

# How to become a Stroke Smart School



## Stroke Smart Schools Make a Meaningful Difference!

Schools are in the unique and POWERFUL position of offering generational benefits to the community as stroke smart students can and have saved lives by recognizing strokes and activating 911. Maryland recommends each school begin their Stroke Smart efforts by educating the entire school body, including staff (in each classroom or in one big assembly). Each year thereafter, every fifth-grade class in elementary schools, or 9th grade class in high schools, could also be given the training to refresh and reinforce the concepts. [A useful study of the beneficial outcomes to a school-based stroke education approach is here.](#)

Teachers may create their own content or use the any of the presentations on this website or the lesson plan outlines available for:

- [Grades K – 4](#)
- [Grades 5 – 8](#)
- [High School](#)

# Stroke Smart Lesson Plan Outline

## Grades K-4

### Review 911 Basics:

What is an emergency?

Can you think of some emergencies where you would need an ambulance?

What do you have to do to get an ambulance to come?

Show me how to make the call (model with a cell phone).

What happens when you call 911? Explain that questions will be asked, including your address and that the person will be taken to see a doctor.

Ask the students if they know their address and encourage them to learn it.



### Introduction:

Where is your brain?

What is your brain used for? What does it do?

There is a dangerous emergency called a Stroke that can hurt people's brains.

You can help someone having a stroke by calling 911 to get an ambulance.

Do any of you know anyone who has suffered a stroke?

What you will learn in the next few minutes can help you save someone's life if they are having a stroke.

### First, Learn How to Spot a Stroke:

If someone starts to look very strange or they start doing strange things or talking funny so you can't understand them, think hard! They may be having a stroke!

If you Spot any ONE of these SIGNS call 911 NOW. Tell the operator it looks like a Stroke!

If the person has **sudden** problems with

- 1) Walking or Balance (demonstrate this)
- 2) Seeing (i.e., double vision, blindness, blurry vision)
- 3) Facial drooping (have the kids smile, point out both sides of the face go up)
- 4) Body weakness/numbness (ask the student to raise both arms straight ahead; if one arm drifts down, call 911)
- 5) Speaking or understanding

### **Hands-On Practice Options:**

Ask one student to act out several of the signs for the group of other students to identify.

OR

Pair the students for each to act out the signs and the other to identify them, then switch.

### **Keep and Share:**

Keep the wallet card(s) that you just got somewhere you will see them and remind yourself of the stroke signs.

Home Assignment: Be a Stroke Champion to help save lives

Take the wallet cards (and magnets if available) home with this letter. Show them to your family and friends and teach them how to Spot a Stroke.

# Stroke Smart Lesson Plan Outline

## Grades 5-8

### Introduction:

How many of you have heard of the medical emergency called Stroke?

How many of you know someone who has had a Stroke?

### **Do you know what a Stroke is?**

A stroke is a medical emergency that involves brain damage. A stroke occurs when blood flow to the brain is interrupted, and the brain starts to die.

What you will learn in the next few minutes might help you save someone from dying or from being disabled for life, unable to walk or speak.

It's very important to call 911 immediately if you suspect someone is suffering a stroke; doctors can give powerful medicines to the person who is suffering a stroke and save their brain (and even their life!). The secret is, though, that the doctors are only allowed to give this medication right away after a stroke begins, so the person must get to the emergency room right away! There isn't time to take a nap or to wait and see if the stroke signs go away!

Not all hospitals have the medicines to treat strokes. The safest, fastest way to get to the right hospital is by calling 911..

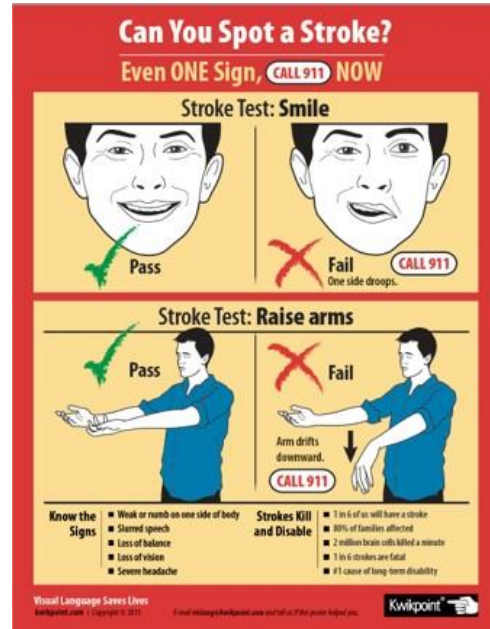
### Let's learn How to Spot a Stroke:

If someone starts to look very strange or they start doing strange things or talking funny so you can't understand them, think hard! They may be having a stroke!

If you Spot any ONE of these SIGNS call 911 NOW. Tell the operator it looks like a Stroke!

If the person has **sudden** problems with

- 1) Walking or Balance (demonstrate this)
- 2) Seeing (i.e., double vision, blindness, blurry vision)
- 3) Facial drooping (have the kids smile, point out both sides of the face go up)
- 4) Body weakness/numbness (ask the student to raise both arms straight ahead; if one arm drifts down, call 911)
- 5) Speaking or understanding



### **Hands-On Practice Options:**

Ask one student to act out several of the signs for the group of other students to identify.

OR

Pair the students for each to act out the signs and the other to identify them, then switch.

### **Keep and Share:**

Keep the wallet card(s) that you just got somewhere you will see them and remind yourself of the stroke signs.

### **Home Assignment: Be a *Stroke Champion* to help save lives**

Take the wallet cards (and magnets if available) home with this letter. Show them to your family and friends, and teach them how to Spot a Stroke.

# Stroke Smart Lesson Plan Outline

## High School

### Introduction:

Who can tell us what a medical emergency called a Stroke is?

Who knows someone who has had a Stroke? Strokes are common! 1 in 6 of us will suffer a stroke in our lifetimes every 40 seconds someone does! There is an 80% chance someone in your immediate family will suffer a stroke.

(A stroke is a medical emergency that involves brain damage. A stroke occurs when blood flow to the brain is interrupted, and the brain starts to die.)

Anyone at any time can suffer a stroke, but the odds get worse for people over 65 years old.

What you will learn in the next few minutes might help you save someone from dying or from being disabled for life, unable to walk or speak or see or use their body properly.

Call 911 immediately if you suspect someone is suffering a stroke; doctors can give powerful medicines to the person who is suffering a stroke and save their brain (and even their life!). The secret is, though, that the doctors are only allowed to give this medication right away after a stroke begins, so the person has to get to the emergency room right away! There isn't time to take a nap or to wait and see if the stroke signs go away!

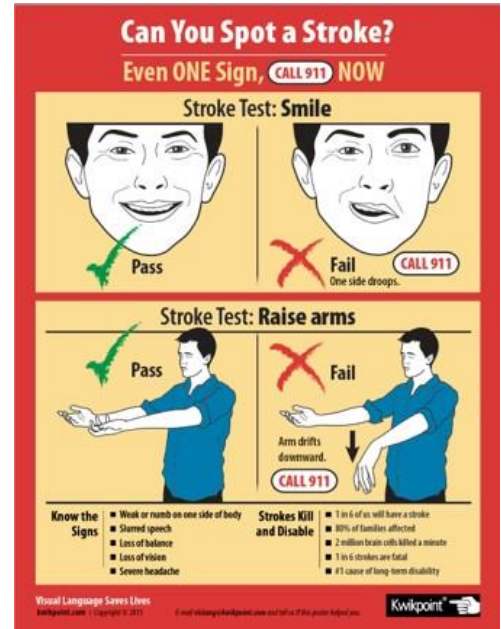
Not all hospitals have the medicines to treat strokes. Call 911 to get to the right hospital quickly and safely.

### **Let's learn How to Spot a Stroke:**

If someone starts to look very strange or they start doing strange things or talking funny so you can't understand them, think hard! They may be having a stroke!

If you Spot any ONE of these SIGNS call 911 NOW. Tell the operator it looks like a Stroke!

If the person has **sudden** problems with



- 1) Walking or Balance (demonstrate this)
- 2) Seeing (i.e. double vision, blindness, blurry vision)
- 3) Facial drooping (have the kids smile, point out both sides of the face go up)
- 4) Body weakness/numbness (ask the student to raise both arms straight ahead; If one arm drifts down, call 911)
- 5) Speaking or understanding

### **Hands-On Practice Options:**

Ask one student to act out several of the signs for the group of other students to identify.

OR

As a group, take the Stroke Smart Kahoot using this URL:

<https://kahoot.it/challenge/002297591>

### **Keep and Share:**

Keep the wallet card(s) that you just got somewhere you will see them and remind yourself of the stroke signs.

### **Home Assignment: Be a *Stroke Champion* to help save lives**

Take the wallet cards (and magnets if available) home with this letter. Show them to your family and friends and teach them how to Spot a Stroke.

Emphasizing that the person suffering the stroke is likely not the person able to activate emergency medical personnel, Stroke Smart Retirement Communities aim to make each resident and staff member Stroke Smart by...

1. Displaying Stroke Smart materials in high visibility locations, with posters on bulletin boards and offerings of magnets and wallet cards at visitor check in locations, dining rooms, and information desks, for example,
2. Offering yearly Stroke Smart lectures, highlighting the symptoms, and urging activation of their internal emergency procedures when at the community and 911 when outside,
3. Educating all new staff members and residents with their present significant others of the signs and symptoms of stroke upon admission, and
4. Recruiting Stroke Smart champions who ensure each resident is Stroke Smart through personal one-on-one conversations.