



First Aid [Meeting 1]

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.**

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're the expert. If you feel you don't need the script, do what makes sense for you and your girls.

Prepare Ahead

- Print out page 3 of the Junior First Aid badge that explains, "Check, Call, Care" – one for each girl.
- On a poster board, write across the top: "Check, Call, Care." You'll use this board to post drawings under each category.
- 2 sets of popsicle sticks with the following written on each:
 - Surgery
 - X-Ray
 - Labor and Delivery
 - Cardiology
 - Pediatrics
 - Dermatology
 - Emergency Room
- 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. One driver is bleeding and seems to have severe injuries.
- 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.
- Pregnant teacher: A teacher at school goes into labor.
- Chest pains: An older woman feels chest pains.
- Burned in biology: A student gets burned during a science experiment at school.
- Get a plastic box or plastic zipper bag (gallon size) for each girl to create a portable first aid kit.
- Collect items for one first-aid kit:
- Sanitizing hand wipes or hand sanitizer
- Band-Aids
- Scissors
- Gauze pad
- Roll of adhesive tape
- Alcohol
- Cotton swabs
- Tweezers



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- Thermometer
- Aspirin
- Antibiotic ointment
- Ice pack
- Plastic medical gloves
- For snack break, 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 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

- PDFs of Check, Call, Care sheet
- Paper or large-size post-its



First Aid [Meeting 1]

- Markers, crayons

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law
- Poster board with Check, Call, Care, written across top.
- Tape or glue

Activity 3: Check, Call, Care, Action — **Inside Option**

- Various props (maybe some costumes, a cell phone, and a blanket)
- Index cards with various emergency scenarios
- Video camera (optional)

Activity 3: Check, Call, Care Quiz Game — **Get Girls Outside!**

Index cards with outdoor accident scenarios, such as:

On a hike, one of your troop falls into a ravine and is badly hurt.

During campout cooking, a girl burns her fingers picking up a hot pot.

After a hike, a girl breaks out in a rash from poison ivy.

A girl cuts herself on a jackknife while slicing carrots for the camp meal.

Activity 4: Triage Test — **Inside Option**

- Popsicle sticks with medical departments
- Emergency cards scenarios (from previous activity) taped onto a wall or poster board
- Masking tape

Activity 4: Experts Quiz — **Get Girls Outside!**

- None

Activity 5: Snack Break: Does A Body Good

- Veggies in the shape of a human:
- 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

Activity 6: Name that Kit First aid items:

- Sanitizing hand wipes or hand sanitizer
- Band-Aids
- Scissors
- Gauze pad
- Roll of adhesive tape
- Alcohol
- Cotton swabs



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- Tweezers
- Thermometer
- Aspirin
- Antibiotic ointment
- Ice pack
- Plastic medical gloves
- Blanket
- Pens or markers
- Index cards for each girl

Activity 7: Art of Emergencies

- Pencil box or plastic zipper bag (gallon size), one for each girl
- Markers
- Stickers

Activity 8: Closing Ceremony

- None

Detailed Activity Plan

Activity 1: As Girls Arrive

Time Allotment

10 minutes

Materials

- PDFs of Check, Call, Care sheet
- Paper or large-size post-its
- Markers, crayons

Steps

As girls arrive, have them create a fun poster about Check, Call, Care.

SAY:

- As you come in, take a look at the Check, Call, Care sheet. These are the steps you would take in an emergency situation. Pick one step to illustrate with a drawing of what it would look like.

Activity 2: Opening Ceremony

Time Allotment

15 minutes

Materials



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- PDF of Girl Scout Promise and Law
- Poster board with Check, Call, Care, written across top.
- Tape or glue

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. Post their drawings on the poster board. Then ask them to describe a time they needed medical attention, or had to give medical attention to someone else.

SAY:

- *Welcome to the First Aid meeting. This badge is not just fun, but it can also help you learn how to help someone when they are sick or hurt...maybe even save a life.*
- *We'll start by taking a look at your drawings for Check, Call, and Care.*
- *These are the 3 steps you take in an emergency. First you check to make sure the area is safe before rushing to someone's aid. Then you call 911. Then you care by offering to help the injured person.*
- *I'll place your drawings on the poster board under the category you picked to draw.*
- *Why did you select your category?*
- *Who has had a medical emergency they'd like to share, or helped during a medical emergency?*
- *Tell us what happened, how you were cared for, and what you were feeling as this was happening.*
- *Now let's learn more about the first steps to take in an emergency – check, call, care.*

Activity 3: Check, Call, Care, Action! — Inside Option

Time Allotment

20 minutes

Materials

- Various props (maybe some costumes, a cell phone, and a blanket)
- Index cards with various emergency scenarios
- Video camera (optional)

Steps

Ask girls to work together in groups of four to put on a skit about Check, Call, Care. Each group will pick a card of an emergency situation and act out a skit that shows how to use Check, Call, Care in the right way. (If you have a video camera, you could even record the skits to show to parents later.)



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SAY:

- *You've all read the Check, Call, Care sheet when you first came in, and even made a poster about it. Now, let's break into groups and show how Check, Call, Care really works when in action.*
- *Let's break into groups of 4 – each group can decide what the emergency situation is, and how to apply the three steps to that situation. Be fun and creative in how you show Check, Call, Care to someone who might not know the steps. We'll then perform the skits for each other.*

Activity 3: Check, Call, Care Quiz Game — *Get Girls Outside!***Time Allotment**

20 minutes

Materials:

- Index cards with outdoor accident scenarios, such as:
 - On a hike, one of your troop falls into a ravine and is badly hurt.
 - During campout cooking, a girl burns her fingers picking up a hot pot.
 - After a hike, a girl breaks out in a rash from poison ivy.
 - A girl cuts herself on a jackknife while slicing carrots for the camp meal.

Steps:

Girls divide into 3 groups called Check, Call, and Care in separate parts of an outdoor area. You stand in the middle and call out the scenario. The first group (Check) explains what they would do. Then Call and Care do the same. Change it up for each scenario so groups get to play a different role.

SAY:

- *You all read the Check, Call, Care sheet when you first came in, and even made a poster about it. Now let's break into groups and show how Check, Call, Care really works when in action.*
- *Break into three groups—Group 1 is Check. Group 2 is Call. Group 3 is Care. When I read an accident scenario, each group describes how they would handle the step they represent—Check, Call or Care.*
- *Before I read each scene, you'll trade steps.*

[Note to volunteer: Encourage girls to come up with their own scenarios, too.]

[When girls are done, SAY:]

- *In each scene, how was the “check” part handled?*
- *How was the “call” part handled? Was an actual call made or did girls see an adult?*
- *Which situations required first aid, how was it handled?*
- *What would you have done differently in any of the situations?*



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- *What's the most important rule to remember about an emergency?* [Answer: Never put yourself in danger when you're trying to help someone else. For example, in the falling girl example, you wouldn't jump down into the ravine and also risk hurting yourself.]

Activity 4: Triage Test — Inside Option

Time Allotment

15 minutes

Materials

- Popsicle sticks with medical departments
- Emergency cards scenarios (from previous activity) taped onto a wall or poster board
- Masking tape

Steps

Divide girls into two groups. The girls read the medical emergency and now they act as the first responder. Once they deliver a patient to the hospital, where will the patient likely go? Give each group a set of popsicle sticks to tape to each emergency scenario.

SAY:

- *If people are in real need of medical care, providing first aid is just the first stop in a line of professionals that can help a patient.*
- *You might help them first, but then the patient could be taken by an ambulance to a hospital where a doctor or specialist can help them get the care the patient needs.*
- *It might be a little scary at the hospital, but the nurses, doctors and workers are there to make sure the patient feels better.*
- *Break into two teams and each take one set of popsicle sticks.*
- *Pretend that your group is the ambulance driver, and are helping a patient to the hospital. Look at the different areas of the hospital on the popsicle sticks, and post it to the patient on the card with where they should go. We'll see which team gets the most right, and talk about each department and what they do.*
- *On the cards:*
 - *Camping mishap: A girl falls down a trail and hurts her arm.*
 - *Car accident: Two drivers crash into each other. One driver is bleeding and seems to have severe injuries.*
 - *Playground fall: A toddler bumps her head during a tumble down a slide.*
 - *Backyard sting: A teenager gets stung by a bee in a garden and begins to swell up.*
 - *Pregnant teacher: A teacher at school goes into labor.*
 - *Chest pains: An older woman feels chest pains.*



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- *Burned in biology: A student gets burned during a science experiment at school.*
- On the popsicle sticks this is correct matching order:
 - X-Ray
 - Surgery
- *Pediatrics*
- *Emergency Room*
- *Labor and Delivery*
- *Cardiology*
- *Dermatology*

[Play game and tally up how many they got right, then discuss]

- *Let's go through the different departments of the hospital together.*
- *Emergency Room—This is where patients are delivered and given a first exam by a doctor or nurse to find out what course of action to take.*
- *Surgery – This is where doctors fix something inside the body that isn't working right or has been injured. Sometimes you might hear that "someone needs an operation." That is performed in the surgical wing.*
- *X-Ray – This is where doctors take pictures of your bones and insides so they can see what's going on. Usually patients get an x-ray when doctors think the patient may have broken a bone.*
- *Labor and Delivery – This is where doctors deliver babies! Labor and delivery departments have a nursery for all the newborn babies as well.*
- *Cardiology – This is where doctors focus on everything to do with a patient's heart. If someone is having chest pains, the first thing a doctor will do is check that person's heart to make sure it is still working well. Cardiologists work on fixing lots of different kinds of heart problems.*
- *Pediatrics – You've probably heard of a pediatrician – this is a doctor that works with babies and kids. Because children need extra special care, there is an entire team dedicated to making sure kids are OK.*
- *Dermatology – This is where doctors focus on anything to do with a patient's skin. So fixing scars and helping heal burns are some things a dermatologist might work on at the hospital.*

Activity 4: Experts Quiz — *Get Girls Outside!*

Time Allotment

15 minutes

Materials:

- None

Steps:



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Have girls stand on one side of an outdoor area. One by one, read off these questions. The girl who guesses correctly will run to the other side. Make sure all girls get a chance to answer.

SAY:

What do these medical experts do?

- *Pediatrician (Answer: doctor for infants, children)*
- *Orthodontist (Answer: works with teeth and jaw, puts in braces)*
- *Dermatologist (Answer: skin doctor)*
- *Dentist (Answer: cleans, fixes teeth)*
- *Optometrist (Answer: eye doctor)*
- *Allergist (Answer: works with allergies)*
- *Nutritionist (Answer: works with diet and food)*
- *Nurse (Answer: helps patients in hospitals and doctors offices)*
- *Surgeon (Answer: a doctor who performs operations)*
- *Cardiologist (Answer: heart doctor)*
- *Psychiatrist (Answer: doctor who works with emotional problems)*
- *Emergency Room Doctor (Answer: doctor who works on patients in emergency rooms)*

What do these first-responders do?

- *Emergency Medical Technician (EMT) in an ambulance*
- *Firefighter*
- *Police*
- *SWAT team*

Who should know about first aid—?

- *In your Girl Scout troop? (Your leader, assistant leader, girls, parent)*
- *At your school? (Teacher, nurse, principal)*
- *At the local swimming pool? (Life guard)*
- *At a ski resort? (Ski patrol, ski instructors)*
- *At the beach? (Life guard, Coast guard)*
- *At camp? (Camp counselors, Troop leaders, sports instructors)*

*[When all girls are on the other side, **SAY:**]*

- *Have you ever been to a doctor or dentist? Tell us about it.*
- *Have you ever been in an emergency situation? Were you a patient or did you see something or help with someone? Tell us about it.*
- *Think of all the medical and emergency expert jobs we talked about. Have any of you every thought of working in medicine or emergency services, in law enforcement or firefighting? What would you do and why?*

Activity 5: Snack Break: Does A Body Good

Time Allotment



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10 minutes

Materials

- Veggies in the shape of a human:
- 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

Steps

As the girls eat the veggies and dip, talk about emergencies and first aid, and the importance of staying calm.

SAY:

- *A big part of handling emergencies is staying calm. Sometimes, giving first aid can be scary for the person who is trying to help, as well as the patient. What are some ways that you stay calm in scary situations?*
- *After everyone has had a snack, let's practice taking a few deep breaths to stay calm – to take calming deep breaths, breath in through your nose and out through your mouth.*
- *Breathe in as heavily as you can and then slowly let it out. If you do three big breaths, it should calm you down so you can think quickly.*

Activity 6: Name that Kit

Time Allotment

10 minutes

Materials

- First aid items:
 - Sanitizing hand wipes or hand sanitizer
 - Band-Aids
 - Scissors
 - Gauze pad
 - Roll of adhesive tape
 - Alcohol
 - Cotton swabs
 - Tweezers
 - Thermometer
 - Aspirin



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- Antibiotic ointment
- Ice pack
- Plastic medical gloves
- Blanket
- Pens or markers
- Index cards for each girl

Steps

Spread all the first aid items out on a table, and then cover it with the blanket prior to the girls coming into the meeting. To start the game, lift the blanket and show the girls the first aid items for 30 seconds. The girls then have to remember as many first aid kit items as they can and write them down on the index card. Talk about each item and why it might be important to have in a first aid kit.

SAY:

- *Part of giving good first aid is being prepared with the right items to treat a minor injury.*
- *When you go on a camping trip, you'll be asked to bring a first-aid kit. You might also want one for your backpack, at home, or at school to be ready if someone (or you!) needs first aid.*
- *What should you have in your portable first aid kit?*
- *There are several items under this blanket that belong in a first aid kit. When I say, "go," I'll lift the top blanket – try and look at and remember as many items as you can. When I put the blanket back down over it, start writing down what you saw.*

[Play game and then ask each girl to take an item that was on the blanket and talk about ideas for how they might use it when giving first aid]

- *What first aid item do you have? Do you think it would be a good item to have in a 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!]*
- *Which of these items would you like to carry in your backpack?*

Activity 7: Art of Emergencies

Time Allotment

10 minutes

Materials

- Pencil box or plastic zipper bag (gallon size), one for each girl
- Markers



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- Stickers

Steps

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

SAY:

- *You may have already made a First-Aid kit as a Brownie. If you did, now you can make a kit to share with someone in your community. Maybe it's for your teacher when she takes you on a field trip. Or you can make one for your grandmother or a neighbor. Who might need one?*

[Note to volunteer: If a girl didn't make one as a Brownie, she can make her own now.]

- *Make sure you label it clearly that it is a first aid kit. Then when you get home, fill it with first aid items you learned about and give your kit to someone who needs it.*

Activity 8: Closing Ceremony

Time Allotment

5 minutes

Materials

- None

Steps

Girls form a friendship circle and sing a song.

SAY:

- *Today we learned about the basics of first aid – how to check, call, and care before you start with first aid. We also learned about areas in a hospital and even started on our first aid kits.*
- *Take your kits home and work with your parents to make a portable first aid kit. At our next meeting, we'll do some fun games that show us how to take care of urgent emergencies.*

Ask a girl to end the meeting by starting the Friendship Squeeze.