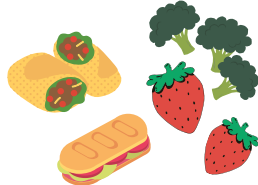


# Healthy Heads: Considerations for teachers of students with concussion

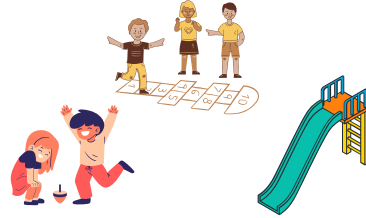
To help manage concussion symptoms, ensure your student is...



Staying hydrated - allow them to drink water throughout the day



Adequately fed - allow snacks as needed; salty snacks to manage headaches



Adhering to physical activity restrictions



Being monitored for symptom behaviors like holding head, covering eyes, looking dazed or "out of it"

## If symptoms develop...



Allow your student to take a brain break



Allow the student to eat lunch in a quiet space with a friend

## About brain breaks...



Brain breaks look different for everyone. Some students just need to put their head down for a few moments, while others may need to leave the classroom to sit or lay down in a quiet space (library, nurse's office) for a short time. The need for brain breaks typically decreases throughout recovery.

## If your student is not cleared for physical activity, consider....



Redirecting the child to an approved activity, such as playing a game inside with a friend



Allowing the student to help with fun tasks as a "teacher's helper" during gym or recess