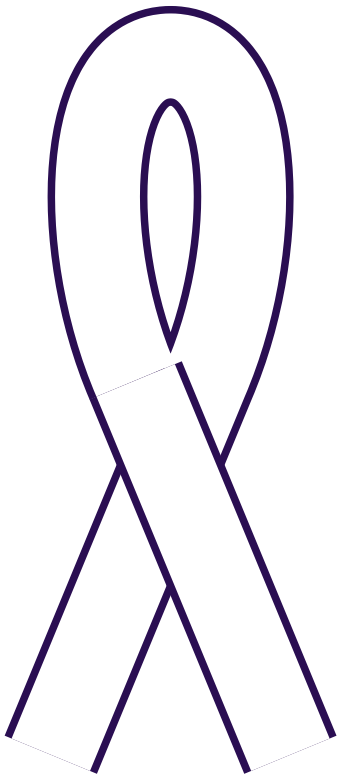
My Brave Brain

An activity pack about epilepsy and seizures



Color the ribbon purple. Purple is the color for epilepsy awareness.

THIS PACK BELONGS TO

What is a seizure?

Your brain sends tiny electrical messages all day long, kind of like a phone sending texts.

Sometimes a lot of those messages go off all at once. Then the body might do something the person did not choose, like shake, stare, or fall. **That is a seizure.**

When someone has seizures more than once, doctors may call it **epilepsy**.

True or false? Circle one.

1. You can catch epilepsy from a friend. **TRUE / FALSE**

2. A seizure is not the person's fault. **TRUE / FALSE**

3. Kids with epilepsy can be smart, funny, and brave. **TRUE / FALSE**

4. Some seizures just look like staring into space. **TRUE / FALSE**

Answers: 1. False. You cannot catch it. 2. True. 3. True. 4. True.

If a friend has a seizure

You can be a helper. Here is what to do.

1. **Get a grown-up right away.**
   Call out loud or send someone to get help.

2. **Stay with your friend.**
   You do not have to do anything scary. Just stay close.

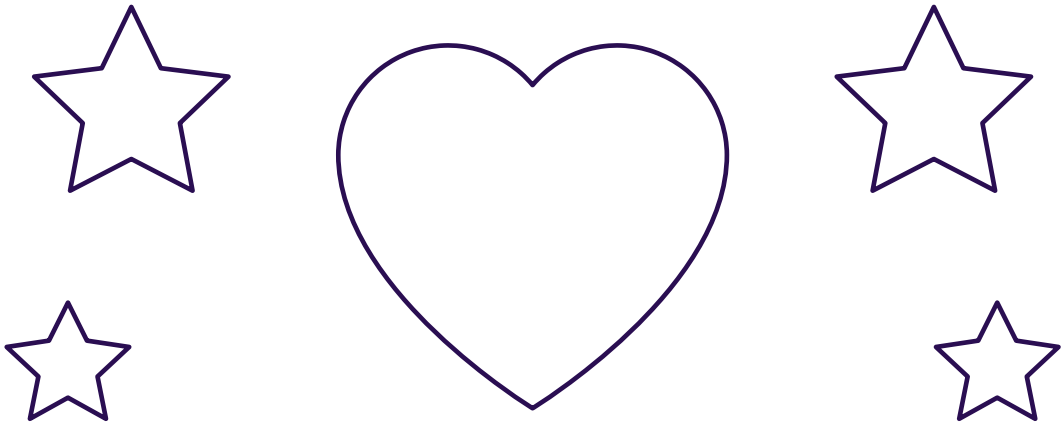
3. **Move hard things away.**
   Chairs, toys, and anything they could bump into.

4. **Never put anything in their mouth.**
   Not your fingers, not food, not anything.

5. **Be kind afterward.**
   They may feel tired or confused. A friendly face helps a lot.

Grown-ups: the full adult first aid steps are on the Seizure First Aid Card.

YOU ARE BRAVE



AND NOT ALONE

Word search

Find these words. They go across or down.

U	O	O	L	L	P	W	J	R	F	N	I
H	J	T	V	P	C	S	T	B	J	D	B
Y	F	S	O	U	D	A	K	N	D	W	V
V	V	T	V	R	S	F	G	S	T	A	Y
R	A	R	F	P	B	E	S	I	D	E	C
I	A	O	O	L	F	S	L	P	F	F	A
B	V	N	F	E	I	V	C	L	A	R	L
B	V	G	O	W	A	V	E	Y	N	I	M
O	P	G	F	K	I	N	D	E	M	E	B
N	S	R	R	L	A	B	R	A	I	N	C
W	D	P	H	E	L	P	E	R	V	D	A
V	U	B	R	A	V	E	Y	W	S	J	F

- [ ] BRAVE
- [ ] KIND
- [ ] BRAIN
- [ ] PURPLE
- [ ] RIBBON
- [ ] CALM
- [ ] SAFE
- [ ] SIDE
- [ ] STAY
- [ ] FRIEND
- [ ] STRONG
- [ ] HELPER

Draw something that makes you feel brave

How do you feel about seizures? Circle any.

Scared | Curious | OK | Confused | Brave | Worried | Calm | Proud

Any feeling is OK. Talking to a grown-up you trust can help.

CERTIFICATE

Seizure Smart Kid

This is to say that

_____

knows how to be a helper, and knows that seizures are nobody's fault.

DATE

_____

SIGNED BY

_____