

Activity 1: As Girls Arrive

Time Allotment

10 minutes

Materials

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

Stickers

Colored markers (sharpies)

Steps

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

SAY:

Today you'll find out what goes in a first aid kit. But first, decorate your (box or bag) to put first aid items in. Make sure to put your name on it to take home and fill with first aid items.

Activity 2: Opening Ceremony

Time Allotment

10 minutes

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.

SAY:

Welcome to our second First Aid meeting.

Today, you'll find out what goes in a first aid kit. You just made the kit, now you need to know what goes into it!

You'll also learn how to treat an injury and how to keep from getting hurt when you're outdoors.

Ready for some first aid action?

Activity 3: First Aid Kit Memory Game

Time Allotment

20 minutes

Materials

Blanket

First Aid kit items

Pens or pencils

Paper

Steps

Spread all the first aid items out on a table. Pick up each item and talk to girls about what it's for and why it's important to have in a first aid kit. Then cover the items with a blanket. Have girls write or draw the items they remember.

SAY:

When you got here, you decorated a box to put first aid items into. It's a good idea to have a first aid kit handy to help anyone who has a minor injury, such as a cut or scrape. These are things you would find in a first aid kit.

[Pick up and discuss each first aid item.]

Now I'll put the blanket over these items. When I say, "go," write down all the items you remember that are under the blanket.

[When girls are done, compare what they remembered to the items on the table.]

What items would you want for your personal 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!)

Who else do you think could use a first aid kit? How about people that live in a homeless shelter?

Or people in countries that can't afford medical supplies?

Activity 4: Wrap it up!

Time Allotment

15 minutes

Materials

Ace bandage

Band-Aids

Bandanas and scarves

Bug bite ointment

Steps

Girls pair up and act out an injury and how to treat it.

SAY:

You and your partner will pretend to have an injury and decide how to treat it.

Maybe your friend got a bee sting. Or fell and hurt her arm. Or she has a scrape on her knee.

You can use any of the items here (Band-Aids, scarves, ace bandage, bug ointment) to do your repair. Then share with the group what the injury is and how you treated it.

Activity 5: Food Fighters

Time Allotment

10 minutes

Materials

Orange slices

Bananas

Sweet potato chips

Milk, yogurt, or cheese

Steps

As the girls eat the foods, talk about how certain foods can prevent people from getting sick.

SAY:

Certain foods we eat help prevent us from getting sick. Orange slices have a lot of vitamin C, which helps our immune system fight off colds. Milk and dairy have calcium, which help our bones stay strong. Bananas have potassium, which helps our bodies grow. And the sweet potato chips contains Vitamin A, which helps keep you from getting sick because it boosts your immune system.

These foods help us not to get sick. Are there certain foods you like to eat when you are sick, such as chicken soup or tea? What are your favorites and why?

Activity 6: Outdoors Safety Match Game

Time Allotment

15 minutes

Materials

Bug spray

Sun screen

Bug bite ointment

Poison ivy ointment

Life vest

Water

Bike helmet

Steps

Girls match the items to how they will help outdoor injuries.

SAY:

Find out how you can stay safe when you're outdoors. It could be while you play on swings and slides. When you're at a beach or near water. Or when you're hiking on a trail.

First, look at all the items on the table. Then I will say where you are what you're doing, and you will point to what you need.

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!)

You are on a hike and got an annoying bite. (Bug bite ointment.)

You are on a hike and accidentally walked into some poison ivy. (Poison Ivy ointment.)

You are going out on the water with your family in a canoe (Always wear a protective life vest.)

You are going on a bike ride. (Bike helmet)

Activity 7: Closing Ceremony

Time Allotment

5 minutes

Materials

First Aid badges, one for each girl

Steps

Girls form a friendship circle and sing a song.

SAY:

Today we had fun learning about what goes in a first aid kit and you made one! Now take it home and ask if you can put some first-aid items in it.

You also learned about taking care of minor injuries and how to stay safe outdoors.

You did a great job earning your First Aid badge today. Our Girl Scout motto is Be Prepared.

Now you are! Congratulations.

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