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?
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).