

# Concussion Simulation

## Active & Healthy Living



DISCOVER



MEETING

3 GOOD HEALTH  
AND WELL-BEING



### What You Will Discover

Using gloves, ear plugs and goggles, you will get some idea of what it feels like to have a concussion.

### The Adventure

A concussion is a serious injury that can affect you for a long time. If you have a concussion, you will need to make changes to how you do things, even small tasks. Try some tasks that you normally find easy, like opening jars or walking in a straight line. How would it feel to do these things with a concussion?



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It starts with Scouts.

## Plan

- What props will you need for this activity?
- How will you make goggles that distort what you see?
- Where is a safe place to do these different activities?
- What tasks will you try?

## Do

**#ScoutsDoStuff:** Share this adventure and the information you learned with a younger Section, or with your friends and family!

## Review

- How did your simulated concussion make it more difficult to do everyday tasks?
- How did others help you with your tasks? What did it feel like to need help?

## Safety Note

- How can you stay safe while wearing the special goggles and ear plugs?
- How can you make your activity area safe?

## Try this

### Keep it Simple

- Try only using one part of the concussion simulator per task (ear plugs, goggles or gloves, rather than more than one).

### Take it Further

- Try to have a few people working on the same task with different modifications, or try doing harder tasks (e.g. threading a needle, tying a knot or reading a book aloud).