Pact to Act FAST

Activities list for the Classroom for All Ages

K-3 Activities: Teach the FAST signs of stroke through gestures and song. Create posters about stroke signs and stroke prevention. See document in library for K-3

4-5 Activities: Take the pre and post quiz titled “What do you know about stroke?”

Use the Brainiac B’s word find to learn more about stroke and risk factors. Do a role play. Create a handout about the FAST signs of stroke to take home and share with the family.

See document in library for 5th grade

Middle School: After learning about stroke, use the Simulation Activity to learn the impact of disability on stroke patients who have to learn to do everyday tasks using just one hand due to paralysis. Each activity is clearly explained and the materials are everyday simple items like a sock, bandana, shoes to tie, a belt, a broom, a bag to pack. Enhance the activity by inviting a stroke survivor to come in and speak to the class. See simulation activity in library

Activities for any age

* Poster Contest
* Interview a family member about someone they know who had a stroke
* Write a short story based on what they have learned about stroke
* Have children write their own pledge (pact) to promise to know the signs of stroke

Special Program Ideas (Ask your local volunteer about arranging a special program or email the Pact Director at pjones@icahn.org

* Invite the ambulance service in your area to come and talk to the class and tour the ambulance
* Invite someone from the hospital to talk about stroke treatment and the importance of the CT scan
* Invite a nurse or physician to talk about what each side and area of the brain controls
* Ask your local volunteer about the image library available to download to your computer showing images of the brain and the anatomy of the brain

Your packet contains step-by-step information on implementing these programs.