**Activity Suggestions for Recovery Stages After Concussion**

### TODDLER (0-4)

**Stage 1 – Short Phase of Physical and Cognitive Rest with Symptom Guided Activity 24-48 hours**
- Crafts: colouring, drawing
- Nap in favourite spot
- Parents can read stories
- Watch fish in an aquarium

**Stage 2 - Light Exercise (No Contact)**
- Bird watching
- Crafts: painting
- Exersaucer
- Play in the Sand
- Play blocks, Lego, dolls, cars or small toys
- Puzzles/matching games
- Sensory/water play
- Supervised walking or crawling

**Stage 3 – Individual Sport-Specific Activity (No Contact)**
- Archery game
- Ball throwing (ex basketball)
- Bowling (at home)
- Crawling
- Dramatic play/role-playing
- Walking

**Stage 4- Sport-Specific Practice with Team (No Contact)**
- Dance lessons
- Kicking/passing a soccer ball
- Mini sticks
- Splash pad
- Swim lessons

### CHILD (5-10)

**Stage 1 – Short Phase of Physical and Cognitive Rest with Symptom Guided Activity 24-48 hours**
- Basic board games (i.e. not monopoly)
- Crafts: making bracelets, necklaces
- Light gardening
- Singing
- Static stretching
- Talking on phone
- Talking to friends/family

**Stage 2- Light Exercise (No Contact)**
- Balance exercises
- Challenging board games
- Fishing
- Flying kites
- Freestyle swimming
- Helping cook and bake
- Light jogging
- Listening to quiet music (no headphones)
- Magazines
- Playing catch
- Puzzles
- Walking

**Stage 3 – Individual Sport-Specific Activity (No Contact)**
- Air hockey or foosball
- Biking
- Dribbling and stickhandling
- Golf
- iPad applications (no gaming)
- Light badminton
- Sit ups and push-ups few repetitions
- Ping pong
- Skating
- Sprinklers and splash pads
- Tag
- Tai chi/karate (non-contact)
- Wii or Xbox Kinect games
- Word searches

**Stage 4 – Sport-Specific Practice with Team (No Contact)**
- Baseball/cricket
- Basketball
- Dance
- Field hockey
- Figure skating (no jumps)
- Hockey drills
- Soccer without heading
- Slide and swing at playground
- Squash
- Tennis, Badminton
- Volleyball (no diving)

**WARNING:** Perform activities ONLY if symptom free. If any symptoms appear during activity, STOP immediately.

Use suggestions in conjunction with CanChild concussion protocols available at: https://canchild.ca/en/diagnoses/brain-injury-concussion/brain-injury-resources
## ACTIVITY SUGGESTIONS FOR RECOVERY STAGES AFTER CONCUSSION

### TEENAGER (11+)

#### Stage 1 – Short Phase of Physical and Cognitive Rest with Symptom Guided Activity 24-48 hours
- Cellphone (no texting only calling)
- Crafts: molding clay
- Friends visit (one at a time)
- Knitting and quilting
- Listen to Audiobooks
- Meditation/nap
- Photography/scrapbooking
- Static stretching
- Figure skating (stroking, footwork)
- Football (dynamic throwing and catching, one on one plays)
- Golf
- Hiking/orienteering
- Hockey (passing, shooting, skating drills)
- Light badminton, Ping Pong
- Sit ups and push-ups few repetitions
- Running
- Rugby (passing and catching drills)
- Shopping at mall
- Soccer (dribbling, passing, shooting)
- Snorkeling
- Tai chi/Karate
- Volleyball (keep ups)
- Wii or Xbox Kinect games

#### Stage 2 – Light Exercise (No Contact)
- Archery
- Camping
- Cooking and baking
- Fishing
- Freestyle swimming
- Going to the beach
- Light jogging
- Listening to quiet music (no headphones)
- Magazines
- Playing catch
- Puzzles
- Re-read familiar books
- Stationary cycling
- Walking
- Yoga (no hot yoga)
- Air hockey or foosball
- Basketball (passing, shooting)
- Air hockey or foosball
- Basketball (passing, shooting)
- Biking
- Crosswords/sudoku
- Curling
- Dance/Gymnastics/Cheer (no stunts)

#### Stage 3 – Individual Sport-Specific Activity (No Activity)
- Air hockey or foosball
- Basketball (passing, shooting)
- Air hockey or foosball
- Basketball (passing, shooting)
- Biking
- Crosswords/sudoku
- Curling
- Dance/Gymnastics/Cheer (no stunts)

#### Stage 4- Sport-Specific Practice with Team (No Contact)
- Aerobics and plyometrics
- Baseball/Cricket
- Basketball
- Canoeing/kayaking
- Dance/Gymnastics/Cheer (beginner stunts, maximum two rotations)
- Figure Skating (beginner jumps, run through no music)
- Football (offensive/defensive plays)
- Hockey (breakout, defense drills, 3 on 2)
- Light Weight Training
- Mountain/rock climbing
- Rugby (team drills, lineouts no contact)
- Shadow boxing
- Soccer (offensive/defensive plays)
- Squash or tennis
- Track and field
- Volleyball (no diving)

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