

Stroke Lesson Plan
6th grade
F.A.S.T

Materials:

Handouts
Power Point

Objectives:

The student will be able to:

1. Learn why it's important to know about stroke.
2. Know what a stroke is.
3. Know types of Strokes and causes.
4. Learn what parts of the brain are affected during stroke.

Pass Objectives:

Standard 1: The student will comprehend concepts related to health promotion, disease prevention, and safety practices.

Standard 3: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health and safety risks.

Standard 5: The student will use interpersonal skills to enhance health and safety.

Introductory Activity:

Discuss and go over handouts about what a stroke is and how it affects us and the different types and causes.

Lesson Focus:

Learn what parts of the brain are affected by a stroke.

F: Face-- Ask the person to smile. If one side of the face appears crooked or drooping this person may be having a stroke.

A: Arms-- Ask the person to lift both arms in the air. If they have difficulty with one arm this person may be having a stroke

S: Speech- Ask the person to speak, If they have slurred words or unable to speak this person may be having a stroke.

T: Time- if any of these symptoms are present call 911 immediately in order to make sure that the person reaches the hospital FAST.

Activities:

Get students into groups of two. Have them go over the F.A.S.T steps with each other and changing roles. After they have gone over the steps have them share ideas and concerns.

Evaluation/ Review (Closure):

Go over what they have learned getting feedback and having them discuss different ways they think could help their friends and family when teaching them. Go over the steps, to insure they know them. Encourage the students to go home and share what they have learned in the activity and hand outs with their parents, siblings, and friends.