by starting the friendship squeeze.