



Brownie Level - Sarah Wells Try-It

In 1994, fifteen Junior and Cadette Girl Scouts from Goshen troops #139, 142 and 156 of the Sarah Wells Girl Scout Council realized how important and special Sarah Wells was to their county, council and hometown. These girls decided to honor her and her interesting life by dedicating a Girl Scout Try-It showing many important details of her life and facts about her courageous journey to an uncharted area as a very young girl.

To earn this particular Try-It, the Girl Scout must be registered in the Sarah Wells Girl Scout Council and must finish the try-it's requirement criteria as detailed below. Being the "Sarah" try-it is Our Council's Own, it can be worn on the front of your sash and vest.

Requirements: Choose and complete 4 of the objectives below including the * objectives.

1. *Learn about Sarah Wells' life and why she is an important part of this area's history. Be sure to visit the archives room at the Goshen Library.
2. Learn about Sarah's journey to Goshen: where did she come from, how did she travel, what did she take with her, how old was she and what was the purpose of her journey.
3. Learn and do a colonial craft Sarah might have done such as candle making, quilting or wool spinning or visit Museum Village where many colonial crafts are demonstrated. OR Prepare a baked item similar to something Sarah might have made, such as an apple pie.
4. Learn and sing "The Sarah Wells Song" or prepare a skit depicting her life.
5. Visit Hillhold Museum or the Bull's Stonehouse.
6. Start a "Sarah Wells Scrapbook" to carry on to your Junior and Cadette years.

A Touch of Nursing Try It

Have you ever thought of becoming a nurse? Try these activities to learn more about a career in nursing.

1. A Nurse

Think about nurses you have seen or read about in books. Describe what being a nurse means to you. Draw a picture of a nurse.

2. Let's Pretend

Pretend you are in a hospital. Members of the troop will play the roles of a nurse, patient, and two family members in the patient's room. Act out what would be happening if the patient was in the hospital with a:

- Broken leg
- Stomach ache
- Asthma
- Bicycle accident

3. What Would You Do?

Act out the following situations that could happen to you at home, in school or at a friend's house. What would you do? Who would you call? When do you call 911 on the telephone?

- Your friend fell off her bike and can't get up.
- You get stung by a bee.
- You sneeze without a having a tissue.
- Your friend starts to cough and is having trouble breathing.
- Your mother cuts her finger with a sharp knife and is bleeding.
- While playing with your friend, he tells you that he is dizzy.
- Come up with one of your own situations.

4. Washing Works

It is very important for nurses to properly wash their hands. This helps prevent the spread of germs to you and other people. Germs cannot be seen, and nurses do not want to spread germs to patients. We always wash our hands before eating, handling food, setting the table, and after going to the bathroom, sneezing or coughing. Here is an easy way to remember how long to wash your hands each time. Learn the hand-washing song, or sing the alphabet if

you can't memorize the song. Wash your hands for as long as it takes to sing the song.

Washing Nursing Hands Throughout the Day
(sung to the tune of "Twinkle Twinkle Little Star")

Washing nursing hands we say

Will prevent the germs this way

So take your soap and scrub away

Those tiny little germs away.

Nurses want their patients to say

Thank you for keeping those germs far away.

Rinse hands with warm water in the sink.

Lather your hands all over (including
between your fingers and under
your nails) with soap.

Rinse your hands off

and dry hands with

a paper towel,

drying hands

top to bottom.

Use a paper towel

to turn off water

at the sink to avoid

picking up more germs from the sink.

5. Body Parts

Each part of your body has a function that is very important for your body to work. Nurses need to know the names and function of all the many parts of the body. Describe the function of each of the body parts listed here:

- Brain
- Eyes
- Nose
- Hands
- Heart
- Stomach
- Kidneys
- Feet

Each person is unique. You have characteristics that make you special. It may be your hair, eyes, laugh, voice, birthmark, scar or personality. Some people may have a part of their body that is different or changing due to growth, illness, heredity, or even an accident. Remember how you would like to be treated and treat others the same.

6. Nursing Word Search

Find these familiar words in Nursing Word Search.

NURSE
 PATIENT
 PROFESSIONAL
 ASSESS
 HELPING
 PULSE
 CARING
 HEART
 KIND
 STETHOSCOPE
 UNIFORM
 BLOOD PRESSURE

ZURISLASHSESSA
 VBLMTIHELPINGQU
 PROFESSIONALPHN
 UNPQTVSRMSNOGGI
 LCRJHHIPATIENTF
 SGCEOLTDLKDNIKO
 ELATSUEWECOSVR
 VRTICGVHSXBCRDM
 TZBLOODPRESSURE
 OLCJPIFYUBIENEA
 DAYWEZJANCARING

7. Service Project

With your troop, collect and donate items to local hospitals, nursing homes or doctors' offices.

Magazines, coloring books, crayons, toys, used videos and DVDs, playing cards or board games are all needed.

Sponsored by St. Luke's Cornwall Hospital, New York State Nurses Association and the

Sarah Wells Girl Scout Council.