

4 Miss Roberta's Vocab Matchup

Some concussion symptoms can be hard to understand! Draw a line to match each word/phrase to its definition so you can learn more about concussions.

Nausea

Feels like you're spinning

Headache

When you don't understand something

Dizziness

This means light hurts your eyes and head

Vomiting

Another way to say you feel sleepy

Blurred vision

When your head hurts

Drowsiness

Makes your tummy feel sick

Light sensitivity

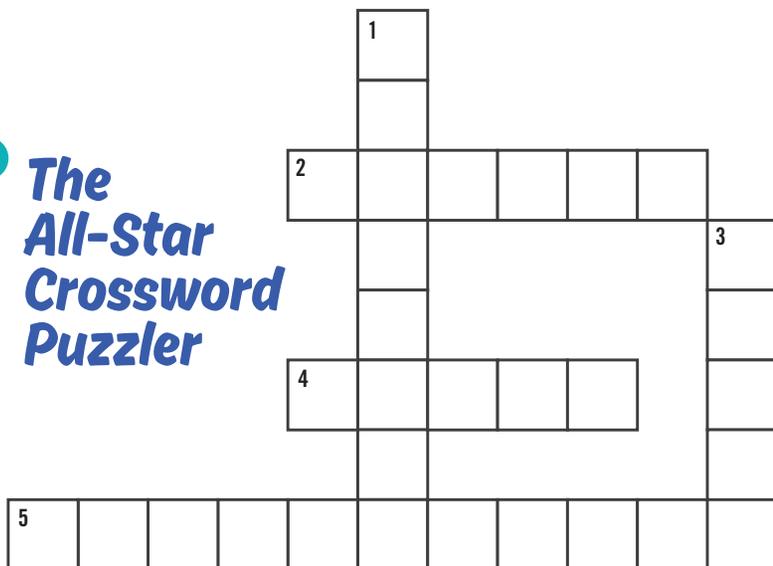
When you can't see because everything is fuzzy

Confusion

Another name for throwing up



6 The All-Star Crossword Puzzler



ACROSS

- This is a fun word that means "head."
- Sometimes this part of your body feels sick after you bump your head.
- This long word can happen when you hit your head.

DOWN

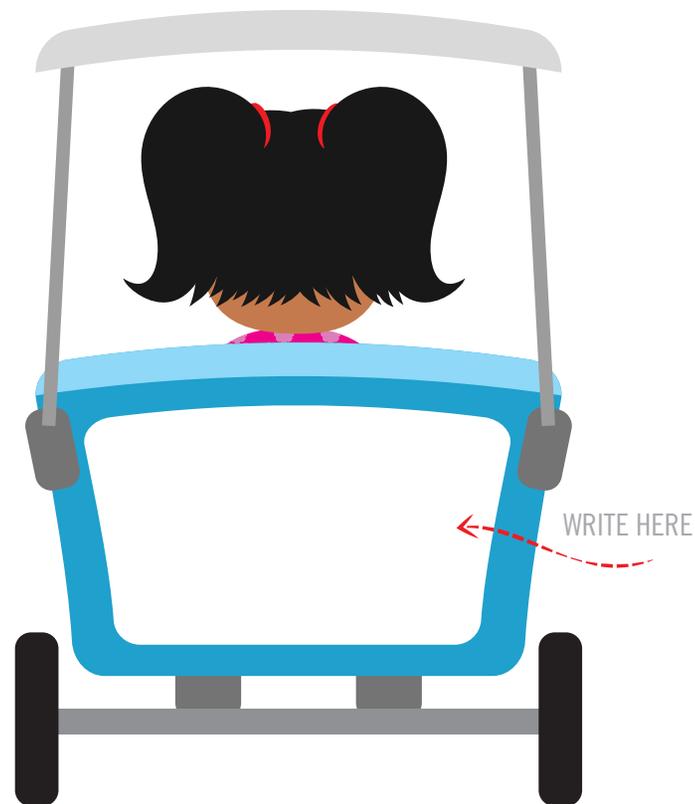
- Parents and teachers are types of these.
- If you have a concussion, your brain can do this with some time.

Answers across: 2. Noggin; 4. Tummy; 5. Concussion
Answers down: 1. Growlups; 3. Heal

5 Bumper Sticker Bonanza

The Healthy Habit All-Star Xpress needs a new saying!
Can you come up with one?

(The old saying is "From Point A to Point Z as safe as can be!")



Awesome Activity Guide

Concussions are no laughing matter! Complete these activities to learn what to do if you hit your head and feel funny.

