

Youth Stroke Education Toolkit

Elementary School



American Heart Association | American Stroke Association®

life is why™

Why It Matters

It's More Than Just The Statistics



Addison is Why

Addison was still a baby growing in her mom's belly when she survived her stroke. Addi's mom, Kaysee, was worried but determined to do what she could. Kaysee formed a nonprofit support group called Pediatric Stroke Warriors, which now helps other parents cope when their child experiences stroke. And with the help of intensive physical and speech therapy, Addison can walk, talk, and play just like a little girl should. Stories like hers are why we want to help teach families about how to prevent, treat, & beat stroke!



Our Mission: to build healthier lives, free of cardiovascular diseases & stroke.

- Stroke is the #5 cause of death & leading cause of long-term disability in the US
- Stroke in young people (25-44) increased 44% from 2000-2010
- Stroke can happen at any age – children, infants, and even babies in the womb can be affected
- Stroke is largely preventable, treatable, and beatable if the signs are recognized and treatment is started F.A.S.T.
- The American Heart Association/American Stroke Association wants young people to understand brain health, stroke, and how they and their families can live healthier lives together

Healthy Diet = Healthy Brain

Worksheets ([click the images below to open PDFs](#))



Love Your Heart →
Help Your Brain
A brain-healthy diet

The Salty 6 for Kids
Eating less salt/sodium
means less risk of stroke

The Salty 6 for Kids
Spanish version

LOVE YOUR HEART  HELP YOUR BRAIN™

Starting healthy habits and diets as kids may reduce stroke risk later in life

- 1. Healthy dietary patterns for kids**
Higher fruit and vegetable intake is associated with lower stroke risk.
- 2. Get important nutrients**
Diets rich in a variety of fruits and vegetables help you get the nutrients that are good for your heart and brain health.
- 3. Beware the SALTY SIX**
Replacing salty foods may improve your blood pressure and reduce stroke risk later in life.
- 4. Help kids prevent stroke**
Sodium intake in the U.S. is higher than recommended. Eat more foods that are high in potassium to reduce the effects of sodium to help reduce the impact to stroke in America.

Learn more at StrokeAssociation.org/prevent

Together to End Strokes™

THE SALTY SIX For Kids

American Heart Association | American Stroke Association | *life is why™*

- About 90% of kids eat too much sodium.
- Kids' preferences for salty-tasting foods are shaped early in life.
- Parents and caregivers can help lower sodium by influencing how foods are produced, purchased, prepared and served.

FOODS THAT ADD THE MOST SODIUM TO THE DIET, AGES 6-10:

1. PIZZA
2. BREADS & ROLLS
3. COLD CUTS & CURED MEATS
4. SAVORY SNACKS
5. SANDWICHES
6. CHEESE

The sodium kids eat comes from every meal and snack: **15% at breakfast, 16% at snack time, 30% at lunch, 39% at dinner**

Most of the sodium kids eat is already in the foods they get from: **GROCERY STORES, RESTAURANTS, SCHOOL CAFETERIAS**

...and not from the salt shaker

Learn more at heart.org/sodium

LOS SEIS SALADOS Para Los Niños

American Heart Association | American Stroke Association | *es por la vida™*

- Alrededor del 90% de los niños consume demasiado sodio.
- La preferencia de los niños por los alimentos salados se crea en una etapa temprana de la vida.
- Los padres y cuidadores pueden ayudar a bajar el sodio al influir en cómo se producen, compran, preparan y sirven los alimentos.

LOS ALIMENTOS QUE LE SUMAN SODIO A LA DIETA, EN EDADES DE 6 A 10:

1. PIZZA
2. PANES & ROLLOS
3. CARNES FRÍAS & AHUMADAS
4. SNACKS SALADOS
5. SÁNDWICHES
6. QUESO

El sodio que consumen los niños proviene de alimentos y snacks: **15% en el desayuno, 16% de snacks, 30% en la comida, 39% en la cena**

La mayoría del sodio que consumen los niños ya viene en los alimentos que adquieren en: **TIENDAS DE ABARROTES, RESTAURANTES, CAFETERÍAS DE LA ESCUELA**

...y no del salero.

Obtén más información en heart.org/sodium

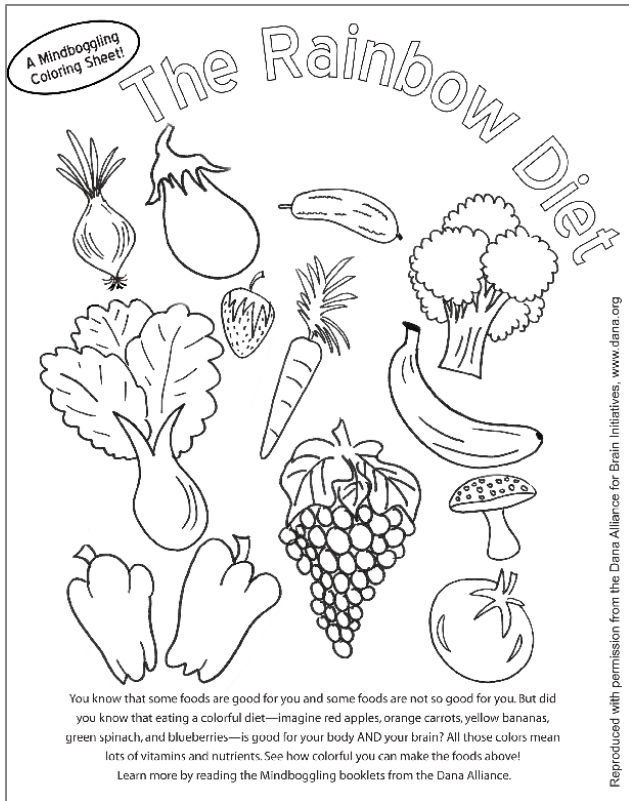
Healthy Diet = Healthy Brain

Classroom Activities ([click the images below to open PDFs](#))



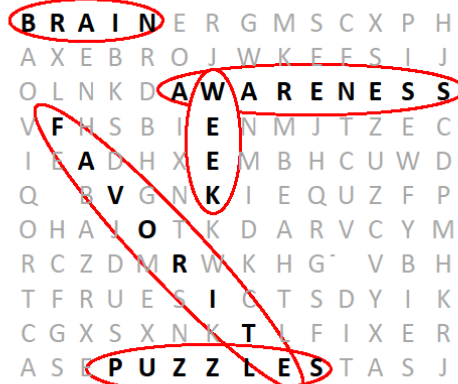
The Rainbow Diet Coloring Page

Eating 4-5 daily servings of different colored fruits and veggies builds a healthy brain!



Brain Health Word Puzzles

Pick a few to print out for students – solutions included!

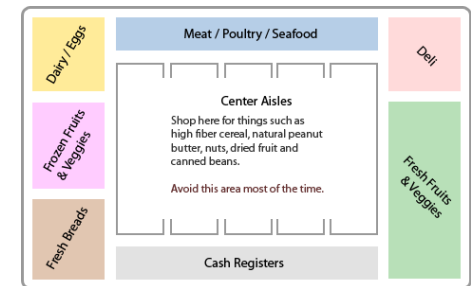


Ten classic Brain Awareness Week brain teasers for puzzlers of all ages!



“Shop The Perimeter”

Avoid the center aisles of a grocery store to buy more fresh produce, low-fat dairy, & lean meat and fewer chips, cookies, & sugary drinks.



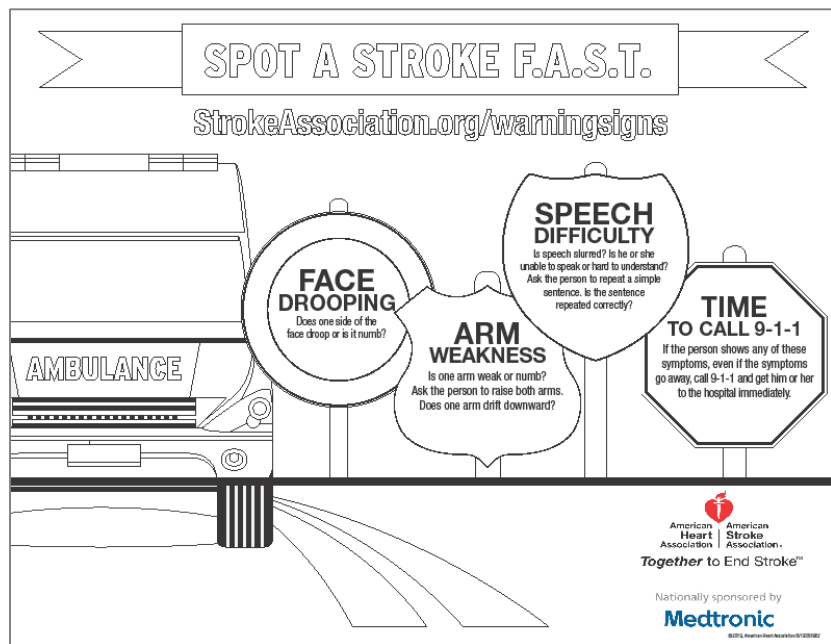
Be a Stroke Hero!

Worksheets ([click the images below to open PDFs](#))



F.A.S.T. Coloring Page

Learn to recognize the signs of a stroke and help save a life.



Write A Silly Story

Try this fun Mad Libs game to create a story about recognizing stroke symptoms.



Be a Stroke Hero!

Classroom Activity for **Younger** Elementary Students



How to Recognize if Someone is Having a Stroke

Learning Expectations: students will engage in fun, engaging physical activity to learn what a stroke is and how to recognize warning signs.

Equipment/Preparation: crayons/markers & F.A.S.T. letter murals (place 1 poster on each of the classroom's 4 walls)



← [CLICK FOR POSTERS](#)

Directions:

- Divide class into 4 groups – Group 1 FACE, Group 2 ARM, Group 3 SPEECH, Group 4 TIME – and have them sit along the wall that corresponds with their letter mural.
- Ask the group if they know what the brain does (controls the way we move, think, and talk)
- Briefly explain stroke (stroke happens when blood can't get to the brain, which means the brain might not be able to work the way it should). Explain that if you see a person who has a droopy face, a saggy arm, or sounds funny when talking, it might be a stroke.
- Have the groups rotate to each station, practicing symptoms and coloring on the murals.
 - FACE – talk about and try to make a droopy looking face
 - ARM – discuss what arm weakness might look like and hold both arms out at different heights to demonstrate a difference
 - SPEECH – explain that words might be jumbled or slurred and practice saying phrases that make no sense
 - TIME – tell them how important it is to call 911 because quick treatment can help

Be a Stroke Hero!

Classroom Activity for **Older** Elementary Students



How to Recognize if Someone is Having a Stroke

Learning Expectations: students will use online tools to learn what a stroke is and how to recognize warning signs.

Directions:

- Option 1 – Stroke Hero Quiz
 - Stroke Heroes are everyday people who recognize stroke when they see it and act FAST! Help the students through the questions in this online quiz to get a better understanding of what stroke looks like and what to do about it
- Option 2 – “The Hero in All of Us” Video
 - Share this video with students to learn more about how kids can be super heroes too! The full video is 5:40 long and has 3 segments – healthy eating, stroke, & CPR. The CPR segment is better for more mature elementary students. To show the stroke segment only, which is appropriate for a wider student audience, start the video at 0:42 and end at 1:52.

www.strokeheroquiz.org



What's Next?

If You Want To Do More, We're Here to Help!

This toolkit was assembled by the Stroke Staff Team in the Western States Affiliate of the American Heart Association/American Stroke Association. We are a small but mighty duo that works in communities to improve stroke awareness, acute treatment, and post-stroke support. Your questions and comments are welcome! Please note that we travel often – if you can't reach us by email, try our cell phones.



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Support and guidance was provided by additional staff teams, including:

[Youth Market \(Jump Rope for Heart\)](#)

[Teaching Gardens](#)

[Kids Cook with Heart & Teens Cook with Heart](#)

Please note that these programs are available primarily in urban areas where they are sponsored by our corporate partners. However, we have experience and interest in bringing our mission to communities of all sizes and are open to your ideas!





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es por la vidaTM 全為生命TM