

Activity Guide

Scrambled Brain



Module

Concussion

Materials required

- Paper
- Pen or marker
- Small bag

Preparation instructions

Using the template:

1. Cut out the strips along the dotted lines.
2. Put all the strips of paper in a bag.

Without the template:

1. Cut the paper into strips.
2. Write out one of the symptoms of concussion on each strip. Refer to the Concussion Symptoms Summary Table in the Parachute Brain Waves Instructor Guide.
3. On about five strips write out some symptoms that are not related to concussion.
4. Put all the strips of paper in a bag.

Activity instructions

1. Select a participant to pick one paper strip from the bag. Ask them to read out the symptom written on the paper.
2. As a group, vote on whether it is a symptom of concussion. Have participants raise their hands for True or False.
3. You can write these symptoms on the board as they are selected. Group concussion and non-concussion symptoms separately.
4. Repeat steps 1-3 until all papers are picked and have all symptoms from summary table on the board.

Reinforce these learnings

- A concussion affects the way the brain functions. Because the brain does so many different things, a concussion can affect a person in lots of different ways (symptoms).
- Ask participants what they think they should do if they think they might have a concussion.
 - **S-T-A-R: STOP** Playing! **TELL** an adult, **Get ASSESSED**, and **REST!**
- Ask participants how they can help a friend or classmate who has a concussion. (E.g., Make sure they get help from an adult, be friendly and supportive when they return to school, etc.)
- Encourage them to discuss concussions with their friends and family.

Reinforce these injury prevention messages

- Some ways to prevent concussions:
 - Follow the rules of the sport or activity you are playing. This includes listening to your teacher or coach when they give you instructions.
 - Help prevent falls – pick up your toys, games and books so people don't trip on them. Wear proper shoes in Phys Ed class.
 - Respect others and never hit someone on the head.
- Never hide concussion symptoms. (Note: This is secondary prevention – if someone does get injured, it's important to manage a concussion properly to prevent further harm.)

Scrambled Brain Activity Template



Common Signs and Symptoms of Concussion	
Headache	Loss of consciousness
Nausea or vomiting	Light or noise bother me
Dizziness	Tired
Pressure in my head	Being confused
Difficulty remembering	Feeling like I'm in a fog
Hard to focus or concentrate	Moody or grumpy
I don't feel like myself	Sad
Nervous or anxious	Trouble falling asleep
Sleeping more or less than usual	
Symptoms Not Related to Concussion	
Coughing	Broken bone
Fever	Runny nose
Scraped knee	Itchy skin

