

Unit: Stroke

Objective

Ps will identify what a stroke it, the signs of a stroke and what causes strokes. They will discuss lifestyle habits that can prevent strokes

Materials

- **Signs of a stroke**
- **2 common types of stroke**
- **Statistics of Stroke in Canada**

Step 1 Warm Up (5 minutes)

What is a Stroke:

- Write the word *Stroke* on the board. Ask the Ps what is a stroke?
- Write any answers they say on the board.
- Say today we will be discussing strokes.

Step 2 Work out (60 minutes)

Learning about Strokes:

- Hand out **2 Common Types of Strokes**. Read the 2 types of stoke together and discuss.
- Do they know anyone who had one of these types of stroke? Who? What happened?
- Hold up the **Statistics on Canadian Strokes** – read the statistics to the Ps. Alternatively you could write the statistics on the board. Discuss.
- Hand out one of the **Signs of a Stroke** pages of your choice. Or you could give some Ps one of the **Signs of a Stroke** pages and some other Ps the other ones.
- Go over what FAST means. Discuss it.
- What can they do to prevent strokes? List some ideas on the board that they think help prevent them.
- Get the jigsaw activity **Lifestyle to be Stroke Free** ready by cutting the jigsaw exercise and handing it out to 4 groups of 2 or more PS. Read the information below to understand more about how jigsaw exercises are done:

Jigsaws are a way to get participants talking to one another. In a jigsaw information is given on a topic and this information is divided usually into 4 equal parts and distributed to small groups to learn.

When these homogeneous groups have mastered the material the participants regroup into heterogeneous groups to present material and complete a task.

So the groups in the first stage would look like this:

| | | | |
|----|----|----|----|
| AA | BB | CC | DD |
| AA | BB | CC | DD |

Then after they have learned the material they would move to a new group and the groups would look like this:

| | | | |
|----|----|----|----|
| AB | AB | AB | AB |
| CD | CD | CD | CD |

In this 2nd group they take turns telling the new group members about the material and information they just learned.

Step 3 Cool Down (10 minutes)

Check their progress

- Come back as a main group and summarize all they have learned by asking them questions.
Ex: What is a stroke? What are the 2 most common kinds?
What are the signs of a stroke?
What do we do if we see a stroke?
What can we do to avoid getting a stroke?
- Tell Ps they can contact the Manitoba Heart and Stoke Foundation should they have any more questions.