

Do YOU Have a Concussion? Grade 5 to 8

Post Activity – What is a Concussion?	Cross Curricular	Health
	Safety Notes	

Big Ideas Healthy cells contribute to healthy organisms. (Grade 8)	Specific Expectations Recognize the symptoms of a concussion.
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Description
Students will learn the signs and symptoms of a concussion. This activity will encourage further discussion about concussions with friends and family. Adapted from Scrambled Brains Activity by Parachute.ca

Materials Pen or pencil Paper Scissors Small bag or box	Accommodations/Modifications Use the table provided with symptoms of a concussion. Use images instead of words.
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Introduction

In our school program “What is a Concussion?” students learn about the effects of a concussion on the brain. Concussions affect the way the brain functions. The brain is responsible for so many things in our bodies. Therefore, concussions can affect each person differently. There are many different and conflicting symptoms when someone has a concussion.

Action

1. Print a copy of the Symptoms Table and have students cut out all the symptoms and not symptoms along the dotted lines.
2. Without the handout, refer to the Symptoms of a concussion on the Health Canada website: <https://www.canada.ca/en/public-health/services/diseases/concussion-sign-symptoms.html>. Have students write the symptoms on strips of paper, and come up with some symptoms that are not related to concussions.
3. Put all the strips of paper into a small bag or box.
4. Select a student to draw a piece of paper from the bag/box, and read the symptom aloud.
5. As a class, decide if this is a symptom of concussion.
6. Write the symptoms on the board and group them as concussion symptoms and non-concussion symptoms.

Consolidation/Extension

Ask the students what they should do if they think they have a concussion. Tell them about the acronym STAR. **S**top playing, **T**ell an adult, get **A**ssessed and **R**est. It is important the assessment is done by a doctor, but they can also use the Pocket Concussion Recognition Tool to help recognize the signs and symptoms of a possible concussion.

Teachers can refer to the Concussion Guide for Teachers created by Parachute.ca.

Encourage students to discuss concussion with their family and friends, and to tell an adult if they think a friend or classmate might be injured.
