

BLOOD BUDDIES - BROWNIE LEVEL

GSCSNJ PATCH PROGRAM

Purpose: To help Girl Scouts learn about blood, how it helps keep our bodies healthy, and why blood donors are everyday heroes. Scouts will discover simple ways they can stay healthy and help others in their community.

To earn this Patch, Brownies must complete 4 activities, including the starred activity that is required.

01.



Learn about the four main parts of blood: red blood cells, white blood cells, platelets, and plasma. Discover one important job that each part does to help keep your body healthy.

02.

Learn why blood donations are important. Talk about how donated blood can help people who are sick, injured, or having surgery. Discuss why blood donors are everyday heroes.

03.

Practice taking your pulse. Count your pulse while you are sitting quietly, then jump, dance, or march in place for one minute and count it again. Talk about why your heart beats faster when you exercise.

04.

Learn how to care for a small cut or scrape. Practice washing your hands, applying gentle pressure to stop bleeding, and putting on an adhesive bandage with the help of an adult.

BLOOD BUDDIES - BROWNIE LEVEL

GSCSNJ PATCH PROGRAM

Purpose: To help Girl Scouts learn about blood, how it helps keep our bodies healthy, and why blood donors are everyday heroes. Scouts will discover simple ways they can stay healthy and help others in their community.

To earn this Patch, Brownies must complete 4 activities, including the starred activity that is required.

05.

Find out about the different blood types (A, B, AB, and O). Learn that matching blood types helps doctors safely give blood to people who need it.

06.

Invite a nurse, doctor, EMT, blood donor, or another healthcare professional to visit your troop—or watch an educational video about blood donation. Share one new thing you learned.

07.

Create a thank-you card, poster, or drawing to celebrate blood donors or healthcare workers who help save lives.

08.

Help support a community blood drive. You might make encouraging posters, collect thank-you notes, decorate donation bags (if allowed), or help spread the word about an upcoming blood drive with your troop.

BLOOD BUDDIES - BROWNIE LEVEL GSCSNJ PATCH PROGRAM

Purpose: To help Girl Scouts learn about blood, how it helps keep our bodies healthy, and why blood donors are everyday heroes. Scouts will discover simple ways they can stay healthy and help others in their community.

To earn this Patch, Brownies must complete 4 activities, including the starred activity that is required.

Reflection: Think about what you learned about blood and the people who donate it. What was the most interesting thing you learned? How can you show kindness and help others in your own community?



To order patches please email the following email to CHshop@gscsnj.org

Name & Contact Information

Shipping Address

Quantity Request (\$3.00 per patch)

An associate will call to confirm shipping details & take payment over the phone.