

# SAFE AND SOUND AT HOME PROGRAM PACK



Program Age Levels: BR and JR Girl Scouts

Purpose: To foster self-reliance in children who must spend time at home either alone or looking after brothers and sister.





**SAFE & SOUND AT  
HOME ALONE  
PROGRAM PACK**

Girl Scouts of Silver Sage Council  
1410 Etheridge Lane  
Boise, ID 83704  
(208) 377-2011 or (800) 846-0079  
[www.girlscouts-ssc.org](http://www.girlscouts-ssc.org)

**Program Age Levels: BR and JR Girl Scouts**

**Purpose: To foster self-reliance in children who must spend time at home either alone or looking after brothers and sisters because the family adults may have to leave for a short time or because they are at work.**

**Requirements:**

**Brownie: Complete 6 activities**

**Junior: Complete 8 activities**

1. Have each girl make decorative posters with her family's emergency numbers on it. These should be posted next to each phone in her home.
2. Have each girl demonstrate that she knows how to answer the phone properly, how to answer questions safely and how to make an emergency call correctly.
3. Make a list of tools and sports equipment that can be unsafe. Tell why it is not wise to touch it without adult supervision. After the troop has made a list, have each girl look for these items in her home and see if they are put away properly and in a safe place.
4. Have each girl draw a map of her home or in your meeting place; include fire, safety, poisons, and possible tripping hazards. Find and list as many safe things as possible such as smoke alarms, fire extinguishers, cleaning supplies out of reach and in well marked containers and safely installed handrails on stairways.
5. Have a first aider come to a troop meeting and give a demonstration, or visit an emergency room or a fire station/rescue squad.
6. Make a troop or personal first aid kit. Consult [Safety-Wise](#) for a list of items to include.
7. As a troop, discuss and list things to do when first arriving home alone. Discuss ways in which we can take care of ourselves and our belongings in a helpful way to parents.
8. Do one of the following as a Troop:
  - a. Make a board game for safety sense
  - b. Design a puppet show about handling emergency phone calls and home emergencies.
9. As a troop, make a list of games for one person or design a new game for one person.
10. As a troop, make up a list of games for two or more people. List them in categories of quiet or noisy and indoor or outdoor games. Also list any safety rules to be considered.

11. As a troop, make up a list of possible problems of being at home alone with a younger and/or older sibling. Discuss possible preventions and remedies for each problem (for example, do not lock doors to closets or bathrooms, etc. when playing – you may get locked in or out).

12. Make a list of acceptable activities to do with brothers and sisters. Consider their ages and interests when making this list.

Use this chart to organize your troops chosen activities to accomplish this program.

Activity	Materials Needed
Example #1	List of Emergency Numbers, Poster Board, Markers

## PROGRAM PACK EVALUATION

Troop \_\_\_\_\_ Service Unit \_\_\_\_\_ Age Level \_\_\_\_\_

Leader's Name \_\_\_\_\_

Address \_\_\_\_\_

Street City Zip \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_

Our troop of \_\_\_\_\_ girls worked on and completed the \_\_\_\_\_

\_\_\_\_\_ Patch Program.

Please complete the following evaluation with responses from the girls.

1. Why did you choose this program? \_\_\_\_\_

\_\_\_\_\_

2. How much time did you spend on it? \_\_\_\_\_

3. What outside resources did you use? (people, facilities, equipment, etc.) \_\_\_\_\_

\_\_\_\_\_

4. What part did you like best? \_\_\_\_\_

\_\_\_\_\_

5. What would you do differently another time? \_\_\_\_\_

\_\_\_\_\_

6. What are some things you learned to do for the first time or better? \_\_\_\_\_

\_\_\_\_\_

7. How did the adults feel about the program? \_\_\_\_\_

\_\_\_\_\_

Patches can be purchased at the council.

Other Program Packs Available

PROG001 SAFE AND SOUND AT HOME ALONE  
PROG013 SIGN LANGUAGE  
PROG015 RIDE THE OREGON TRAIL (THIS IS A COUNCIL OWN BADGE)  
PROG016 VALUING DIFFERENCES  
PROG018 GOOD TURN PROJECT  
PROG029 ONE WARM COAT  
PROG035 LEWIS AND CLARK  
PROG036 HAND IN HAND  
PROG060 MILK: IT DOES A BODY GOOD  
PROG063 BROWNIE SMILES  
PROG064 INTERNATIONAL FRIENDSHIP: COUNTDOWN TO THINKING DAY  
PROG065 DIMES FOR DAISY  
PROG066 HEALTHY LIVING  
PROG067 BULLYING STOPS HERE  
PROG068 BREAST CANCER AWARENESS  
PROG075 TREASURED MEMORIES  
PROG086 CHICAS  
PROG140 IDAHO POTATO (THIS IS A COUNCIL OWN BADGE)  
PROG149 SEW EZ

