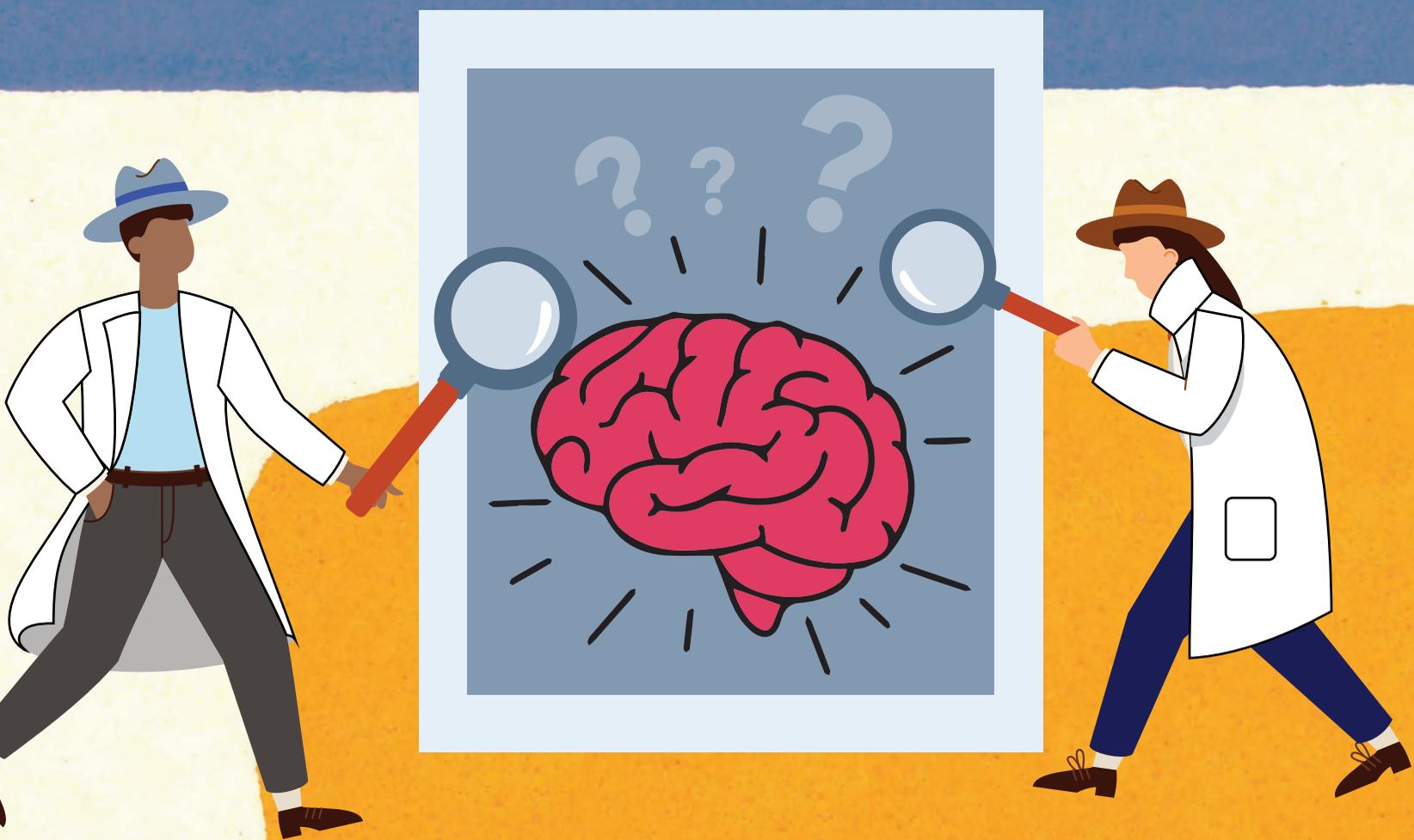


Stroke Detective

Coloring and Activity Book

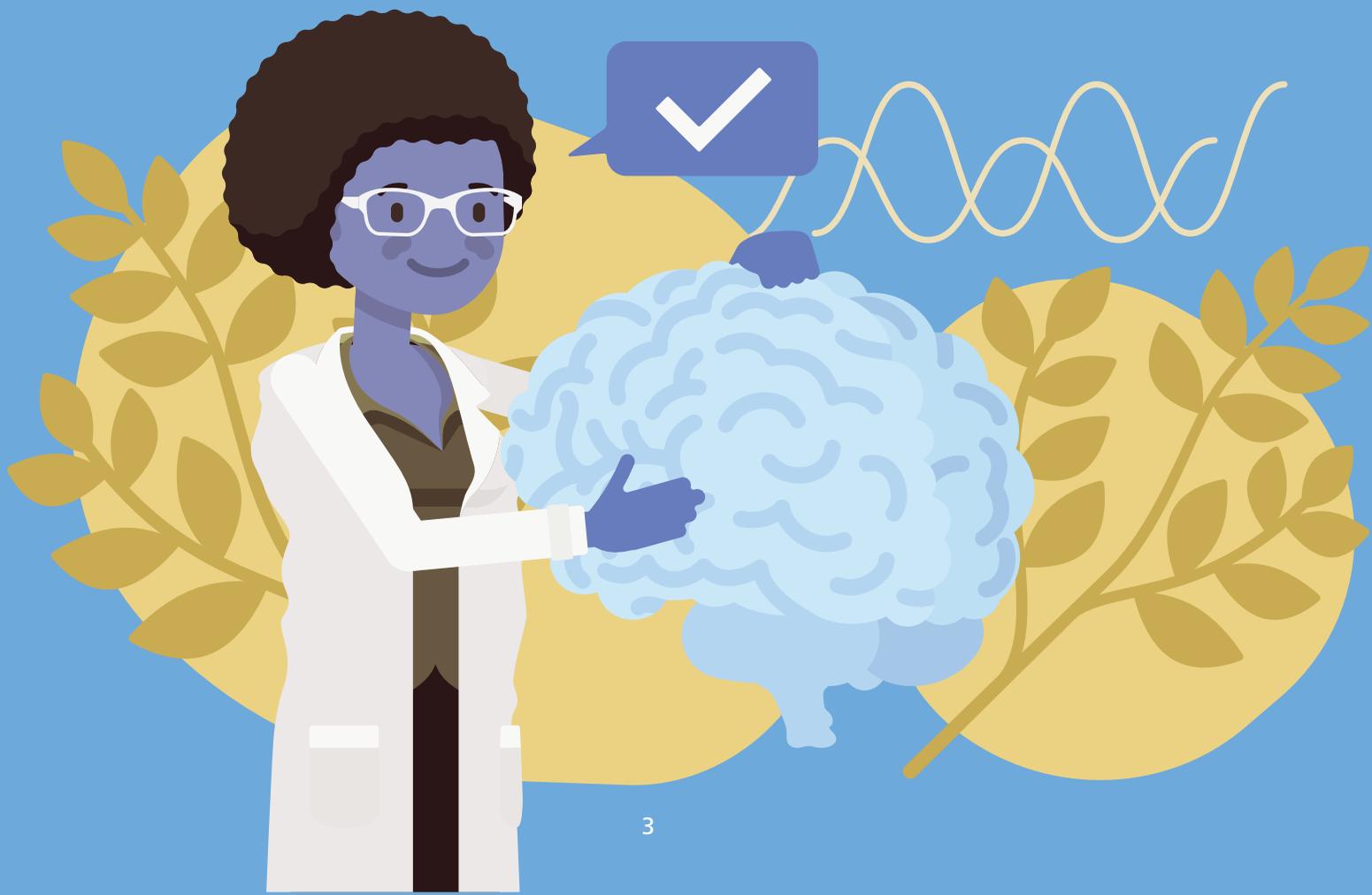


PennState Health

This Stroke Detective book belongs to:

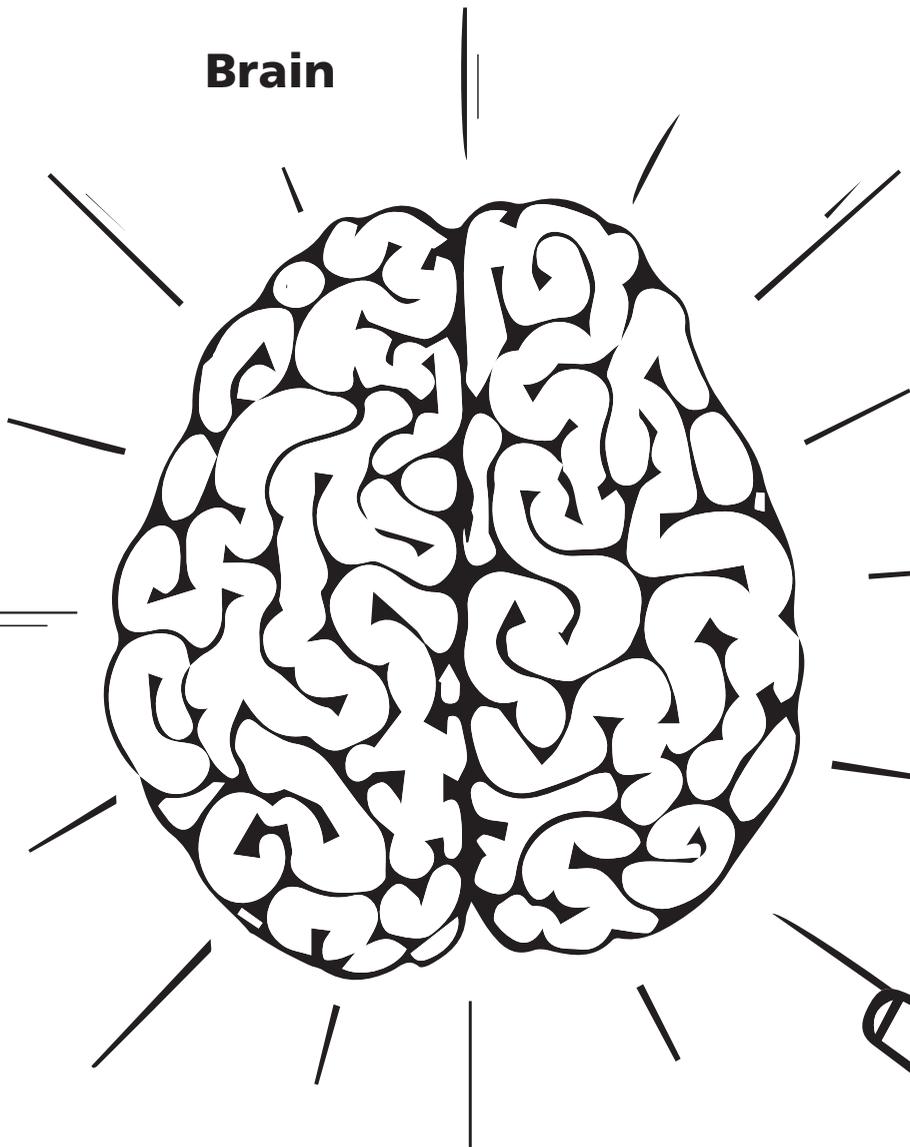


When you read and complete this activity and coloring book, you will know how to tell if someone is having a stroke and how to help. You will be able to share the signs and symptoms of strokes with your friends and family and teach them ways to help prevent strokes from happening.



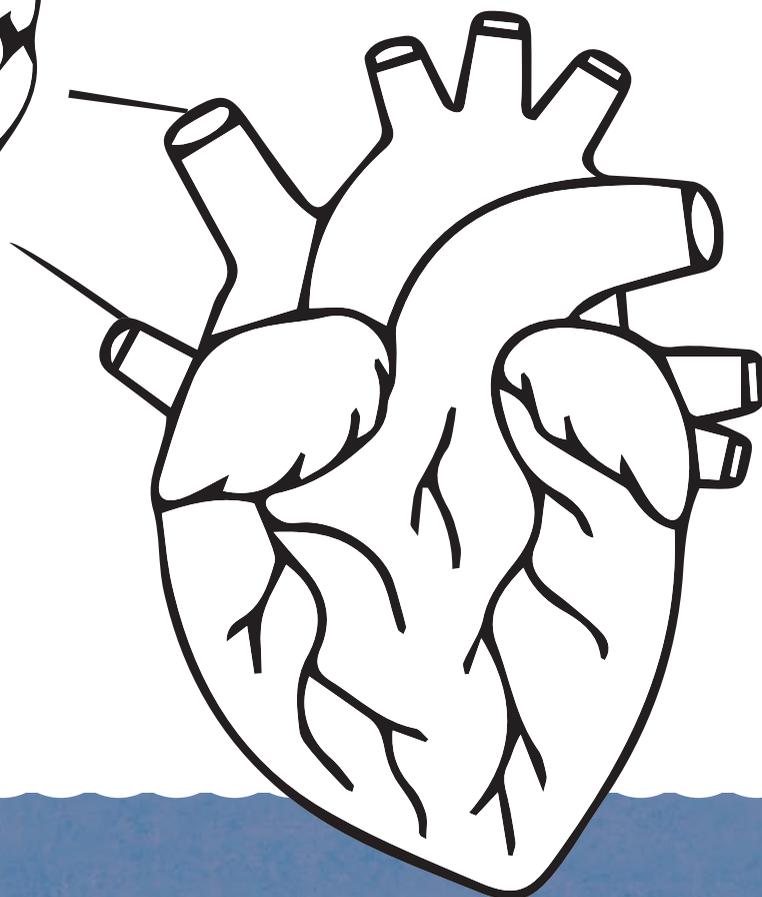
What is a stroke?

Brain



**A stroke happens
in the brain, not
in the heart.**

Heart



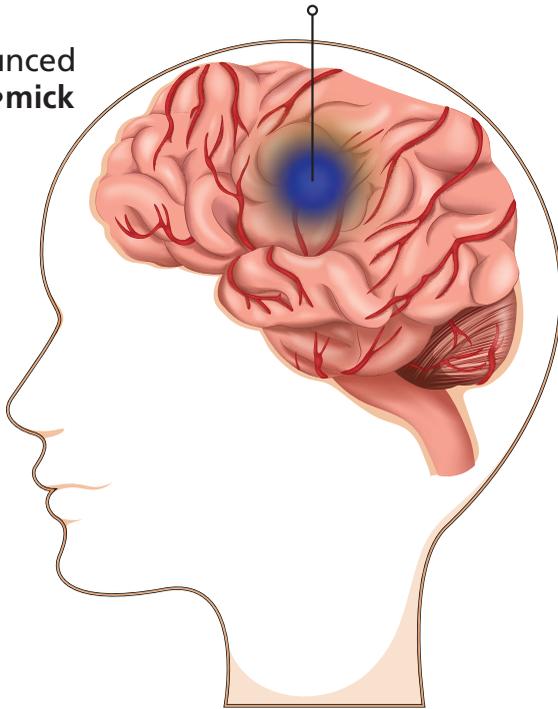
A stroke is a brain attack. It is an emergency in the brain, just like a heart attack is an emergency in the heart.

What causes a stroke?

Ischemic Stroke

An area that blood cannot get to

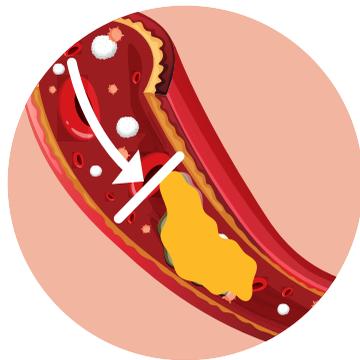
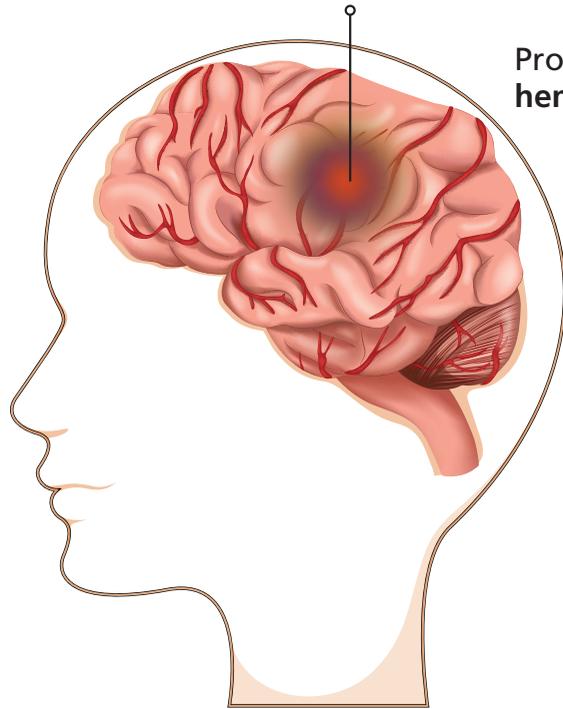
Pronounced
is•key•mick



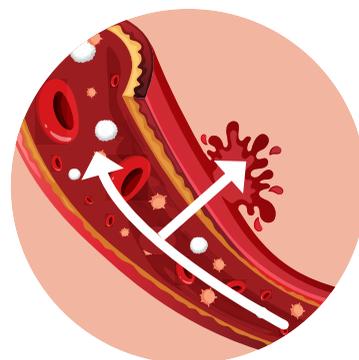
Hemorrhagic Stroke

Area with bleeding

Pronounced
hem•or•raj•ick



Blood flow is blocked.



A broken blood vessel leaks blood into the brain.



A stroke happens when blood flow to the brain is blocked or a blood vessel breaks. A part of the brain stops working because it does not get the blood supply that it needs.

How can I “detect” a stroke?

Different people can have different feelings, called symptoms, when they have a stroke. It depends on what part of the brain is affected. The key to detecting a stroke is knowing the most common signs of stroke. One way is to remember “BE FAST.”

B



B is for Balance

Does the person seem unsteady when trying to stand or walk?

E



E is for Eye

Has the person lost vision in one or both eyes?

F



F is for Face

Does the person’s face droop or look uneven when smiling?

A



A is for Arms

Is one arm hanging down?

S



S is for Speech

Is the person’s speech slurred? Does the person have trouble speaking or seem confused?

T



T is for Time

Call 911 now!

Activity

Tell at least 5 people the signs and symptoms of a stroke.

Write the names of the people you told:

1.

2.

3.

4.

5.

Who can have a stroke?

Anyone can have a stroke, but some people are more likely to have a stroke because of things called risk factors. There are controllable risk factors – things we can change – and uncontrollable risk factors – things we can't change.

Controllable risk factors:

- High blood pressure
- Irregular heartbeat
- High cholesterol
- Diabetes
- Not being physically active
- Obesity

Uncontrollable risk factors:

- Age
- Gender
- Race
- Family history



Strokes can happen to people of all ages. Staying active and eating healthy foods can help you lower your risk for a stroke.

Stroke Scramble

Activity

Find all the words listed in the Stroke Scramble. Think about how they relate to having or preventing a stroke.

M C E R U H M B D I T H U L H
P L E L C G R H A E V O H P Y
W A W E B A A I X K S S E Y Z
D F E Z Q A X S A O N P G Y C
E P J E V U T M M R I I F I W
S S J V D C B E U T A T R M V
E G I Z G U P Z G S R A U Y D
B M R C L Q Z C G E B L I I S
N I E A R I L O P N V B T F M
U X N R W E E C A F Y C Y K W
C C V G G E X C O Y M A G U H
E S C V U E P E P B J N D T I
R V K Q E H N M F J F R F V O
K E M I T S L C Q N O R X D P
D I A Y K U W S Y F B E Y R P

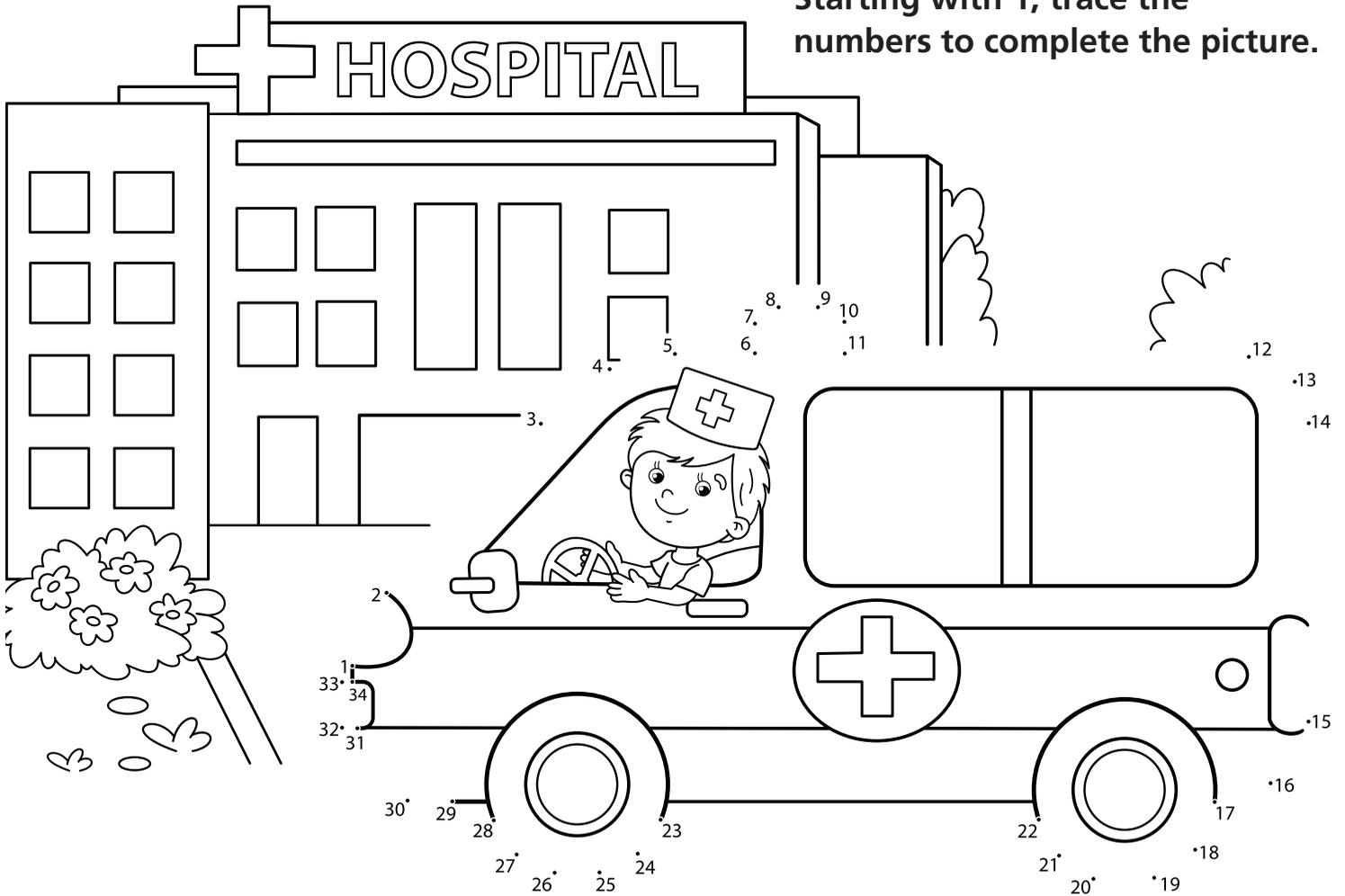
AMBULANCE
ARM
BRAIN
EMERGENCY

EXERCISE
FACE
FRUIT
HOSPITAL

SPEECH
STROKE
TIME
VEGETABLE

What happens when you call 911?

Starting with 1, trace the numbers to complete the picture.



When you call 911 for help, an ambulance will come and take the person to the hospital.



Can we fix people who have a stroke?

At Penn State Health medical centers, doctors try to keep the stroke from causing more problems. They may be able to give medicines or do surgeries to remove the blockages. The doctors, nurses and therapists work together to help make the person strong and healthy again.



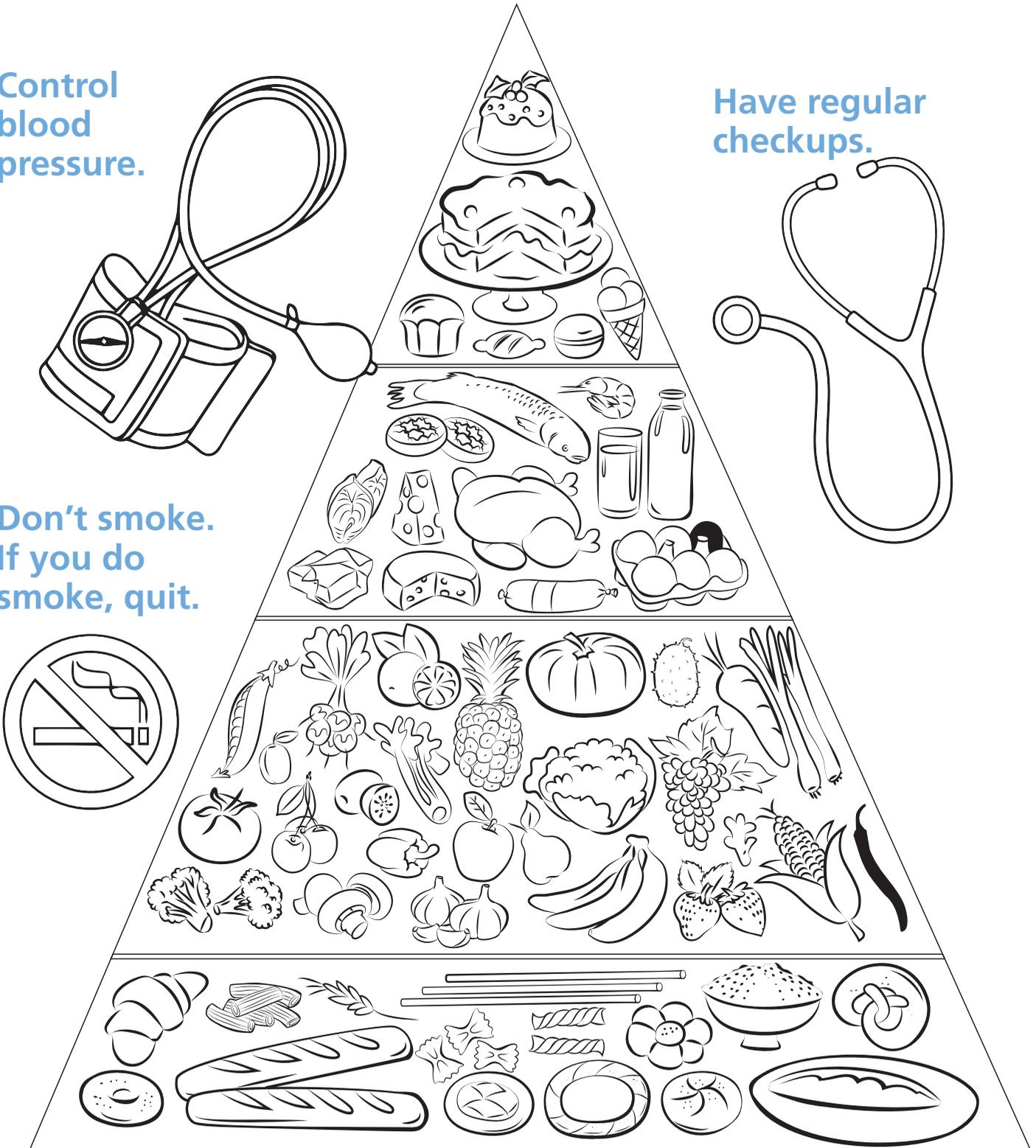
What can adults do to prevent strokes?

Eat healthy foods.

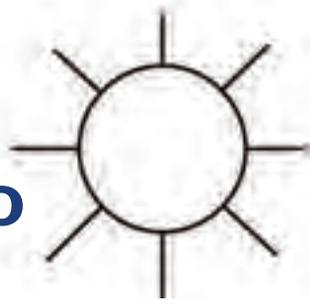
Control blood pressure.

Have regular checkups.

Don't smoke. If you do smoke, quit.



What can kids do to prevent strokes?



EAT
HEALTHY
FOOD

EXERCISE

DON'T  SMOKE

How can I eat healthy?

When you eat healthy foods, you feel better and have more energy. You don't have to eat perfectly all the time, but too many treats are bad for your body and your brain. It's all about balance. Enjoy your favorite treats sometimes, but combine them with a healthy diet.

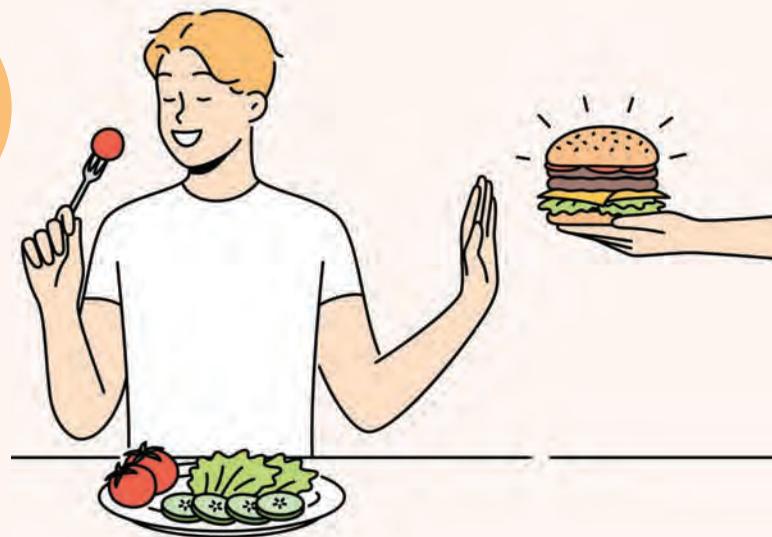
Listen to what your body tells you.

Do you feel hungry? Make a healthy choice.

Do you feel full? Stop eating.

Enjoy lots of these:

Vegetables, fruits, whole grains, beans and legumes, nuts, plant-based proteins (like beans, tofu, spinach and broccoli) and lean animal proteins (skinless chicken or turkey, fish, seafood)



But not too much of these:

Anything high in sugar (like sweetened drinks, pastries, cakes), white rice, most white breads and crackers, processed foods (chips, instant soups, fries), red and processed meats (beef, chicken nuggets, lunch meat, hot dogs), high-fat dairy products (ice cream, butter), coconut and palm oils, and salt.

Skip these:

Trans fat and partially hydrogenated oils – you'll see these words listed on food labels of some baked goods and fried foods.

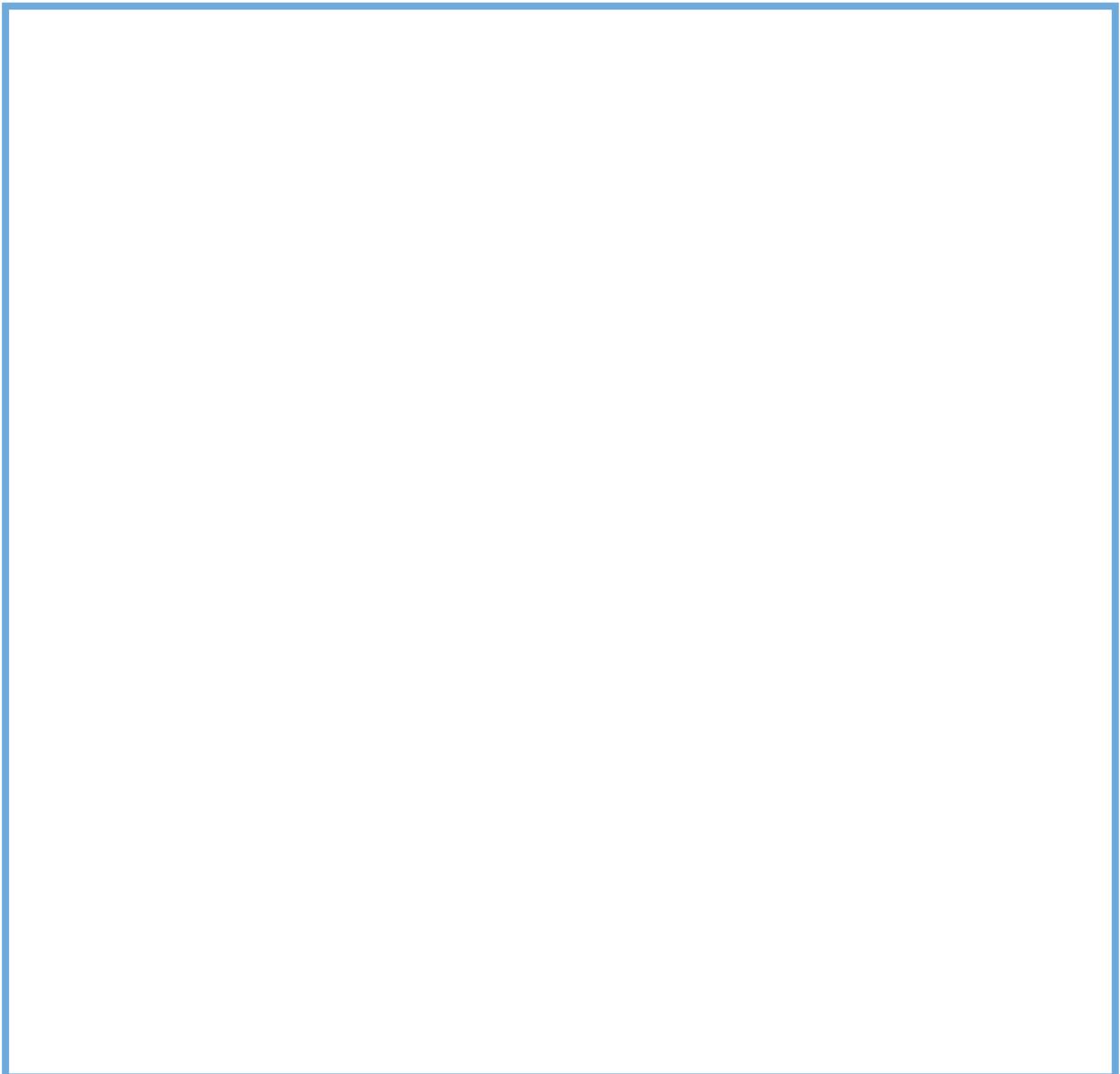
Share this information with your family, look up healthy recipes and make mealtimes fun together!

Why is smoking bad?

Activity

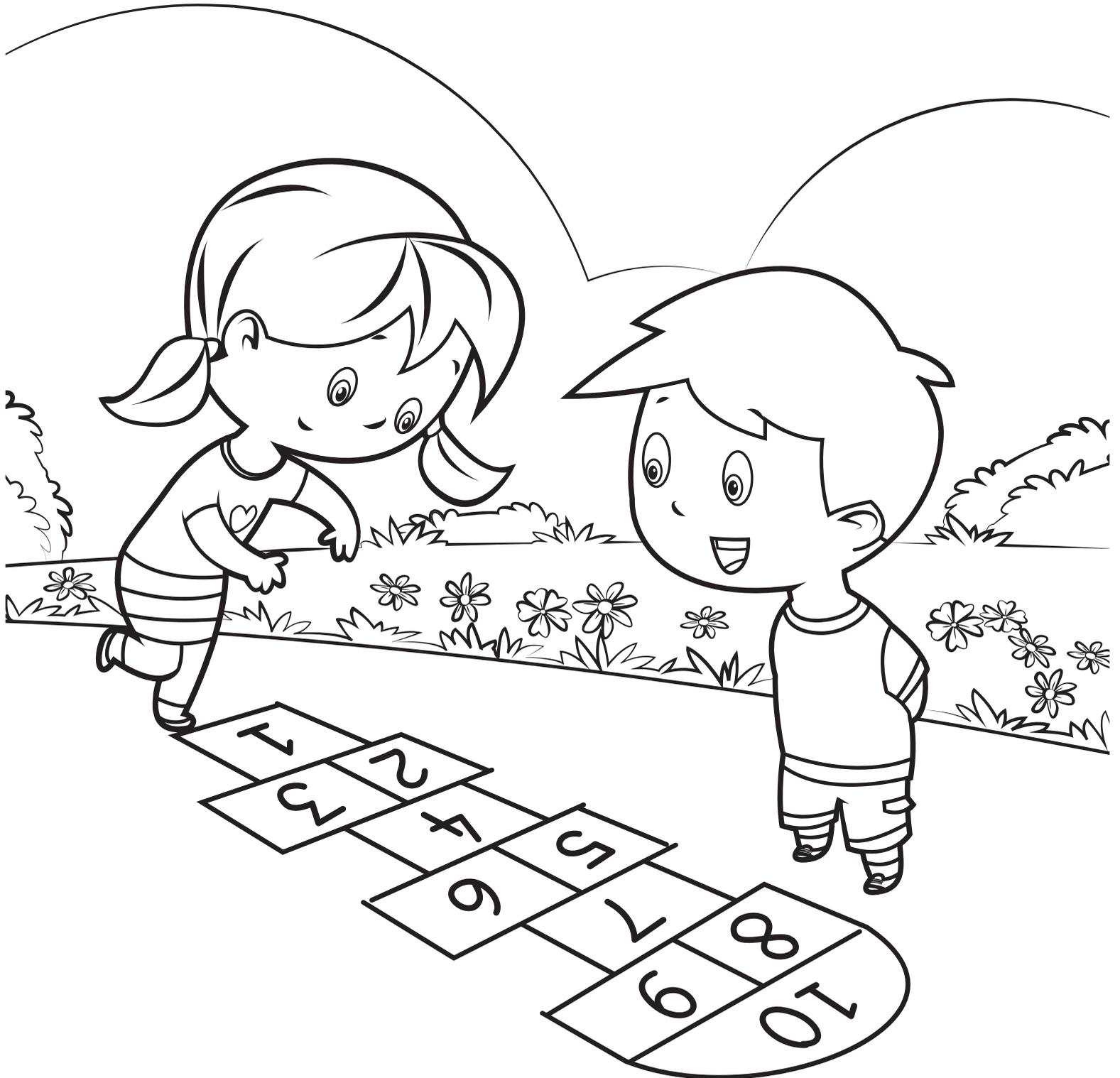
Design your own NO SMOKING sign in the box below.

Smoking cigarettes is a bad habit that may cause illness in almost every part of your body! Don't ever start smoking. If you have family members who smoke, ask them to stop.



How much exercise do I need?

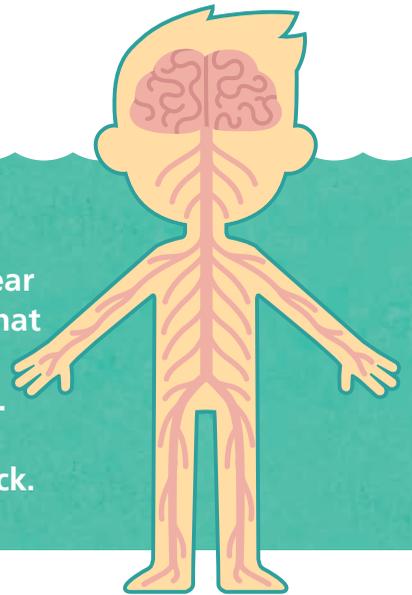
You should exercise for at least **60 minutes every day**. That sounds like a lot, but you can exercise while you're playing! Try sports practices, playing at the park, riding bike, dancing or any other activity that gets you up and moving!



Did you know your brain is the center of the human nervous system?

Your nervous system sends messages between your brain and your body. Your brain receives what your eyes see, your ears hear and your skin feels. It then sends signals to tell your muscles what to do. These signals move very fast! If you see a big bear running toward you, your brain tells your legs to run away fast.

If you touch something hot, your brain tells your hand to pull back.

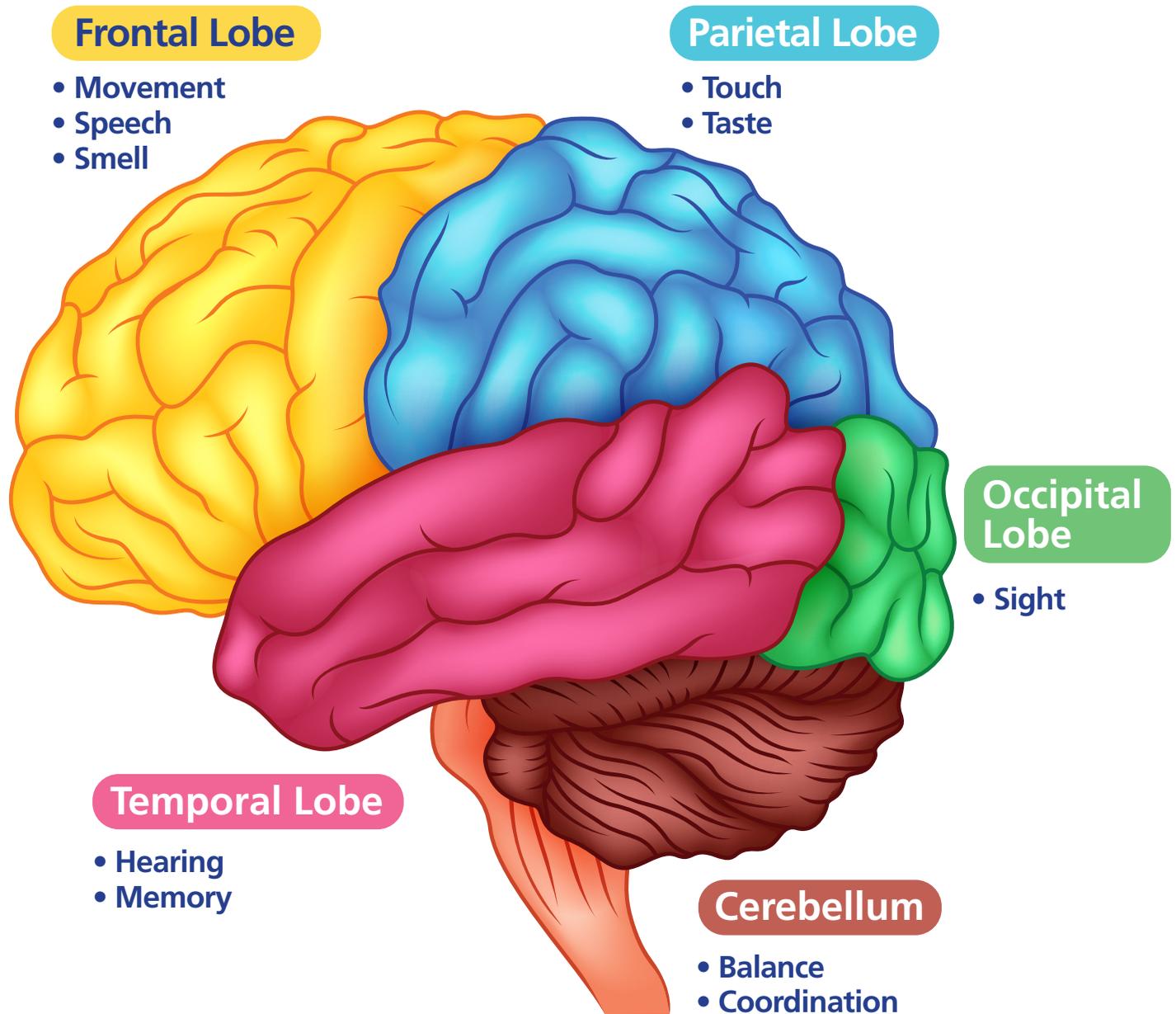


Activity

Say the word Mississippi 3 times. In the time it took you to say that, your brain can send a message the length of a football field and back!

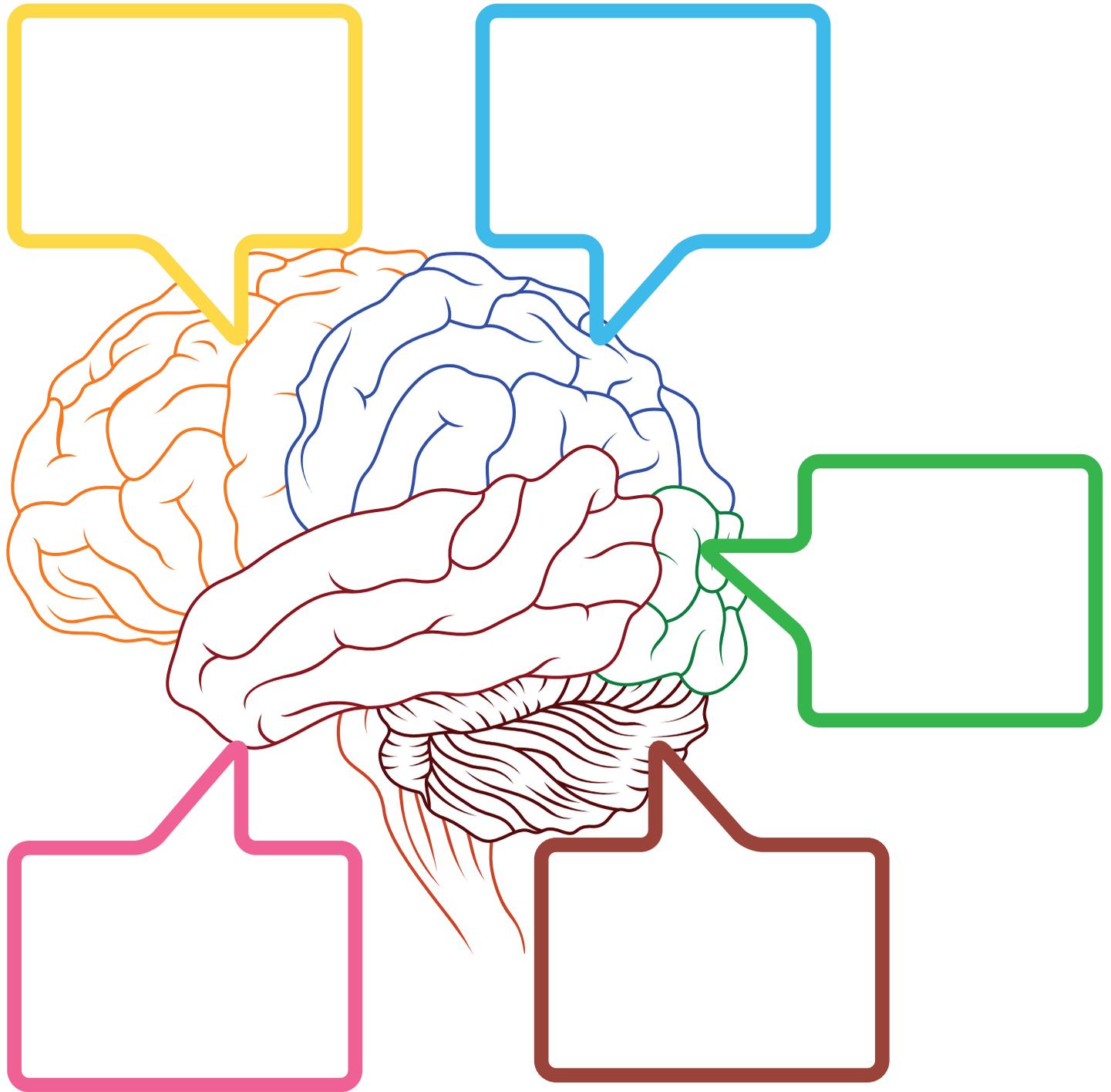
Mississippi Mississippi
Mississippi

Do you know what the parts of the brain are called?



Without looking at the previous page, see if you can fill in the name of each part of the brain.

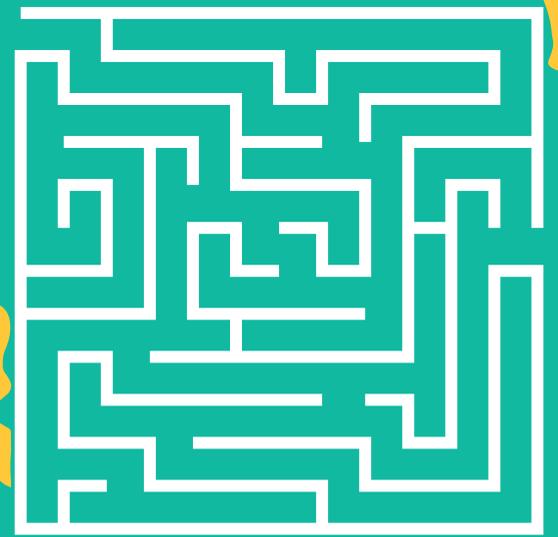
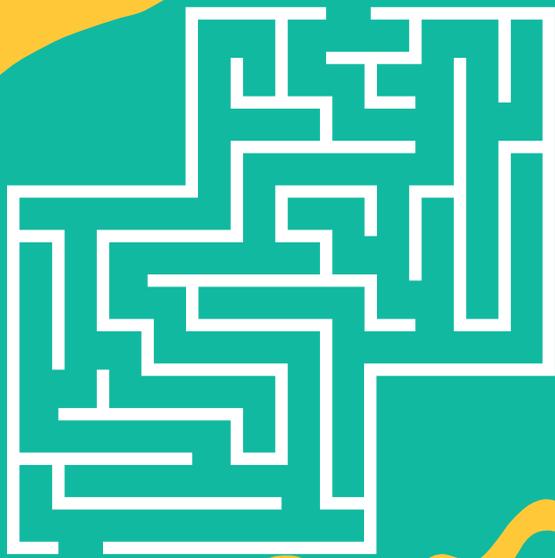
Bonus: List one thing each part of the brain does.



Look at page 17 to check your answers.

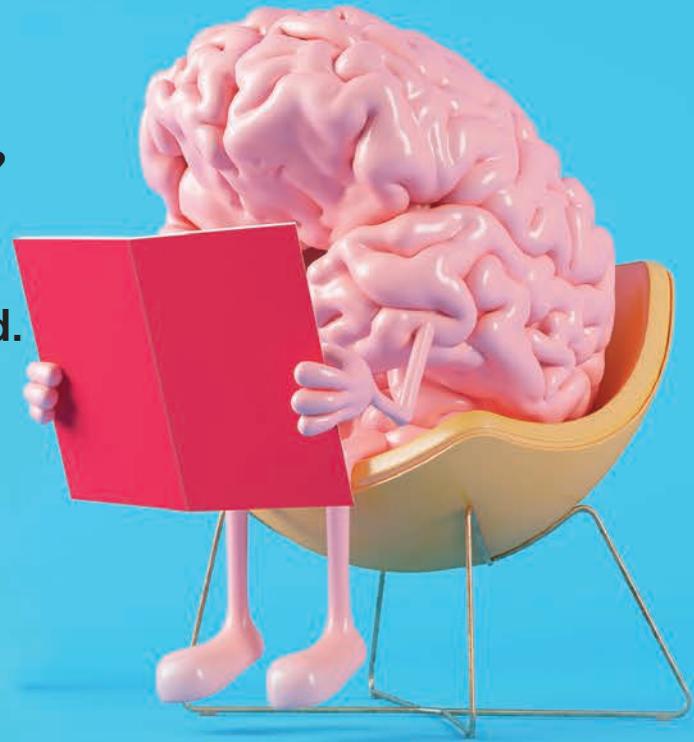
Brain Maze

Did you know your brain helps you learn?
Your brain can also help you get through these mazes!



Crossword Puzzle

Did you know that your brain helps you see, hear, taste, smell and touch? Use the clues below to fill in the words in this crossword puzzle. We've filled two in to get you started.



Down

1. What part of your body allows you to taste?
3. What part of your body allows you to hear?
4. What part of your body allows you to touch and rhymes with pin?

¹
T

O

²
N

G

U

⁶
E

³

⁴

⁵
B

R

A

I

N

Across

2. What part of your body allows you to smell?
5. What part of your body helps you with all of your senses?
6. What part of your body allows you to see?

⁶

Down: 1. tongue 3. ear 4. skin Across: 2. nose 5. brain 6. eyes

Stroke Quiz

1. Does a stroke hurt your brain or your heart?

2. Name 3 ways kids can stay healthy.

3. How much exercise do you need every day?

60 minutes

30 minutes

None

15 minutes

4. What should you do if you think someone is having a stroke?

5. Smoking is good for you.

True

False

6. What do the letters BE FAST stand for?

B _____

E _____

F _____

A _____

S _____

T _____

1. Brain 2. Eat healthy foods, exercise, don't smoke 3. 60 minutes 4. Call 911 5. False 6. Balance, Eyes, Face, Arms, Speech, Time



Stroke Detective Pledge

We are stroke detectives.

We're healthy every day.

We eat our fruits and veggies.

We run and jump and play!

**We are stroke detectives –
teaching what we learn is key.**

**We help our friends and families
stay healthy and stroke-free!**



Great Job!

**You are officially a
"Stroke Detective."**



Share this book to help your friends and family become stroke detectives too!

Penn State Health Stroke Center
pennstatehealth.org/services-treatments/stroke-center

American Stroke Association
stroke.org



PennState Health