

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.**

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

First Aid [Meeting 1]

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

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law

Activity 3: Call 911

- Index cards with emergency situations written on them
- "If You Call 911" script
- Blank index cards for girls to make 911 Emergency note cards

Activity 4: Action 911! – **Inside Option**

- List of Do and Don't situations to read for girls [see examples in activity]

Activity 4: 911 Role Play – **Get Girls Outside!**

- None

Activity 5: Homegrown Hospital

- Sheets of paper
- Markers, crayons
- Construction paper
- Scissors
- Glue

First Aid [Meeting 1]

- Cardboard
- Magazines
- Popsicle sticks
- Pipe cleaners

Activity 6: Snack Break: Healthy Body

- 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 7: Closing Ceremony

- None

Detailed Activity Plan

Activity 1: As Girls Arrive

Time Allotment

10 Minutes

Materials

- Large sheets of paper
- Markers, crayons

Steps

As girls arrive, have them draw a picture of a first responder.

SAY:

- *When there's an emergency, the people who come to help are called "first responders." For example, it might be an ambulance driver with emergency medical people or firefighters. Draw a picture of an emergency ambulance or firefighter coming to help in an emergency.*

Activity 2: Opening Ceremony

Time Allotment

15 minutes

First Aid [Meeting 1]

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. Then, ask them to describe a time they needed medical attention.

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 are going to start out learning about different kinds of emergencies. 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.*

Activity 3: Call 911

Time Allotment

15 minutes

Materials

- Index cards with emergency situations written on them
- "If You Call 911" script
- Blank index cards for girls to make 911 Emergency note cards

Steps

Ask girls to work together in practice calling 911. Share the "If You Call 911" information for girls. Then give each girl an Emergency Situation index card and tell her to call an operator. [You can be the operator or other girls can play operator.] Finally, have girls make their own "911 Emergency Note Card."

SAY:

- *What should you do in an emergency? Stay calm and make sure the place where the emergency happened is safe. Find an adult to help right away. If there are no adults, call 911. The operator will send police officers, firefighters, or an ambulance.*
- *When you call 911, you'll be giving information to the person on the other end of the phone so that help—police, firefighters, or an ambulance—can arrive as quickly as possible. It's OK if you don't know everything. Just give as much as information as you can.*

First Aid [Meeting 1]

- *Let's practice how to call 911.* [First read the "If you call 911" printout to the girls. Then...]
- *I'll give you a card with an emergency situation.* [Or read it to them, if easier.] *You will pretend that's your emergency and then pretend to call 911. One of us will pretend to be the operator on the other end of the line.*
[Volunteer or girl acting as operator will ask:]
Operator: What's your name?
Operator: What's your phone number?
Operator: What happened? Operator: What's wrong?
Operator: Where are you? Operator: How many people are there?
Operator: What's already been done?
Remember not to hang up until the 911 operator tells you it's OK to do so. They may need to ask you more questions.

[When girls are done...]

- *Now take a blank index card and write your name, address, and phone number on it. When you get home, ask if you can put this card near a phone or on your fridge. Make sure it's somewhere you can see it when you are on a phone call. This way if there is an emergency, you can remain calm and look at the card to remember your address and phone number without having to think about it!*

Activity 4: Action 911! – Inside Option

Time Allotment

15 minutes

Materials

- List of Do and Don't situations to read for girls [see examples in activity]

Steps

Have the girls stand in the middle of the room. One side of the room is "Call 911" and the other is "Don't Call 911." Give girls situations and let them decide what side of the room to stand on: Call or don't call.

SAY:

- *You learned how to call 911. Now you'll learn when you should call 911.*
- *Stand in the middle of the room.*
- *The right side of the room is "Call 911." The left side is "Don't call 911." I'll read out some situations and you decide what side to stand on.*
- *Someone in your house becomes very sick and there are no adults around.* [Call 911]
- *You see graffiti in your neighborhood.* [Don't call 911]
- *Your friend falls out of a tree and is hurt badly.* [Call 911]
- *You are home alone and you are bored and lonely.* [Don't call 911]

First Aid [Meeting 1]

- *There is a stranger lurking around your house. [Call 911]*
- *Your pet is missing. [Don't call 911]*
- *Your neighbor's house is on fire. [Call 911]*
- *You have a fight with your friend. [Don't call 911]*
- *You see someone breaking into your neighbor's house. [Call 911]*
- *You play a game with your friend and pretend to have an emergency. [Don't call 911] Were there situations where you weren't sure what to do?*
- *Have you ever had to call 911 or have been with an adult who called 911? What happened? Who do you think will come when you report a fire to 911? [Firefighters]*
- *Who do you think will come when you report that a person is sick? [An ambulance]*

Activity 4: 911 Role Play – *Get Girls Outside!***Time Allotment**

15 minutes

Materials

- None

Steps

Have girls form groups and act out a 911 situation that would happen outdoors and then perform it for each other.

SAY:

- *There are situations where you might be outdoors and need to call 911. For example,*
 - *A friend gets a bee sting and she's allergic to bees.*
 - *A friend falls off a tree and is badly hurt.*
 - *You are playing outside and see someone trying to break into your neighbor's house.*
 - *You see some kids playing with matches and accidentally start a fire.*
- *Everyone form a group and come up with a skit showing a 911 situation. You can use one of the examples I gave or come up with your own! And make sure to include the rescue part of the situation. Who would come when a fire is reported? What about for a medical emergency?*
- *When you're ready, each team will act out "911 Role Play" for everyone.*

[After girls are done with 911 activities, **SAY:**]

- *Have you ever had to call 911 or been with an adult who called 911? What happened?*
- *Who do you think will come when you report a fire to 911? (Firefighters)*

First Aid [Meeting 1]

- *Who do you think will come when you report that a person is sick or hurt? (Ambulance)*

Activity 5: Homegrown Hospital

Time Allotment

20 minutes

Materials

- Sheets of paper
- Markers and crayons
- Construction paper
- Scissors
- Glue
- Cardboard
- Magazines
- Popsicle sticks
- Pipe cleaners

Steps

Put girls into groups of 3-4. Have them create their own dream hospitals with fun things to make people feel better.

SAY:

- *Have you ever been in a hospital or visited someone on one? What do you remember about it?*
- *You were probably in a hospital when you were born, right? The nursery with all the newborn is one of the happiest places in the hospital.*
- *Use the art supplies and, as a group, build your dream hospital as if you were in charge.*
- *Hospitals usually have a gift shop and cafeteria. What else do you think would make someone's hospital stay better? A playroom? A library? Nice colors on the walls? Drawings? Flowers? Maybe it has stuffed animals on every bed. Or large screen TVs with video games.*
- *Create your hospital and then describe what it's like.*

Activity 6: Snack Break: Healthy Body

Time Allotment

10 minutes

Materials

First Aid [Meeting 1]

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. You should breath 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. Let's try it.*

Activity 7: Closing Ceremony

Time Allotment

10 minutes

Materials

- None

Steps

Girls form a friendship circle and sing a song.

SAY:

- *Today we learned how to call 911 and what an emergency is. You made an emergency note card to put somewhere at home where you can see it.*
- *We also created a dream hospital to come up with ideas to make them more fun to stay in.*
- *Next meeting we'll be making our first aid kits and learning how to treat minor injuries. You'll also learn how to prevent injuries, especially when you're outdoors—in your backyard, at the park, at the beach or camp!*
- *Until then, be safe!*

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