



Download toolkit here:  
[sentarastrokeawareness.com/toolkit](https://sentarastrokeawareness.com/toolkit)

## Toolkit Overview

Approximately 67% of U.S. households with children under 18 are maintained by their grandparents. Though strokes can occur at any age, this spike in children living with grandparents has made education for stroke symptoms essential. This initiative was born from a partnership between three organizations: American Stroke Association, Sentara Healthcare and the Virginia Beach City Public Schools, with the goal of educating students on the dangers and warning signs of stroke.

There are three parts to this toolkit:

### 1 **Video: Train the Trainer**

You, as the stroke educator, are the only person who will see this portion of the toolkit. The video is divided into two main parts: the first part contains basic information about the nervous system, how to recognize stroke symptoms and what to do if you recognize a stroke. The second part will explain how to utilize the toolkit for the youth stroke education program. <https://www.youtube.com/watch?v=zDTd1a2LtAo>

### 2 **Handout: For Students**

This kit contains two handouts for students: How the Brain Works and Symptoms of a Stroke. The handout titled "How the Brain Works" can be used as a reference point during the PowerPoint slide (Slide 2) detailing the different parts of the brain. The handouts titled "Symptoms of a Stroke" and the "F.A.S.T. Flyer" should be used to complement the Stroke Heroes Act F.A.S.T. video and F.A.S.T. Flyer slide (Slides 8 and 9 respectively) in the PowerPoint.

In addition to the two handouts, the toolkit contains a Stroke Quiz and answer guide to test the students' knowledge and understanding of the material.

### 3 **PowerPoint: For Students**

Located in your toolkit, the student-facing PowerPoint is intended to provide a backdrop to the conversation. It is important to directly engage the students in discussion as opposed to talking to the slide. High interactivity with the students will facilitate the most impactful learning environment. Be sure to reference or print the detailed talking points located in the PowerPoint notes as a guide for the presentation.

Thank you for joining the community of educators working to enhance recognition among our youth about how to recognize and respond to stroke attacks. Your efforts will save lives. Don't forget to be interactive, and have fun!

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# Presentation Prep

## Your Lesson Plan Order:

- Pre-testing: tests the students' knowledge about stroke before instruction
- Interactive PowerPoint Presentation: teaching students stroke facts, different kinds of stroke
- Three Handouts: to be given to students throughout the presentation at the appropriate slides
- Cartoon Video: teaches students how to recognize and react to stroke symptoms
- Three Skits: designed to roleplay different scenarios in which someone is having a stroke and what to do in that situation
- Post-testing: tests the students' knowledge about stroke after instruction

## What You Will Need:

1. Pencils: for pre & post testing
2. PowerPoint notes: Printed or otherwise accessible version for reference during the presentation
3. An appropriate setting: in a gymnasium, cafeteria, or church (depending on the number of participants)
4. Equipment: laptop with speakers, a projector with a screen or white paper canvas taped to the wall, and extension cords
5. Props for the skits:
  - paper plates
  - eating utensils
  - a large cooking spoon
  - a medium skillet or pot
  - two aprons
  - two curly grey-haired wigs (preferably with short hair)
  - hats
  - chairs
  - one large table
  - a phone
  - a boardgame



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