**Organize the class into six groups**

**Each group will choose a bag. The bag will have instructions for the task each group is to perform.**

**The bag contains supplies for 2 people in each group (exceptions include combined classes). When the first 2 people have completed the task, hand off the supplies to remaining students in the group.**

**Let the class know that the tasks they are doing are simple, day-to-day tasks that can be difficult for those who have had a stroke.**

**The bandana is to be tied around the arm and leg that is affected by stroke as a reminder. The white socks are to be put over the hand on the affected side to remind them, they can’t use their hand.**

**You have no use of your right arm or hand.**

* **Place a sock over your hand and tie a bandana around your right arm to remind you that you cannot use it**
* **You cannot lift your right arm**

#1

**Your task:**

**One person - put on the shirt and button it**

**One person - put on the t-shirt and pull it down**

**Take turns, observe others and make suggestions.**

#2

**You have no use of your right hand and cannot lift your right arm above your waist**

* **Cover your right hand with a sock**
* **Tie a bandana around your right arm to remember that you cannot use it.**

**Your task:**

**Take the belt and put it around your waist and fasten it.**

**Take turns, observe others and make suggestions.**

**You are able to walk and stoop over, but you have limited use of your right arm and hand**

* **Cover your right hand with a sock**
* **Tie a bandana around your left arm to remind you that you cannot use it**
* **Helper will put some shredded paper on the floor**

#3

**Your task:**

**Sweep up the paper with the whisk broom and dust pan and put it in the wastepaper basket.**

**Take turns, observe others and make suggestions.**

**You have no use of your right arm and walk with a limp (bandana on arm and leg, sock over right hand).**

**You have visual problems on your left side. Put the blindfold covering your right eye.**

#4

**Your task:**

**Go to the board and write your name and address with your left hand.**

**Take turns, observe others and make suggestions.**

* **You have no use of your left hand (sock over hand), and only limited movement of your left arm and leg (bandana on left arm and leg).**

#5

**Your task:**

**Put on socks and shoes and tie the shoes**

**Take turns, observe others and make suggestions.**

**You have limited use of your right hand and arm (sock over hand, bandana on arm).**

#6

**Your task:**

**Pack your book bag for school.**

**Take turns, observe others and make suggestions.**

**Supply List for the Six Activities.**

**Each of the six bags should be sturdy, we used the “green” bags typically used for groceries. After each education session we re-pack the bags, hang them on a hook and are ready for the next time.**

**Task Bag #1**

**Two shirts: One buttons down, One is a pullover**

**Four socks and four bandanas (two for the one doing the task and two for the next participants to prepare for task)**

**Task Bag #2**

**Two belts, four socks, and four bandanas (two for the one doing the task and two for the next participants to prepare for task)**

**Task Bag #3**

**Two small dust pans with whisk brooms (from Dollar Stores, etc.) and a bag of shredded paper. You will need to replenish the shredded paper after each lesson. Also will need four socks, four bandanas, (two for the one doing the task and two for the next participants to prepare for task).**

**Task Bag #4**

**You will need two blindfolds or bandanas that can restrict the vision of one eye. Also you will need four socks, four bandanas, (two for the one doing the task and two for the next participants to prepare for task). Markers for marker board and access to marker board or markers and a flip chart.**

**Task Bag #5**

**You will need two pairs of shoes and two pairs of socks (in addition to the socks listed below). Make sure they are fairly large as some 5th graders have adult sized feet. Also you will need four socks, four bandanas, (two for the one doing the task and two for the next participants to prepare for task).**

**Task Bag #6**

**You will need two back pack book bags or zippered bags and six books of various sizes, three for each person to pack. Also you will need four socks, four bandanas, (two for the one doing the task and two for the next participants to prepare for task).**