

## **Session 7**

### **Self-Care at Camp**

#### **Supplies provided by Guiders:**

- Washable markers (a variety to share)
- Damp cloths (1 per 2 people)
- Cotton balls
- Small cups with water (instead of isopropyl alcohol)
- Band-aids (latex-free) for each Spark
  - 1 strip band-aid
  - 1 fingertip band-aid
  - 1 knuckle band-aid



#### **Learn to use Band-Aids**

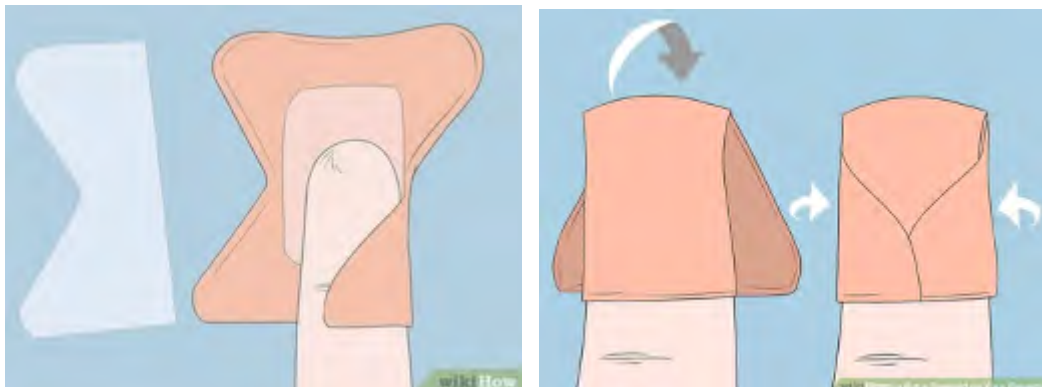
##### **Strip Band-Aids**

Work in pairs bandaging each other. Demonstrate how to apply the band-aids and let the Sparks follow along.

1. Draw a circle on your skin with a washable marker. Imagine this is a small cut you got while playing outside.
2. Wash away the circle scrape with a clean cotton ball and water.
3. Open the band-aid wrapper. Try not to touch the gauze part of the band-aid when you're taking off the wrapper.
4. Touch the gauze to the cut area and stick the sides of the band-aid to your skin. Make sure the band-aid is the correct size for the wound.

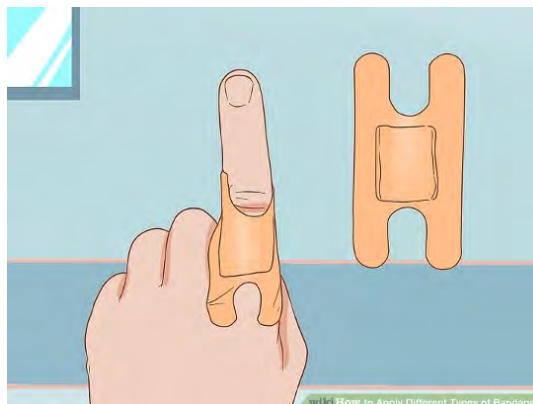
##### **Fingertip Band-Aids**

1. Have the Sparks mark a 'cut' on their fingertip and apply a band-aid as shown below:



### Knuckle Band-Aids

1. Have the Sparks mark a 'cut' on their knuckle and apply a band-aid as shown below:



### Self-Care True or False Game

This game will fill any time at your station. Don't worry if you run out of time — just do whatever works. It's like Simon Says, but you do the action if the answer is true. No need to eliminate kids who may be wrong; just have some fun learning about self-care.

Action	Question	Answer	Note
Wiggle like a worm if	Cotton is the best fabric to wear in the rain.	False	Cotton absorbs moisture and keeps you cold
Growl like a bear if	You should drink hot chocolate at bedtime.	False	Avoid liquids, sugar, and caffeine before bed
Waddle like a duck if	You should pack a shirt with sleeves, a hat, and sunscreen for camp.	True	Protect yourself from the sun by slipping on a shirt, slopping on some sunscreen, slapping on a hat
Jump like a frog if	You don't need to drink water when it is cold.	False	You still need to stay hydrated. You can choose warm drinks as well
Flutter like a butterfly if	Butter is the best way to treat a burn.	False	You should apply cold running water or a wet towel to a burn
Prance like a unicorn if	You can help an injured person by having them sit or lie down and giving them a blanket.	True	This is a good way to make someone feel better and avoid further injury.
Wiggle your nose like a rabbit if	To treat a nosebleed, you should pinch your	True	Show them where to pinch, just above the nostrils