

## First Aid [Meeting 2]

### Overview

#### Note to Volunteers

A few agenda activities in this meeting plan have two options—one that can be done inside and one to be done outside (*Get Girls Outside!*). Carefully read through both activity options and choose one to add to your meeting plan agenda. **Please note all PDF-printed documents list the description and materials required for both the inside and outside options—you will only need to purchase materials for one option.**

Check your Girl Scout Safety Activity Checkpoints for tips about First Aid requirements when going outside or camping. The First Aid requirements are updated to include new procedures and the type of supplies and equipment available.

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

- Create and print page 3, "If you Call 911," from the Brownie badge booklet, for girls to share.
- Create 1 set of index cards with accident scenarios [feel free to add more!]
- Camping mishap: A girl falls down a trail and hurts her arm.
- Car accident: Two drivers crash into each other.
- Playground fall: A toddler bumps her head during a tumble down a slide.
- Backyard sting: A girl gets stung by a bee in a garden and begins to swell up.
- Chest pains: An older woman feels chest pains.
- Home injury: A girl at home accidentally cuts her hand while cutting apples with a knife.
- Purchase a plastic pencil box for each girl to create a portable first aid kit. Could also be a travel soap container
- Create a body out of veggies and dip:
- Small bowl of ranch or dip as the head – put a lettuce leaf in the top of the bowl for hair, and put olives in the dip as eyes
- Celery sticks as shoulders and legs
- Sliced cucumbers in a downward line as the spine
- Slice red peppers as the ribs coming out from the cucumbers
- Mushrooms as the body
- Carrots as arms
- Broccoli as feet and hands

#### Get Help from Your Friends and Family Network

This badge would be great to ask a first responder such as a firefighter, ambulance worker or police officer to come and join to share their experience. 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

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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

- Large sheets of paper
- Markers, crayons

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- 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

### Activity 3: First Aid Kit Memory Game — **Inside Option**

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

### Activity 3: First Aid Scavenger Hunt — **Get Girls Outside!**

- First Aid kit items
- Index cards listing separate First Aid kit items

### Activity 4: Wrap it up! — **Inside Option**

- Ace bandage

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

### Activity 4: Wrap it Up — Camping! — *Get Girls Outside!*

- First Aid Kit items, including: bug bite ointment, burn ointment, Band-Aids
- Bandanas and scarves
- Ace bandage
- Aloe Vera or sunburn ointment
- Optional: ice or an ice pack
- Water

### Activity 5: Food Fighters

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

### Activity 6: Outdoors Safety Match Game — *Inside Option*

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

### Activity 6: Nature Safety Hike — *Get Girls Outside!*

- None

### Activity 7: Closing Ceremony

- First Aid badges, one for each girl

## Detailed Activity Plan

### Activity 1: As Girls Arrive

#### Time Allotment

10 Minutes

#### Materials

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

## First Aid [Meeting 2]

### 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?*

## Activity 3: First Aid Kit Memory Game — **Inside Option**

### Time Allotment

20 minutes

### Materials

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

### Steps

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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?*

## Activity 3: First Aid Scavenger Hunt — *Get Girls Outside!*

### Time Allotment

20 minutes

### Materials

- First Aid kit items
- Index cards listing separate First Aid kit items

### Steps

Gather girls around outdoor area. Make sure girls know the boundaries of where they can play the First Aid Scavenger hunt. Have girls buddy up to do this activity.

Note to volunteers: In advance, place items for the hunt in an outdoor area.

### SAY:

- *Everyone team up and pick at least two cards. When I say GO, you'll look for your First Aid kit item that is hidden in the area I've shown you.*

[When girls have found their items, **SAY:**]

- *When you go on a camping trip, one of the supplies you'll need is a First Aid kit. You'll need it to help anyone with a minor injury, such as a cut or scrape.*

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- *Each team shares their item and tells us what you think it's used for.*

[After girls are done with either one or both First Aid activities, **SAY:**]

- *Which of these items would you make sure to bring on a camping trip?*
- *What items would you add? Like a flashlight to see in the dark? Something for bug or snake bites? Extra water? [Always!]*
- *Who else do you think could use a First Aid kit? How about homeless people that live on the streets? Or people in countries that can't afford medical supplies?*

### Activity 4: Wrap it up! — Inside Option

#### 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 4: Wrap it Up—Camping! — Get Girls Outside!

#### Time Allotment

15 minutes

#### Materials:

- First Aid Kit items, including: bug bite ointment, burn ointment, Band-Aids
- Bandanas and scarves
- Ace bandage
- Aloe Vera or sunburn ointment
- (Optional: ice or an ice pack)
- Water

## First Aid [Meeting 2]

### Steps:

Girls pair up outdoors and act out a camping injury and how to treat it. Place First Aid kit items on a table.

### SAY:

- *Safety is key when you're camping but things can happen.*
- *I'll choose a team and call out the scene. You both decide what the situation needs by using any of the First Aid items on the table and explaining what you would do.*

[Scene 1]

- *A camper falls on a trail and scrapes her knee. It's bleeding.*

[Scene 2]

- *A camper sprains her hand while setting up her tent.*

[Scene 3]

- *A camper burns her fingers after holding a hot pot handle.*

[Scene 4]

- *A camper brushes her legs against poison ivy while on a hike. Her legs have a rash.*

[Scene 5]

- *A camper cuts her finger while cutting vegetables for dinner. It's a small, not deep cut on her finger. It's bleeding.*

[Scene 6]

- *A camper forgets to wear sunscreen and now has sunburn.*

## Activity 5: Food Fighters

### Time Allotment

10 minutes

### Materials

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

### Steps

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

### SAY:

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- *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 — Inside Option****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!]
- *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]

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**Activity 6: Nature Safety Hike — *Get Girls Outside!*****Time Allotment**

15 minutes

**Materials**

- None

**Steps**

Take girls on a short nature walk on a trail or in a park. Point out plants, animals, and insects to avoid. Talk about how to protect from getting sunburn and what to do if they get a bug bite, bee sting or poison oak or ivy rash.

**Note to volunteers:** Before the walk, ask girls what they need to do to prepare for the walk. For example: Put on sunscreen. Spray on bug spray. Bring water to drink.

**SAY:**

- *Enjoying the outdoors at camp, at the beach, or at a park is great fun. What's not fun are some of the things that can happen, like bee or wasp stings, tick bites, sunburn or getting a poison oak rash.*
- *Let's take a nature walk and point out things you might want to avoid and what you can do if anything happens.*

**[Along the way, SAY:]**

- *Whenever you are outdoors, use the buddy system. This means to pair up with another girl, and stay with her at all times. This way you can protect and check up on each other. When you camp or hike, it's always important to always have an adult with you.*
- *When you are active outdoors, it's easy for your body to become dehydrated. That's why you should always drink water and bring water whenever you're outdoors. Even when it's cold out, you can get dehydrated.*
- *One way to avoid tick or insect bites is to stay on a trail. Try not to walk or lie down in woody areas or tall grass. It's also good to wear things to prevent bugs from biting you, like wear long sleeves and tuck your pants into your socks or hiking boots.*
- *When it comes to plants you want to stay away from, there's a saying "leaves of three, leave them be." Poison ivy comes in groups of three leaves. It can grow as a vine or shrub or even be on the ground you walk on.*
- *The oil in poison ivy or oak plant is what makes you get a rash. When it happens, wash your skin gently with soap and water. Afterwards, an anti-itch or soothing lotion, like calamine or something with oatmeal can help, too.*
- *One of the things Leave No Trace teaches us is that if you see any wildlife, just observe it from a distance. That's one way to stay safe. What kind of wildlife do you think you might see? [Squirrels, snakes, insects.]*

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- *Leave No Trace also teaches us not to trample plants or pick flowers. Not only are they living things, we are visiting their home and need to show them respect.*

### 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.