

Concussion Symptom Wheel

with Suggested Classroom Accommodations

• Physical:

- Strategic rest is scheduled in 15-20 minute breaks during the day
- Use of sunglasses both inside and outside
- Frequent classroom breaks
- Allow to pass in hallways before or after passing period
- Remove from Physical Education classes without penalty
- Sit out of music or computer classes if symptoms are provoked

Physical:

Headache, nausea, dizziness, balance issues, light sensitivity, blurred vision, noise sensitivity, and neck or head pain

• Cognitive:

- Eliminate non-essential work
- Adjust due dates
- Postpone tests and quizzes
- Provide alternate setting for testing
- Allow for alternate demonstration of learning
- Provide notes and written instruction as needed
- Allow for technology (i.e. a recording device) so student can stay as up to date as possible

Cognitive:

Trouble with concentration, remembering information, mental "fogginess", and slowed processing ability

• Emotional:

- Allow students to have signal to leave the room
- Knowledge that mental fatigue can result in "emotional meltdowns"
- Allow student to meet with supportive adult (Counselor, Social Worker, or Nurse)

Emotional:

Heightened emotions of nervousness, sadness, anger, and irritability

• Sleep & Energy:

- Allow for rest breaks
- Allow student to start school later in the day or attend a partial day of classes
- Allow student to leave school early
- Alternate periods of mental challenge with mental rest

Sleep & Energy:

Experience mental fatigue, drowsiness, sleeping too much or sleeping too little, and inability to initiate or maintain sleep