

FAST Lesson Plan

By Katie Comtois

Grade Level: 4-6

Time: 10-15 minutes

Materials: FAST Poster

Objectives:

- The student will know and understand the physical signs of someone having a stroke.
- The student will create a song using the FAST acronym in order to remember the signs of a stroke and then teach them to others.

Procedure:

1. Ask students to raise their hands if they knew or heard of a person who had a stroke.
2. Let students know they could help save someone's life if that person is having a stroke.
3. Explain in general terms what a stroke does to the brain and the body.
4. Using the FAST Poster discuss each sign of a stroke. Relate why the face, arm, or speech may be affected when there is a blood clot in the brain.
5. Stress the importance of Time. If these signs occur, then disappear, time is still important! Call 9-1-1 or insist that the person be taken to the hospital.
6. Review FAST again and ask students to get into small groups to create a song using the FAST acronym.
7. The students will change the words to a familiar tune to incorporate the signs of a stroke. The song must mention Face, Arm, Speech, and Time. It would be best to include some information about each one, how to check the sign, or what needs to be done.
8. Have volunteers perform their song for the class.
9. Encourage all students to share this song with parents, grandparents, aunts/uncles, and friends. Possibly assign this as homework. Have a parent or adult sign a paper after the child has performed the song they made up.

Assessment:

Listen to students as they make up their song about the signs of a stroke. Make sure the students understand the signs of a stroke and how they can help if they see any of these signs.