

Stroke – FAST – Lesson Plan

Age Level: 3rd, 4th, or 5th Grade

Objective: Students will be able to recite three signs of a stroke and know how to respond. (Face, Arm, Speech, Time)

Anticipatory Set: Open discussion with students talking about a time in life when someone they know has been very sick. Emphasize the importance of acting quickly to help them get better. Introduce what a stroke is and a few facts about it.

Sample Script:

“Who can tell me about a time when someone they know has been very sick.

[Insert students’ stories] We can tell that there have been many people who have been sick. Today, we are going to talk about something called a stroke. We all know that we need the blood in our body and oxygen we breathe to live; well, a stroke is when the blood and oxygen flow to our brain gets cut off. [Refer to the Stroke FAQ sheet that accompanies this packet]

Group Practice:

1. Create a hypothesis with the students about what they think people need to do when someone is having a stroke.
2. Watch the video together and discuss the three warning signs and appropriate reaction:
 - a. Face – Does the face look uneven?
 - b. Arm – Does one arm drift downward?
 - c. Speech – Does their speech sound strange?
 - d. Time – Call 911 quickly.

Independent Practice: Allow students to choose an option that will allow them to show they understand the warning signs and appropriate action.

1. Draw a series of cartoons that show the warning signs.
2. Create a skit with a small group that will show the warning signs.
3. Write a poem that illustrates the warning signs.

Assessment: This will vary based upon their choice of independent practice.

1. Ask them to describe their cartoons and you can assess visually as well as aurally.
2. View the skit being performed and again you can assess visually as well as aurally.
3. Read the poem and you can assess visually.

Closure: Students must be able to tell you what each letter of FAST stands for as they are leaving.