

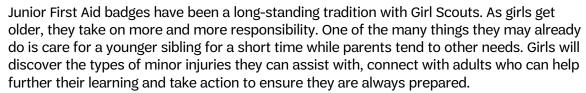
## **Junior Girl Scout First Aid Badge**

Pillar: Life Skills

Outcomes: When you have earned this badge, you

'll know how to help people who are sick or hurt, and how to respond

during an emergency.





## Juniors will follow these steps to earn their badge:

- 1. Learn the steps to be prepared (Discover, Connect)
  - a. Be informed. Understanding disasters and emergencies are essential for life skills. Know which disasters are likely for your area and what you must do to stay safe.
    - i. What are two likely disasters most likely to happen in your area?
    - ii. You can check here: <a href="https://www.redcross.org/get-help/how-to-prepare-for-emergencies/common-natural-disasters-across-us.html">https://www.redcross.org/get-help/how-to-prepare-for-emergencies/common-natural-disasters-across-us.html</a>
    - iii. What are ways to stay safe should those disasters take place?
  - b. Make a list of emergency phone numbers and share with your family
  - c. Watch the Golden Eaglet and discuss what first aid services she provided
    - i. Video link is here: <a href="https://www.youtube.com/watch?v=k5UBGJAeDFM">https://www.youtube.com/watch?v=k5UBGJAeDFM</a>
- 2. Talk to First Responders (Discover, Connect)
  - a. Call your local fire department using the non-emergency number and ask them how they respond to emergencies
  - b. Invite a speaker to your next meeting to help you with one of your steps
- 3. Make a portable First Aid Kit (Discover, Take Action)
  - a. Find out what you need in a first aid kit
  - b. Make a kit for your home
- 4. Find out how to handle urgent first aid issues (Discover)
  - a. Learn basic First Aid techniques for the following
    - i. First Aid for Burns
    - ii. First Aid for Falls/Sprains/Strains (i.e.. What is RICE?)
    - iii. First Aid for cuts/bruises
    - iv. First Aid for someone who has an allergy



- 5. Know how to take care of someone who is sick (Take Action)
  - a. How do you take care of a sick pet?
    - i. Here are ways to recognize a sick pet: <a href="https://americanhumane.org/fact-sheet/recognizing-caring-for-a-sick-pet/">https://americanhumane.org/fact-sheet/recognizing-caring-for-a-sick-pet/</a>
    - ii. How to take care of a pet: <a href="https://www.dkfindout.com/us/animals-and-nature/pet-care/pet-dogs/">https://www.dkfindout.com/us/animals-and-nature/pet-care/pet-dogs/</a>
  - b. How do you take care of a younger sibling/baby/or best friend if they are not feeling well?
    - i. Make a list of ways you can help
    - ii. Discuss in your troop meeting how you can help someone who is ill feel better

Check out these other activities on our Pinterest page to continue the fun! https://www.pinterest.com/gprograms/junior-resources/badge-first-aid-junior/

Test your knowledge! Play this Kahoot game after earning the badge to test your knowledge! <a href="https://kahoot.it/challenge/05944570?challenge-id=34ae33ca-b1dc-41c4-a10d-2f3b5d465c73">https://kahoot.it/challenge/05944570?challenge-id=34ae33ca-b1dc-41c4-a10d-2f3b5d465c73</a> 1600392526830

**When you're finished:** Congratulations, you have earned your badge! You can purchase at <a href="https://www.girlscoutshop.com/Junior-First-Aid-Badge">https://www.girlscoutshop.com/Junior-First-Aid-Badge</a>.

Purchase the GS Virtual main patch and bars at <a href="https://www.gsksmo.org/orderpatches">https://www.gsksmo.org/orderpatches</a>





