

Brownie First Aid Badge - Virtual Meeting Plan



Girls will find out what to do in an emergency so they can be prepared if the unexpected happens.

1. Find out how to get help from 911
2. Talk to someone who treats injured people
3. Make a first-aid kit
4. Learn how to treat minor injuries
5. Know how to prevent and treat outdoor injuries

When they've earned this badge, they'll know how to get help in an emergency and treat minor injuries.

Activities Overview:

1. Practice calling 9-1-1
2. Learn when to call 9-1-1
3. Drawing or creating their ideal hospital
4. Discuss GSHPA First Aid Kit video
5. First Aid Scavenger Hunt
6. Practice treating a basic injury
7. Outdoor Safety Match Game

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. Prepare the Call 9-1-1 activity by writing down different emergency situations on note cards that can be shown out or read to the girls at the meeting.
4. Compile a list of items for the girls to find in the First Aid Scavenger Hunt for Meeting 2. This is a chance for them to safely see what first aid materials they have at home and where they are located in case of emergency.

Activities for Meeting 1:

1. Discuss GSHPA First Aid Kit video
2. Practice calling 9-1-1
3. Learn when to call 9-1-1
4. Drawing or creating their ideal hospital

Meeting 1:

1. Open with the Promise and Law
2. Talk about the video the girls watched before the meeting.
3. Practice calling 9-1-1
 - a. Let the girls know you will be practicing how to call 9-1-1

- b. Take turns using the scenarios written on the cards to practice calling 9-1-1
- c. Example script:

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.

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.

- i. You can give the scenarios through the Chat feature or read them out to the girl who is practicing
 - d. Play the game as long as you'd like and discuss afterwards
 - e. Afterwards, have the girls make a card with their name, address and phone number on it so they can keep it close to the phone and use it to help them stay calm if they ever need to call 9-1-1
4. Have the girls start thinking about what their ideal hospital would look like. Depending on time, you can have them work on their hospital drawing/model during the meeting and then present to the group, or have them work on it after the meeting to present at the beginning of Meeting 2.
 5. Share the First Aid Scavenger Hunt with girls and encourage them to share at the next meeting what all they have in their house and where they keep their first aid supplies

Before Meeting 2:

1. Send Meeting 2 Email Template found below to the Parents/Guardians
2. Prepare a list of basic injuries for the girls to practice treating during the meeting (bee stings, cuts, bruises, etc.)
3. Collect either physical items or pictures of outdoor safety equipment (bug spray, sunscreen, emergency blanket, bike helmet, etc.). Come up with a basic description for the purpose of each item or the scenario when the item would be used.

Activities for Meeting 2:

1. Show and tell with the girls' ideal hospital drawings/models (if not done during Meeting 1)
2. Discuss First Aid Scavenger Hunt
3. Practice treating a basic injury
4. Outdoor Safety Match Game

Meeting 2:

1. Open with the Promise and Law
2. Have the girls show their ideal hospital drawings/models and explain why they chose to make it the way that they did (only if this was not done during Meeting 1)
3. Discuss First Aid Scavenger Hunt
 - a. What does your family have at home to treat someone who gets hurt?
 - b. Where do they keep their first aid supplies?
 - c. Do you know how to use the first aid supplies you have at home?
 - d. What are some other things that you think would be helpful to keep at home for emergencies?
4. Have girls practice first aid on a stuffed animal, doll or family member
 - a. Give each girl a scenario to act out, and have them show how they would treat the injury and what they would need as far as supplies
5. Outdoor Safety Match Game
 - a. Place the items on a table, or hold up several images in front of the camera. Give the description or scenario for each item, and have the girls take turns guessing which item you are talking about. Examples:

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!)

- b. Talk about the different types of items someone might need to stay safe outside

Email Templates:

Meeting 1 Email Template:

Hello!

Our troop will be working on the Brownie 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?
- d. Why should you have a first aid kit at Girl Scout meetings?

Additionally, have girls start thinking about what they would want their ideal hospital to look like, they can be as creative as they want!

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**

Before the next meeting, your Girl Scout should follow the First Aid Scavenger Hunt to find out what supplies you have in your home and how to find them in case of emergency. (Girl should be accompanied by an adult for this activity to make sure the girl does not come in contact with hazardous materials by mistake)

- **INSERT LIST OF FIRST AID MATERIALS TO FIND**

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