



# CONCUSSION LESSON PLAN

## Student Objectives

- What is a concussion?
- How to recognize the signs of a concussion
- How to avoid getting a concussion
- What to do if a concussion happens.

## Background

### What is a Concussion?

You've probably bumped your head before. Some head bumps are worse than others. A serious hit to the head can hurt your brain and temporarily change the way your brain works.

If that happens, the brain injury is called a concussion.

### What naturally protects your brain? (Skull and spinal fluid)

The bone of your skull protects your brain. Fluid, called spinal fluid surrounds your brain and acts like a cushion. But if someone's head gets hit hard enough, the brain can shift inside of the skull and knock against the bony surface of the skull.



## Signs of a Concussion:

After getting hit in the head: Any of the symptoms below you should see a doctor

- vomiting
- dizziness
- headache
- trouble concentrating

Any of the symptoms below, go to a hospital emergency room:

- loss of consciousness (knocked out)
- severe headache, including a headache that gets worse
- blurred vision
- trouble walking
- confusion and saying things that don't make sense
- slurred speech
- unresponsive (can't be woken up)

What should you do? (See your Doctor)

Concussions are tricky. Your mom or coach probably won't be able to look at you and say for sure if you have a concussion. That's why you need to see a doctor or for more serious symptoms go to a hospital emergency room!

## Treatment (Your Brain must REST)

The right treatment usually means resting your body and your brain. You've probably heard about pro athletes who must miss some games after a concussion. It's the same for kids who play sports.



If the coach or your parent thinks you could have a concussion, you must take these two steps:

1. Stop playing or practicing right away.
2. Get checked out by a doctor before returning to practice or play in a game.
3. Kids who rush it and don't recover fully from a concussion could get injured again because they're still wobbly from the first concussion. When kids don't recover fully, they are more likely to have problems, like headaches, that last for weeks or even months. It also can be hard for them to focus on stuff, like studying for a test.

How long will symptoms of a concussion last?

They can last for hours, days, weeks, or longer.

Name some Common Kids Activities Associated with Concussions in Kids:  
(think of anything that causes a hit to the head)

1. Contact sports
2. Riding a Bike
3. Playground Injuries (falling off climbers/ monkey bars)
4. Car accident
5. A fall



## Concussion Prevention

1. Wear a helmet: Making sure your child always wears the right helmet for their activity and that it fits correctly. Wearing a helmet is a must to help reduce the risk of a serious brain injury or skull fracture. However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. You should wear a helmet when you are:

- Riding a bike, motorcycle, snowmobile, scooter, or all-terrain vehicle
- Playing a contact sport, such as football, ice hockey, or boxing
- Using in-line skates or riding a skateboard
- Batting and running bases in baseball or softball
- Riding a horse
- Skiing or snowboarding

2. Buckle up in the car

- Wearing a seat belt every time you drive or ride in a car
- Always using age- and size-appropriate car seats and booster seats that are properly installed.

3. Avoid playground injuries- don't climb too high. A child's playground should be made of shock-absorbing material, such as hardwood mulch or sand.

## CONCUSSION FIGHTER

It makes sense to take care of your brain, which is the boss of your body.

Without it, you couldn't walk, talk, or think! Want to be a concussion fighter?

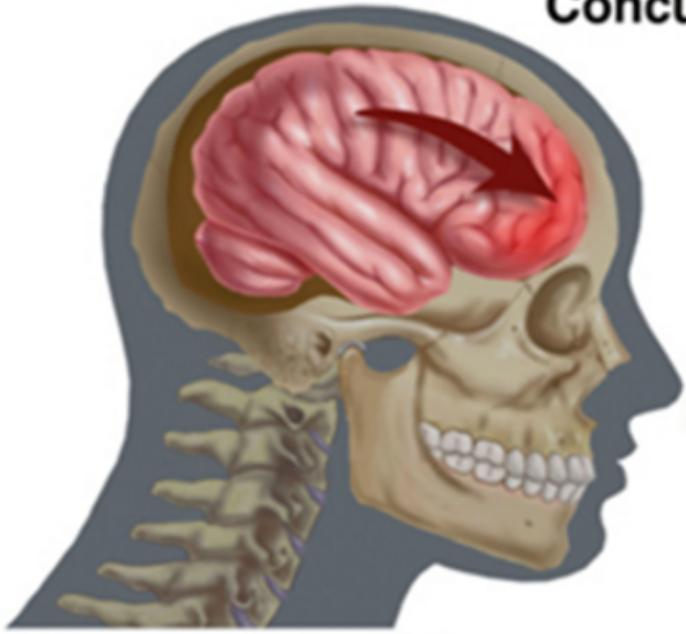
Here's how to do it:

Tell your coach or parent if you get hit in the head. Wear your seatbelt when you're traveling in a car.

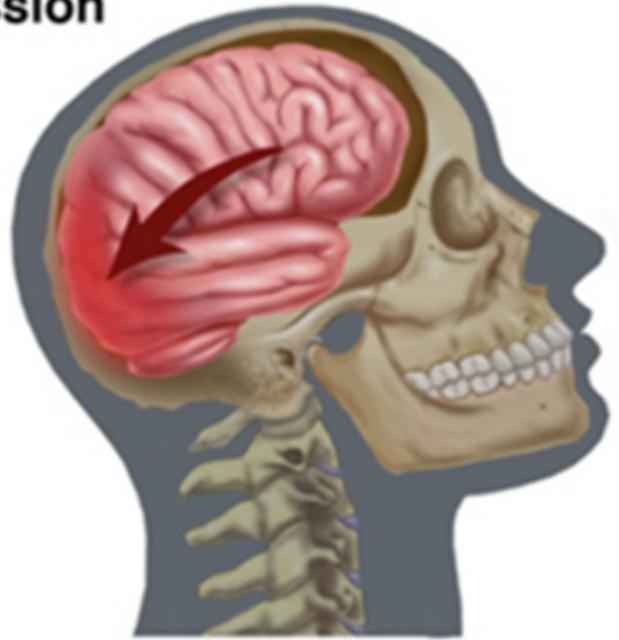
Good news! Most kids get better after a concussion and return to all their normal stuff, including school and sports.



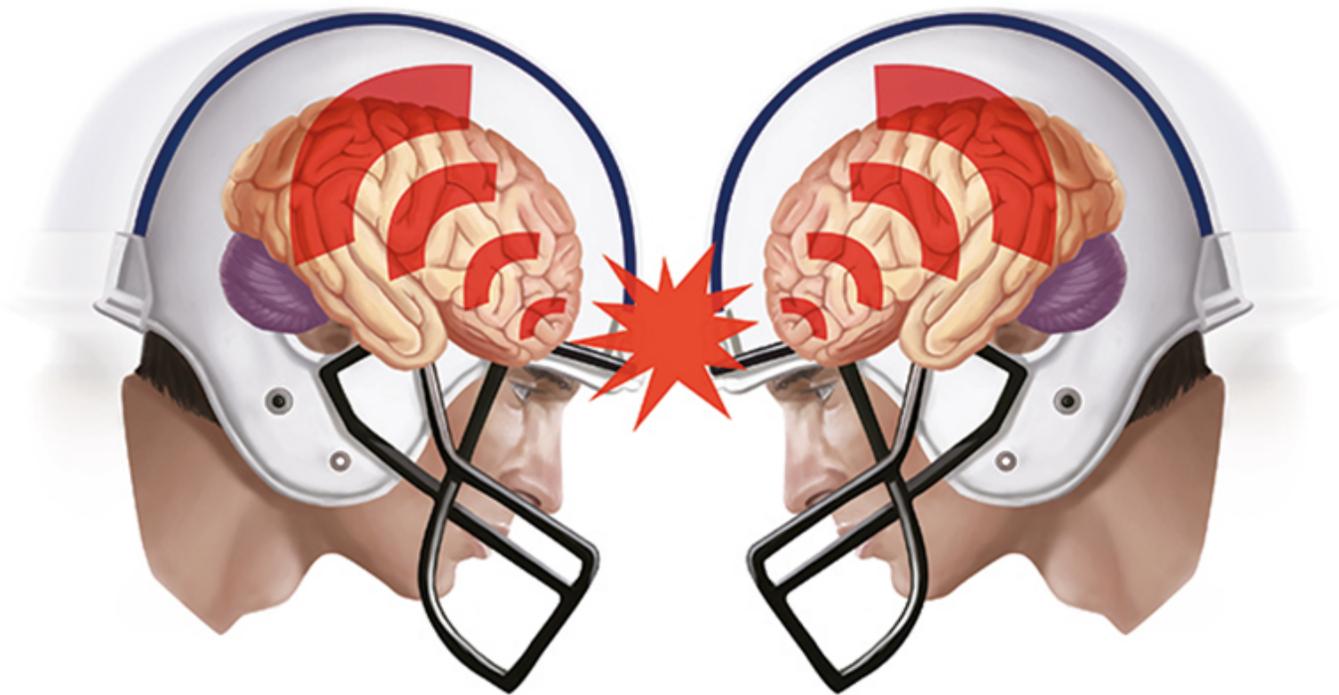
## Concussion

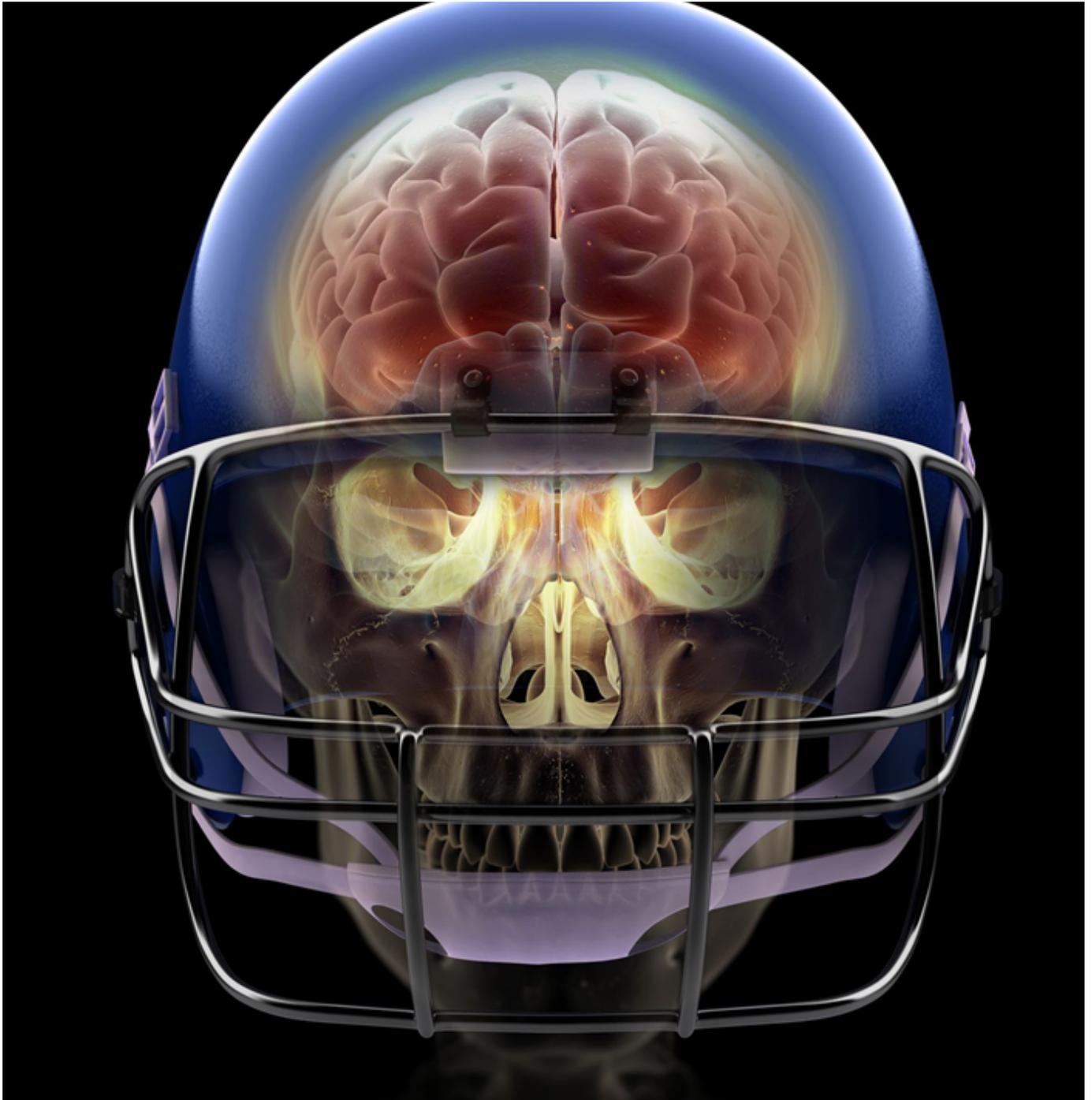


Initial impact of concussion (coup)



Secondary impact (contrecoup)





\*References: Kids Health in the Classroom

