

UTHEALTH

Girl Scouts Stomp Out Stroke Educational Program



Elizabeth A. Noser, M.D.
Associate Professor of Neurology
McGovern Medical School at UTHealth
713.500.6028
www.strokefestival.org

Girl Scouts Stomp Out Stroke Educational Program

The UTHealth Institute for Stroke and Cerebrovascular Disease is working to inspire a new generation of young women who are both brain and body healthy. We want young women to be owners of their own brain health and become health leaders of tomorrow. This Girl Scout Patch initiative was developed to encourage young girls to learn about stroke, brain health and promote healthy brain behaviors.

Community outreach and education is a critical component and part of the mission of our stroke institute. The Stomp Out Stroke Festival is an annual, community wide program that started in 2013 to increase stroke knowledge and awareness in the Houston community. Since then, the program has grown substantially adding a variety of brain related health topics, more health screenings and a Kids zone with brain health activities.

Educational objectives are to educate Girl Scouts about brain anatomy, brain function, diseases that affect the brain, stroke, brain health and promoting healthy behaviors. Through this knowledge, we will increase stroke awareness in the community and empower young women to share this knowledge with their friends and family to increase stroke awareness and promote brain healthy behaviors.

Knowledge is BRAIN POWER! • Knowledge is BRAIN POWER!

Here are a few highlights of what Girl Scouts will be learning to earn the Stomp Out Stroke patch:

- Brain Parts and Function
- AmeriBrain® Inflatable Brain Exhibit
- Stomp Out Stroke
- Brain Fitness
- Brain Food

The **Stomp Out Stroke program and patch is FREE** for all Girl Scouts who complete the requirements and submit the completed form below to Koko "Tawaki" Taylor, the onsite Girl Scout Coordinator. Patches will be distributed at the end of the Girl Scouts program.

Register Now. Limited to 250 Girl Scouts!

Girl Scouts Troop Registration

Registration is online at www.strokefestival.org. Go to the bottom of the page and click on the **Girl Scouts Register Here** Button. Daisies, Brownies and Juniors can earn this festival patch. They will be grouped together and all programming will be in the Kids Zone.

Cadettes, Seniors, and Ambassadors can also earn this festival patch. They will be grouped together and most programming will be in the Healthy Brain Zone. The patch was created in partnership with the Girl Scouts of San Jacinto Council. This program uses the Girl Scout leadership experience model which engages girls in becoming leaders through three leadership keys—Discover, Connect, and Take Action.

Required Activities for Stomp Out Stroke Patch

- ✓ Girl Scouts must complete a total of 8 stations (5 required & 3 optional)
- ✓ Girl Scouts must attend the 5 required stations
- ✓ Girl Scouts must attend at least 3 of the 6 optional stations
- ✓ After completing a station activity, the station leaders will provide a sticker for the Girl Scouts punch card.
- ✓ Once a Girl Scout has received 8 stickers on her punch card, she will submit her punch card to the Coordinator, Koko Taylor located at Station # to receive her patch.

Stomp Out Stroke Patch requirements

Girl Scouts must attend the Stomp Out Stroke program and rotate thru five to eight designated interactive stations depending on their Girl Scout Level: Daisies, Brownies and Juniors, Cadettes, Seniors, or Ambassadors. Each year these stations can vary but will be from the below list.

- AmeriBrain® Inflatable Brain Exhibit
- Brain on Drugs

- Brain Parts and Function
- Stomp Out Stroke
- Brain Fitness
- Brain Food
- Brain Imaging
- The Health Museum Sheep Brain Dissection Demonstration (20 min)
- Concussions
- Helmet Safety
- Tobacco Prevention
- Get Fit with Hula Dancing (20 min)
- AmeriHeart® Inflatable Heart Exhibit
- Healthy Brain Aging

If you would like to share pictures of your troop working on the Stomp Out Stroke activities, we would love to see them! **If you, or anyone in your Troop or the Troop leader takes pictures at the program- Send them to us!**

How did you find out about our Stomp Out Stroke program? How was your Girl Scout Troop's Experience? Let us know how you heard about this program. If you would like to share your feedback, please email your feedback to

Resource List: Suggested websites with information, videos and activities that will facilitate completing the festival Patch and to learn more about stroke.

1. AHA Simple 7 for Kids Toolkit (available for download online)
http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_461359.pdf
2. <http://science.education.nih.gov/supplements/nih5/Mental/guide/info-mental-a.htm>
3. <http://faculty.washington.edu/chudler/neurok.html>