Brownie First Aid Badge
Activity Plan 2

**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

**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.

**Activity #1: First Aid Helpers**
**Award Connection:** Step 2 – Talk to someone who treats injured people
**Time Allotment:** 20 minutes

**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

**Materials Needed:**
- Sandwich bag or small plastic containers
- Band-Aids
- Antiseptic Wipes
- Any other first aid-related items
- 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
Materials Needed:
• Graham Crackers (1 per girl, broken into quarters)
• White Frosting
• Red candy or red icing gel
• Spoon

Steps:
1. Break the graham crackers 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 your 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
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. Set up relay materials in two separate piles (both should have the same “safe in the sun” items and additional non-summer items)
2. Tell the girls that in addition to cuts and scrapes, sometimes we can get hurt from the sun. It is important to learn how to stay safe in the sun.
3. What ways can we stay safe in the sun?
4. Sometimes, even when we do our best to protect ourselves, we can get sunburn. Does anyone know how to treat sunburn?
5. 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!

More to Explore
• Field Trip Ideas:
  o Schedule a visit to the local hospital
  o Schedule a visit to the local fire station
• Speaker Ideas:
  o Invite a medical professional to speak to your troop (EMT, Firefighter, Nurse, Doctor)
  o Invite the Red Cross to speak to your troop

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

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!

*This activity plan was adapted from Girl Scouts River Valleys.*
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>
</thead>
<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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