

# Stroke Smart Lesson Plan Outline

## Grades 5 – 8

### **Introduction:**

How many of you have heard of the medical emergency called Stroke?

How many of you know someone who has had a Stroke?

Do you know what a Stroke is?

A stroke is a medical emergency that involves brain damage. A stroke occurs when blood flow to the brain is interrupted, and the brain starts to die.

What you will learn in the next few minutes might help you save someone from dying or from being disabled for life, unable to walk or speak.

It's very important to call 911 immediately if you suspect someone is suffering a stroke; doctors can give powerful medicines to the person who is suffering a stroke and save their brain (and even their life!). The secret is, though, that the doctors are only allowed to give this medication right away after a stroke begins, so the person has to get to the emergency room right away! There isn't time to take a nap or to wait and see if the stroke signs go away!

Not all hospitals have the medicines to treat strokes. The safest, fastest way to get to the right hospital is by calling 911.

### **Let's learn How to Spot a Stroke:**

If someone starts to look very strange or they start doing strange things or talking funny so you can't understand them, think hard! They may be having a stroke!

If you Spot any ONE of these SIGNS call 911 NOW. Tell the operator it looks like a Stroke!

If the person has *sudden* problems with

- 1) Walking or Balance (demonstrate this)
- 2) Seeing (i.e. double vision, blindness, blurry vision)
- 3) Facial drooping (have the kids smile, point out both sides of the face go up)
- 4) Body weakness/numbness (ask the student to raise both arms straight ahead; If one arm drifts down, call 911)
- 5) Speaking or understanding

### **Hands-On Practice Options:**

Ask one student to act out several of the signs for the group of other students to identify.

OR

Pair the students for each to act out the signs and the other to identify them, then switch.

### **Keep and Share:**

Keep the wallet card(s) that you just got somewhere you will see them and remind yourself of the stroke signs.

### **Home Assignment: Be a *Stroke Champion* to help save lives**

Take the wallet cards (and magnets if available) home with this letter. Show them to your family and friends, and teach them how to Spot a Stroke.