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Oklahoma Fights Back Against Stroke

Objective:

- The student will recognize the symptoms of a stroke and know how to react in the situation.

Grade: 2nd or 3rd

Anticipatory Set:

- Stroke is the third leading cause of death in the world. Today we are going to learn how to identify the symptoms of a stroke in order to save lives.

Instructional Steps:

- Educate students about the causes and effects of strokes
- Define the difference between a rescuer and a victim
- Teach students hand motions to use with possible stroke victims to detect stroke symptoms
 - STOP get focused as a reminder to the rescuer (hold out palm of hand like a stop sign)
Act **FAST!**
 - F- FACE (have students put pointer fingers on corner of smile) Ask victim to smile. Does one side of the face droop?
 - A- ARMS (have students close eyes and raise arms straight above their head)
Ask victim to raise arms. Does one arm drift downward?
 - S- SPEECH (have students cup hands around mouth) Have victim repeat after you, say, "Are you OK?" Does the speech sound slurred or strange?
 - T- TIME (have students point to wrist) Act fast. Rescuer call 9-1-1 if any of these signs are observed.
- Have students rehearse motions in groups of 3 or 4 and have one person act as victim
- Encourage students to incorporate a rhythm with their movements
- After about 10 minutes of rehearsal, allow students to perform movements for the class

Closure:

- Review physical actions and mnemonic device for FAST

Assessment:

- Informal