

Stroke Heroes

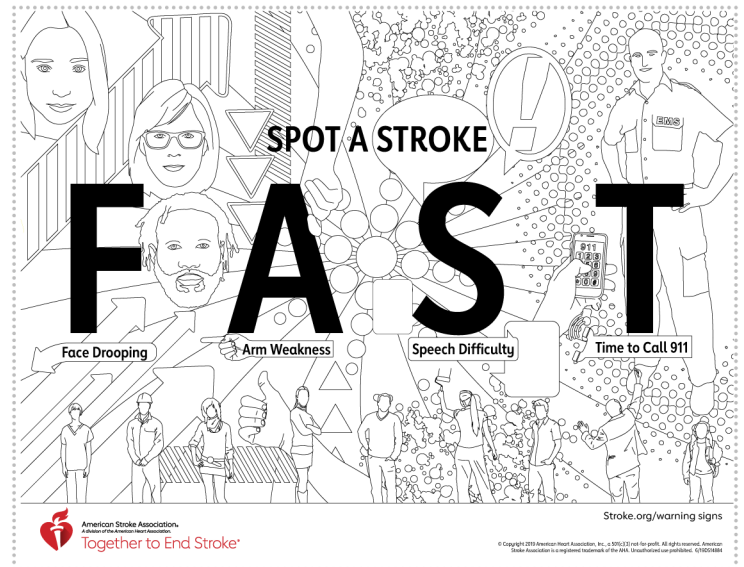
Lesson Two: Students will learn the basics of stroke and how to recognize the warning signs of stroke.

MATERIALS:

1. Crayons/marker
2. Poster papers (4)
3. Scissors
4. Wall-safe tape
5. [Coloring Sheet- Spot a Stroke F.A.S.T.](#)
6. [Be a Stroke Hero Poster](#)

SETUP:

To help your students understand what stroke is, how to identify stroke and the importance of calling 9-1-1, try this creative activity.



1. Start off by sharing that we're all going to become heroes today. As a stroke hero, consider dressing up or having dress-up options for the children such as capes, masks, etc.
2. Ask the children to describe what the brain does for the body. Your brain is more powerful and more clever than any computer ever built. The brain controls how we move, think, talk, It controls our memory, the movement of our arms and legs and the function of many organs within our body.
3. Briefly explain what a stroke is. Stroke happens when blood and oxygen can't get to the brain which means that the brain can't work the way it should. Stroke is sometimes called a "brain attack" and is a medical emergency which requires prompt treatment.
4. Share that when someone has a stroke, they may have a droopy face or weak arm. They may sound funny when they talk. If any of that happens, tell an adult and call 9-1-1 right away for help.
5. Explain the F.A.S.T acronym as an easy way to remember: F stands for FACE drooping, A stands for ARM weakness, S stands for SPEECH difficulty and T stands for TIME to call 9-1-1.
6. Have the children repeat F-Face, A-Arm, S-Speech, T-Time several times. Engage them in active ways to help them remember the letters and words. They can whisper them, shout them, stand up, sit down, etc. Make a game of it.

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INSTRUCTIONS

1. Divide the class into four groups: **Group 1 - FACE**; **Group 2 - ARM**; **Group 3 - SPEECH**; and **Group 4 - TIME**.
2. Have each group create their respective **F.A.S.T.** poster (Group 1- F; Group 2- A; Group 3-S; Group 4- T) and then ask each team to place their letter on a different wall. Next, ask the groups to rotate to each station to practice the symptom on each poster.
3. **FACE** — Talk about a droopy-looking face. Try to make one.
4. **ARM** — Discuss what arm weakness might look like. Hold out both arms at different heights to demonstrate one arm being weaker.
5. **SPEECH** — Explain that someone’s words might be jumbled or slurred. Practice saying phrases that make no sense.
6. **TIME** — Tell your students how important it is to call 9-1-1 right away. Point out that quick treatment can be a lifesaver.
7. If time allows, pass out the **F.A.S.T.** coloring page to recap the symptoms and encourage kids to color the mural.
8. To conclude, distribute the “Be a Stroke Hero” one-page poster as a take-home resource.



EXTEND WITH STEM

- Stroke is a disease that affects the arteries leading to and within the brain. It is the No. 5 leading cause of death and the leading cause of disability in the United State. A stroke occurs a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so it an brain cells die.
- Stroke can be caused either by a clot obstructing the flow of blood to the brain – which is called an ischemic stroke – or by a blood vessel rupturing and preventing blood flow to the brain – which is called a hemorrhagic stroke. A TIA – transient ischemic stroke – or mini-stroke is caused by a temporary clot.
- The good news is that quick treatment for a stroke can save lives. The quicker a stroke patient gets help, the better the chance that they can recover with little or no disability.