

Brownie Quest
Take Action Project Sample Sessions: First Aid For All

What better way to follow the Girl Scout motto, “be prepared” and perform a service to the community than to learn First Aid. In this project, after girls learn and practice First-Aid skills, they can write a play to increase community awareness about First Aid. The play can be performed for family members or be a large production at a school or library, and include first aid kit donations for admission. The girls should decide.

Session 1

First Aid for Whom?—*choose an audience*
First Aid Role-Play—*practice First Aid Techniques*

Session 2

Write a First Aid Play—*write a play demonstrating proper First Aid*

Session 3

Performance—*perform the play*

Session 4

The Silver Band-Aid Awards—*celebrate First Aid learning*

Session 1: First Aid for Whom?

Objective: Choose an audience for the First Aid Play
Time Allotment: 10 minutes

Discussion:

Girls decide whom in their community they would like to teach about first aid. Would they like to teach their family members? Classmates? Teachers? Take a vote.

Session 1: First Aid Role-Play

Objective: Practice First Aid.
Time Allotment: 20 minutes
Materials Needed:

- “First Aid Expert” hat
- Band-Aids (either real band-aids or paper representations)
- Ms. Sickie Game Pieces
- Ms. Sickie Bucket

Prep Needed:

1. Prepare a hat that says “First Aid Expert.”
2. Make or purchase “Band-Aids” (one for each girl).
3. Make a Ms. Sickie Bucket by labeling an ice cream pail “Ms. Sickie Bucket.”
4. Make Ms. Sickie game pieces by using index cards or cardboard circles with a drawing of a “sick” face on one side and the following on the other (use words for older Girl Scout Brownies; picture for younger Brownies):
 - Infections: you just got a cut on your leg
 - Bites and Stings: you were just bit by a small dog; you were just stung by a bee and the

- stinger is under your skin
- Burns: you have a bubbly burn on your arm
- Too Much Body Heat: you have been out in the sun for a long time and now you feel dizzy and nauseous
- Too Little Body Heat: you have been outside in a very cold rain for a long time and now you are shivering, and your hands and feet are very cold
- Frostbite: you have been outside for a long time on a very cold day and now you can't feel your fingers, the skin is blistered and it feels cold and numb
- Nosebleeds: your nose is bleeding
- Bumps and Bruises: you have a large bruise on your leg
- Choking: you can't breathe; you are choking
- Poisoning: you ate something that was sitting in the refrigerator for a long time and wasn't properly covered; you took some pills that were not yours

Game:

1. Place a pile of Band Aids next to Ms. Sickie Bucket.
2. Everyone stands in a circle.
3. Pass out Ms. Sickie game pieces—every girl gets one.
4. Explain to the girls that they are now First Aid Experts and you are going to play a first aid game. Everyone will get a chance to be the "First Aid Expert" and receive a Band-Aid. In order to get a Band-Aid, the player must help a "Ms. Sickie."
5. Ask who wants to be first. Put the "First Aid Expert" hat on her head.
6. She must choose a Ms. Sickie and say, "Ms. Sickie, I heard you aren't feeling well. What is the problem?"
7. Ms. Sickie reads the back of her game piece or describes her problem.
8. The "First Aid Expert" must then administer the proper first aid to Ms. Sickie. She may ask for help but she must perform the proper first aid.
9. After she answers correctly, The First Aid Expert then takes the Ms. Sickie piece, places it in the Sickie Bucket and picks up a Band Aid.
10. The former Ms. Sickie gets the First Aid Expert hat and approaches a new Ms. Sickie.
11. The game continues until everyone has a Band Aid and has had a chance to be the First Aid Expert.

Session 2: Writing a First Aid Play

Objective: Write a play that demonstrates proper First Aid.

Time Allotment: 30–45 minutes

Materials Needed:

- Girls may want to work with puppets or create costumes, may need paper and pencils, and whatever inspires creative thought!

Group work:

Girls can work together to make skits for each of the First Aid situations or string them together in one catastrophic day. Remember that the purpose of the play is to teach people the proper methods of First Aid. Some suggestions are:

- Suzy Safety's Long Day
 - One girl can play Suzy Safety. Throughout her day, she meets people with different First Aid needs and she is able to help them all.
- Clumsy Clara's Long Day
 - One girl can play Clumsy Clara, who encounters accidents throughout her day. Along the way she is fortunate to have people around her who know first aid and help her out of her predicaments.
- First Aid Brigade
 - All girls take turns being First Aid Experts when faced with different situations.

Session 3: Performance

Objective: Teach members of the community about First Aid.

Time Allotment: Depends on the length of the play

Materials Needed:

- Whatever the girls need to produce their play.

Preparation Needed:

- Practice, practice, practice!

Ask girls to invite family and friends or arrange for a public performance.

Performance:

Girls can perform their play for their families, classmates or another group of girls. Girls may want to donate kits to the people or place where they perform. Girls may also want to pass out lists of suggested contents for a First Aid Kit.

Session 4: Silver Band-Aid Awards

Objective: Celebrate the learning and teaching of First Aid.

Time Allotment: 10 minutes

Materials Needed:

- Tag board or cardboard
- Aluminum foil
- Tape
- Permanent markers

Preparation:

1. Cut out Band-Aid shapes from tag board or cardboard.
2. Wrap them in aluminum foil and secure with tape if need be.
3. Write recipients names on the awards with a permanent marker.

Award Ceremony

To receive her award, each girl must share with the group one thing she learned about First Aid and why it is important. Celebrate!

FIRST AID KIT WORDFIND

F I R S T A I D B O O K V R D E I K
E M E R G E N C Y N U M B E R S L P
A K M N Y T R H B S O A P L P H C X
S A F E T Y P I N S Z Y T F G M N B
S D C G V H K J M N S C I S S O R S
Q U A R T E R S P L O I J U H Y P G
T W E E Z E R S Q F V C H G K M L O
Q R U B B E R G L O V E S M N J B H
K U B V G F S E W I N G N E E D L E
M A T C H E S G F D C V B N H Y T U
A D H E S I V E T A P E I O L K J I
K J U H G B F H B G T F G U A Z E L
C A L A M I N E L O T I O N G F R D
X C L E A N C L O T H Z D X C K J E
A N T I S E P T I C E G B V D F T D
I O K I H G F A C E M A S K V G T C
P L A S T I C G L O V E S A V B N Y

FIRST AID BOOK
SEWING NEEDLE
CLEAN CLOTH
CALAMINE LOTION

SOAP
MATCHES
FACE MASK
ANTISEPTIC

SAFETY PINS
ADHESIVE TAPE
RUBBER GLOVES
EMERGENCY NUMBERS

SCISSORS
QUAZE
PLASTIC
TWEEZERS
QUARTERS
GLOVES