



## Junior First Aid Badge - Virtual Meeting Plan

Girls will find out how to help people when they're ill or injured and learn how to respond during an emergency.

1. Learn the first steps to take in an emergency
2. Talk to first responders
3. Make a portable first-aid kit
4. Find out how to handle urgent first-aid issues
5. Know how to take care of someone who's sick

When they've earned this badge, they'll know how to help people who are sick or hurt.

### Activities Overview:

1. Check, Call, Care
2. Experts Quiz
3. Discuss GSHPA First Aid Kit video
4. Art of Emergencies (Decorating a portable first aid kit)
5. Give Me a Beat (Finding a pulse)
6. Making Slings and Stretchers
7. Outdoor Injuries Charades

### Before Meeting 1:

1. Send the Meeting 1 Email Template found below to the Parents/Guardians
2. Each girl should watch the GSHPA Staff video on First Aid Kits. We were able to cover the uses of band-aids, gauze, gloves, and more!
3. Create a list of different kinds of healthcare providers and what they do. You can also include specialists (dermatologists, neurologists, etc.) to teach girls about different areas of healthcare. Put each of these healthcare providers into a bowl to pull randomly for the game.

### Activities for Meeting 1:

1. Check, Call, Care
2. Experts Quiz
3. Discuss GSHPA First Aid Kit video
4. Art of Emergencies (Decorating a portable first aid kit)

### Meeting 1:

1. Open with the Promise and Law
2. Have the girls share their skit about Check, Call, Care
  - a. They can use stuffed animals, dolls, family members and other props as needed
3. Have the girls play the Experts Quiz
  - a. Have the girls take turns to guess for each random healthcare provider. Girls can pass if they are unsure.

4. Discuss the video the girls watched before the meeting about first aid kits
  - a. Ask the girls what they would want to have in a first aid kit for troop meetings vs. camping vs. travel vs. at home
5. Have the girls decorate a plastic bag or plastic container as their home or portable first aid kit

### **Before Meeting 2:**

1. Send Meeting 2 Email Template found below to the Parents/Guardians
2. Have bandanas/scarves and blankets available to demonstrate how to make slings and stretchers out of these items
3. Create a list of outdoor injuries and emergencies to have the girls act out for charades

### **Activities for Meeting 2:**

1. Give Me a Beat (Finding a pulse)
2. Making Slings and Stretchers
3. Outdoor Injuries Charades

### **Meeting 2:**

1. Open with the Promise and Law
2. Discuss what a pulse is and how to find your pulse
  - a. Two different methods- have the girls practice on themselves and on someone else (if possible)
    - i. Wrist- take your index and middle fingers and slide them down from your thumb into the folds of your wrist. Hold them there for 30 seconds and count how many beats you feel
    - ii. Neck- take your index and middle fingers and place them between your throat and the large muscle on the side of your neck right below your jaw. Hold them there for 30 seconds and count how many beats you feel
  - b. Have the girls multiply that number by two to find out their pulse
  - c. Explain that a pulse might be really fast or really slow in an emergency, so it's important to know how to find one
3. Have the girls try making their own slings and stretchers with household items. It helps if they have a family member or two help them, but they can also practice on a doll or stuffed animal
  - a. Making a sling-
    - i. First, fold a scarf or bandana so it is in a triangle shape.
    - ii. Rest the patient's arm in the long part of the triangle, and use the other ends to tie the sling around the person's neck, one end on each side.
  - b. Making a stretcher-
    - i. Use a blanket, move your patient as little as possible, but get her on the blanket. Then, carry her to a safer place.
4. Outdoor Injury Charades- have the girls take turns to act out an outdoor injury or emergency for her fellow troop members
  - a. Send each girl her scenario via chat so the others cannot see what she will be acting out
  - b. After all of the girls have acted through the scenarios, ask them which injuries were the easiest to guess or act out, and which ones were the hardest

## **Email Templates:**

### **Meeting 1 Email Template:**

Hello!

Our troop will be working on the Junior First Aid Badge at the next meeting on **DATE, TIME**. Here is the link to access the meeting: **INSERT LINK**

Before the meeting, your Girl Scout should watch this video: **INSERT LINK**, we will talk about things like:

- a. What items did they see in the first aid kit?
- b. What new thing did they learn?
- c. Have they ever seen anyone use something in a first aid kit or used anything in a first aid kit themselves?

Additionally, each girl should prepare a short skit about Check, Call, Care.

-Check- look at the scene of the injury. Is there anything dangerous? If the scene is safe, check the injured person to figure out what all is wrong

-Call- call 9-1-1 once you have information about what is wrong with the injured person. Stay calm, and tell the operator who, what and where

-Care- provide the amount of care you are trained to do until help arrives

### **Meeting 2 Email Template:**

Hello!

Our troop will be working on part two of the Brownie First Aid Badge at the next meeting on **DATE, TIME**. Here is the link to access the meeting: **INSERT LINK**

We will also be doing an activity with bandanas/scarves and blankets, so please have those items available at the start of the meeting.

Girls can also bring a stuffed animal, doll or family member to the next meeting to practice first aid with!