

FAST Empathy Activity

Start activity by playing video on empathy:
<https://youtu.be/1Ewvgu369Jw>

Students will be asked to read, write and comprehend facts on stroke but with physical and visual restrictions.



Equipment Required: 2x oven mitts, pair of sunglasses, and pencils or pens. (Ask students in advance to bring their own from home)

- Select three students and give them each a copy of the stroke facts below. Ask them all to get out a pencil or pen.
- Give the first student a pair of oven mitts and the second student a pair of sunglasses.
 - The third student will use the pencil or pen as their prop.
- Ask the first student to put on the oven mitts, then read Fact #1 and fill in the blanks. This activity simulates the word confusion and reduced fine motor control that some stroke survivors experience.
- Ask the second student to put on the sunglasses and read Fact #2, then fill in the blanks. This activity simulates the darker/blurred vision that some stroke survivors experience.
- Ask the third student to put the pencil or pen in their non-dominant hand, then read Fact #3 and fill in the blanks. This activity simulates hemianopsia (spots in visual field) and the loss of motor function.

When Stroke strikes, act **F.A.S.T.**

FACE ARMS SPEECH TIME

Print the sheet below and hand out to students. If resources allow you can have more students participate and split the class into groups of 3.

Discussion:

In this activity we are putting ourselves in the shoes of a stroke survivor. This activity allow us to understand the feelings and thoughts a stroke survivor might have when carrying out everyday tasks. Give students a chance to discuss the activity and how it felt.

Question prompts:

Ask the rest of the class what they observed. Did the students get frustrated? Did they ask anyone for help? Did they take a long time or find a creative way to do the activity faster? What would life be like if this were an everyday occurrence? What kind of support could be provided?

Answers to Stroke Fact Sheet:

Fact 1; Women, Rate, Increased

Fact 2; Top Tip to reduce your risk of stroke – Get regular physical activity, eat a healthy diet low in salt

Fact 3: Call 112 or 999, Improve, Recovery

When Stroke strikes, act **F.A.S.T.**

FACE

Has the person's face fallen on one side?
Can they smile?

ARM

Can the person raise both their arms
and keep them there?

SPEECH

Is the person's speech slurred?

TIME

To call **112** or **999** if you see any
single one of these signs.

Stroke Fact #1

Strokes don't just happen to older people. More ~~WOMEN~~ now die from stroke than men. And the stroke incidence ~~is up~~ among people aged 18-40 increased 40% between 2000 and 2010.

Stroke Fact #2

Top Tip to reduce your risk of stroke – Get regular physical activity, eat a healthy diet low in salt

Top Tip to reduce your risk of stroke – Get regular physical activity, eat a healthy diet low in salt

Stroke Fact #3

If you [REDACTED] and get to a hospital within 3 hours of a suffering a stroke, doctors can provide treatments that will dramatically [REDACTED] your [REDACTED] from stroke.
