

### Concussions 101 Video

**Time:** 15 minutes

### Materials

- Video: [Concussions 101](#) (approximately 4 minutes)
- SMART Board or other projector with speakers

### Instructions

- Cue video on the SMART Board and play video
- Following the video, have students discuss concussions, including prevention and recovery, as a whole class or in small groups
- You may choose to use the following questions and information to guide discussion

### ***Concussion 101* video discussion questions:**

What is a concussion?

- A form of head/brain injury
- Occurs when the brain suddenly shifts or shakes in the skull
- Can be caused by a direct or indirect hit to the head (e.g. from a fall or sports injury, car crash)
- Causes a change in brain function and has various symptoms
- Can be easily missed or overlooked, so it is important to get checked by a doctor and to be aware of the symptoms

What are some of the symptoms of a concussion?

- Headache
- Confusion
- Memory loss
- Blurry vision
- Feeling sick or unwell
- Anxiety or sadness
- Trouble sleeping

- Sensitivity to noise or light
- Difficulty concentrating or thinking clearly

What are some of the things that your brain controls that can be affected by a concussion?

- Memory
- Balance and motor skills

After a concussion, how can someone get back to playing sports or doing other things they enjoyed?

- Return to Activity:
  - No symptoms at rest
  - Some activity
  - Light practice
  - “Yellow shirted”
  - Full contact practice
  - Return to play

What do you think would be the most frustrating part of having a concussion?

- Having to stop playing sports
- Not being able to focus or think clearly
- Having trouble remembering things
- Not being able to enjoy activities like watching TV, listening to music, or reading

How could you cope with this?

- Be patient with yourself
  - Know that recovery time varies by person and injury
  - Realize that feeling foggy and having some memory loss is common with a brain injury
- Remind yourself that recovering is your most important goal
  - Remind yourself that while you may have to hold off on an activity you really enjoy, it is likely only temporary. Once you recover fully, you’ll probably be able to return to that activity and it will be worth the wait to do it safely
- Follow the doctor’s orders to make sure you don’t make the injury worse or slow down your recovery

- Find activities that are safe and that you enjoy

What do you think are the most important things to do if you have a concussion?

- Tell a grown-up (parent, teacher, coach) about the injury
- Tell a grown-up about how you're feeling, even if a symptom doesn't seem like it's related
- Rest
- Give your brain time to recover. Don't return to activity until you are ready and cleared by your doctor
  - Returning to activity too soon can make the injury worse
  - Returning to activity too soon can make recovery take even longer

Think about an activity you enjoy that could result in a brain injury (e.g. riding a bicycle, climbing a tree, playing sports). What steps can you take to prevent a brain injury, including concussion, while doing that activity?

- Obey road rules
- Make sure you use play structures for their intended purposes
- Wear a helmet
- Learn about strategies that can make sports safer to play (e.g. learning how to fall or take a hit in hockey)
- Be aware of those around you (so you don't get hurt and so you don't hurt them!)