

Submitted by Summer Kerby

Grade: 3<sup>rd</sup>-6<sup>th</sup>

Lesson Plan:

1. Give the pre presentation test
2. Show the FAST DVD
3. Use the Information sheet to answer questions and explain the important facts and definitions over stroke
4. Give the find a word worksheet that I have attached, to familiarize the students with words that are associated with stroke
5. Give the post test and pass out the cards and bookmarks for the students

For Example:

- On the find a word worksheet the following words are:
  - **Face**- May appear uneven when asked to smile
  - **Arms**- Check if one arm drifts down more than the other
  - **Speech**- May sound strange or slurred
  - **Time**- call 911 as soon as possible
  - **Everyone**- This is who is at risk for a stroke
  - **Smoking**- This doubles the risk of stroke
  - **Disability**- This can happen if the stroke victim is not treated in the proper amount of time
  - **Stroke**- A sudden brain attack that cuts off the blood flow and oxygen to the brain
  - **Brain cells**- These die at a rate of 2 million per minute during a stroke
  - **Oklahoma**- This state is ranked #2 in the nation for strokes and deaths per year
  - **TPA**- This can reduce the chances of dying or decrease disability
  - **High Blood Pressure**- This is the leading cause of stroke
  - **Exercise**- 30 minutes a day can reduce the risk of stroke

Name \_\_\_\_\_

Date \_\_\_\_\_

# Stroke Prevention

M G E V L B Z M E E L U M E N V L E V T C C C I S T F A F T  
U I S S T S Y K K O J J E S M C V E S T E G S W E I O T R B  
A D I S L P E E X I C Y S Y D N I Y X V C W D M K P S P J J  
D S D L S D E Q U H Y D S G Y F S Y T B T E K K B W C I V C  
G E F F T I E D G E E I V E E U S N D I S S S L I B O A N O  
S N A H A J W O H D I S W D E N A T N E T T H G E T B A X E  
S N D N I B A F N P M H S N K B S K S D F T K Q O G S T M D  
M W E F E Z S E L S A T E E F C J N I E M I G Q X D C C C T  
L E E S P L T G S C J O G N N H N S B F N S N H E B G N K R  
N S G R S I T G U B D S T J J I O J O U N T L A J E R Y T P  
S V C N B H A E B I L E B F O G G X W G R I Z L N O W E L L  
C B D H R R V E B J H H F J R H X N N B M M S I F S K N S F  
D M L Y S E Y S U J A M F E E B Y I A Q X E A T T I C P H E  
F I N V X H M A M M S E L P T L K E E N T F V N R I P D R F  
S T E S R O F B J Q M D D D D O K L A H O M A P G O E E L K  
L G O K A I I E S N N S M R M O I O Q L G X S N T G K I U N  
P J J V P M K T E T H L H S G D A B O R F G L E M A I E E Y  
X Q E Q Q K N I E U X Y S T P P M N E B E N T X S U S T E G  
L N U V G E S C N T O P N S T R S I V E I L K A N I I L H N  
K N R L F E C D G S E O H N J E J N E M E Z L A C P C C W Q  
D P Z S Q H B S T E W L O O M S D E R G R R T R M Q E X C Y  
R Y T G N P G G E H A W M N N S I F Y S E D E X F E A N R W  
I P F Q D M A B A K Q I Z P N U S N O I L X I T P O T E S N  
R C T A E S E O Z O A N N E B R A I N C E L L S H B K L P S  
E J H G C X Q S N S L I O S I E B W E P R S E E Q K H W K O  
D T U E U E E T E S I S E O A F I V E W I R B A T H G H N E  
Y S R P S Q E O I U M Q V E R B L A Q W T T I L N L G L W R  
G G B T A E D H I R M I O E H N I E O Z U E E I P C E V I C  
I N Y I Q S Y F A H L S G H I O T H T E M T Z C E H O L N E  
E Z J R W L L M H Q U Y N E E A Y L H N N K S E S T E A H S

Find the following hidden words:

Arms  
Face

Time  
Smoking

Everyone  
Disability

Oklahoma  
TPA

Exercise

Speech

Stroke

Brain Cells

High Blood Pressure