

Learning Aid: Concussion Education Kit

Recommended Lesson: *Lesson 2: Concussion Signs and Symptoms*

Required Materials:

- Slide presentation (slide 2, printed out)
- 4 different colors of sticky notes
- (4) 3x5 index cards, each with a different sticky note color assigned to them and the following labels written on them:
 - Physical signs and symptoms (front)/Problems with your body (back)
 - Sensory signs and symptoms (front)/Problems with sight, hearing, taste, smell, touch (back)
 - Cognitive signs and symptoms (front)/Problems with your brain (back)
 - Behavioral signs and symptoms (front)/Problems with how you act (back)
- Concussion Education Kit
- *Concussion Experience Checklist*
- Items from the chosen activities from the Concussion Experience Checklist, if any

Steps:

FOCUS:

1. Review the PowerPoint slide
2. Write each of the symptoms from the slide on the correct color sticky note, placing them underneath the correct index card.

LEARN:

1. Choose three or four activities from the *Concussion Experience Checklist*.
2. Up to 10 students will put on the Concussion Simulation Glasses and headphones.
3. Complete the assigned activities.
4. Fill out the appropriate sections on the *Concussion Experience Checklist*.

REVIEW:

1. Discuss in your groups the following questions:
 - a. What did it feel like to have a concussion?
 - b. Which activity was the hardest for you to complete? Why?
 - c. If you work in healthcare, what can you do to help someone with a concussion?