

WEEK 1

GROUP ACTIVITY



DISCUSSION OF SYMPTOMS

15 MINUTES

Candy/food/incentive will be utilized during this activity. ASK participants if they have any food allergies prior handing out candy or food.

Five questions will be presented to you. Up to two people will be given the opportunity to share per question. These questions will be about your own experiences. Please raise your hand when you want to share, and you will be given candy for your participation.

1. Have you ever felt triggered? If so, why?
2. Can you describe a time when you had to explain symptoms of your TBI to a friend, family member, teacher, etc.? What was this like for you? How did they respond?
3. How can you advocate for yourself in school? What could you tell your teachers if you are experiencing symptoms in class?
4. What is one of your strengths?
5. How can you use your strengths when you are coping with concussion symptoms?
Use examples if necessary (i.e., "One of my strengths is that I am a good writer, so I might write in a journal when I feel triggered.")