**The Adventure:**
A concussion is a serious injury. Its symptoms can affect your daily life for weeks, months or even years. If you have a concussion, you will need to make changes to how you do things, even small tasks.

By wearing gloves, ear plugs and special goggles, you can get some idea of what it feels like to have a concussion. Try some tasks that you normally find easy, like opening up jars or walking in a straight line. How would it feel to do these things with a concussion?

**Online Resources:**
- Concussion guide for Parents and Caregivers

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

**Plan:**
- What props will you need for this activity?
- How will you make goggles that distort what you see?
- Where will you share this activity?
- What tasks will you try?

**Do:**
- Put on gloves, ear plugs and special goggles, and find out what it feels like to have a concussion.

**Review:**
- What do you know now that you did not know before?
- What tasks did you try? How did they go?
- How did others help you with your tasks? How did it feel to need help?
- What other activities would be hard to do with a concussion?

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