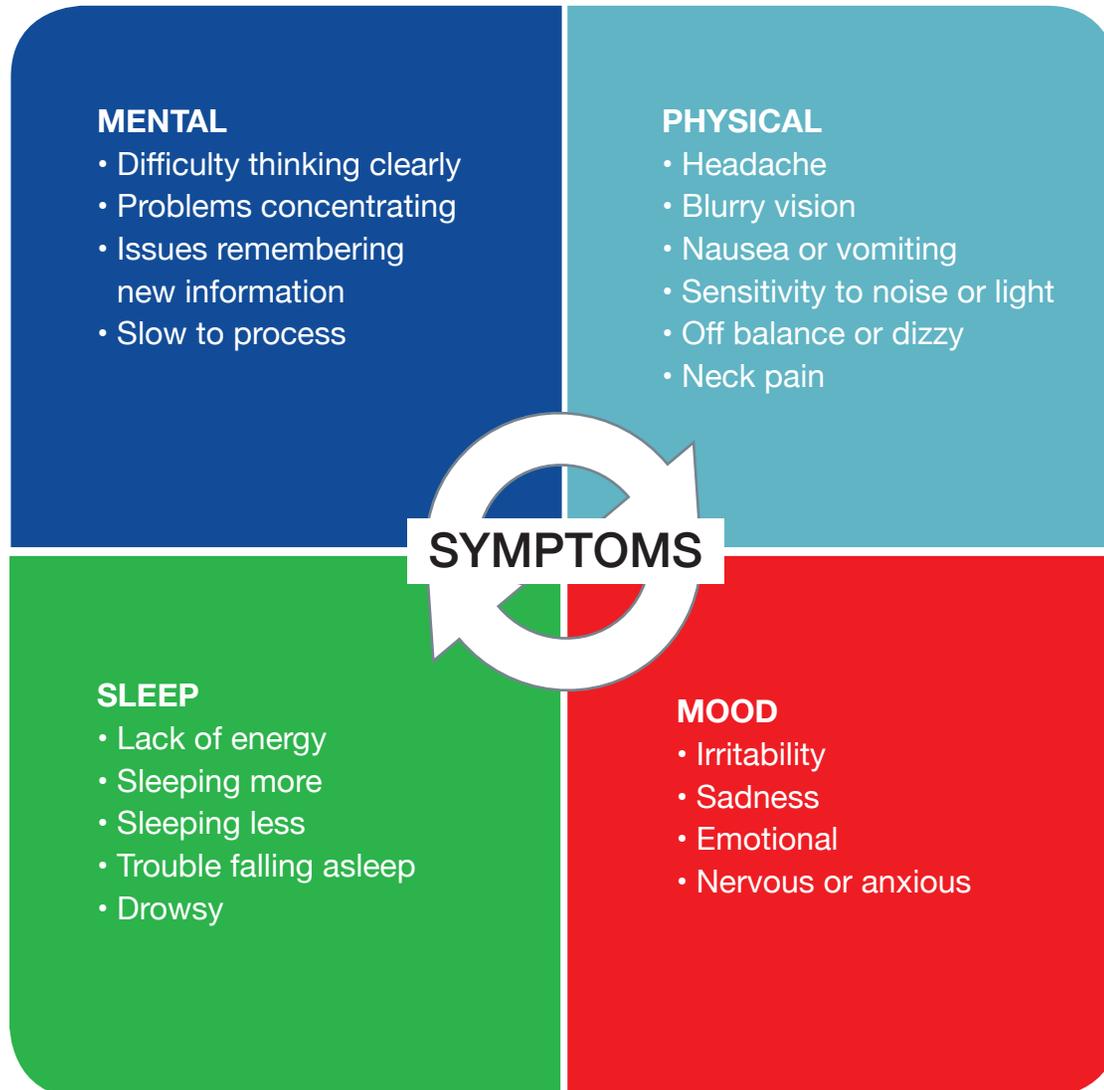


# Concussion Symptom Wheel

Work with your doctor to find your child's symptoms on the wheel and have your doctor circle the appropriate school tips. Then review the wheel with your child's school principal, teachers and nurse to help ensure a healthy recovery. Together, we can make life better for children.



## SCHOOL TIPS

### REDUCE

- Classroom work
- Homework
- Repetitive work

### POSTPONE

- Due dates
- Test
- Projects

### ALLOW

- Study guides
- Tape recorders

### REST

- Frequent breaks in classroom 15-20 minutes

### ALLOW

- Late entrance and early leave to school

### REST

- Frequent breaks in classroom 15-20 minutes
- Quiet time at lunch
- Eyes, allowing sunglasses inside and out

### SIT OUT

- Physical recess/PE
- Dance classes
- Music/orchestra
- Computer classes

### ALLOW

- Students to leave room and speak with counselor, nurse or advisor

### WATCH FOR

- Mental fatigue leading to emotional outburst
- Depression and anxiety due to academic work piling up