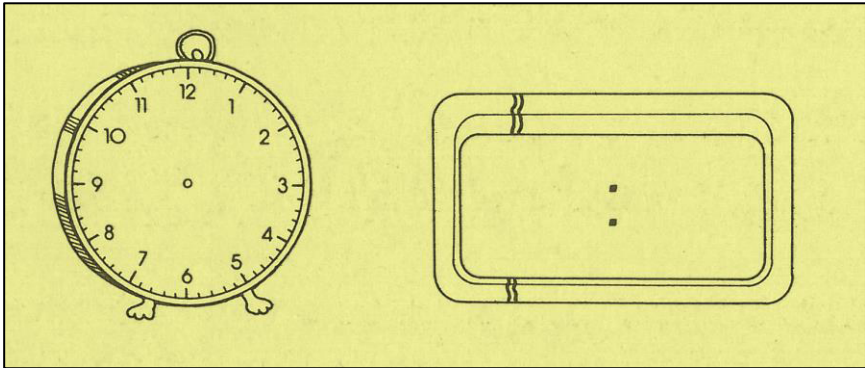
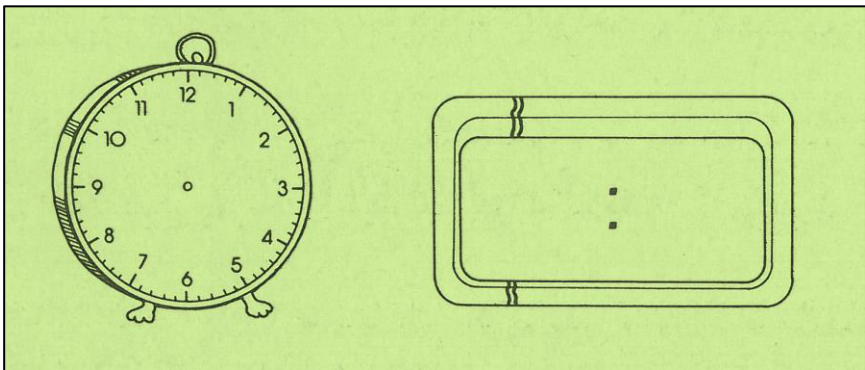


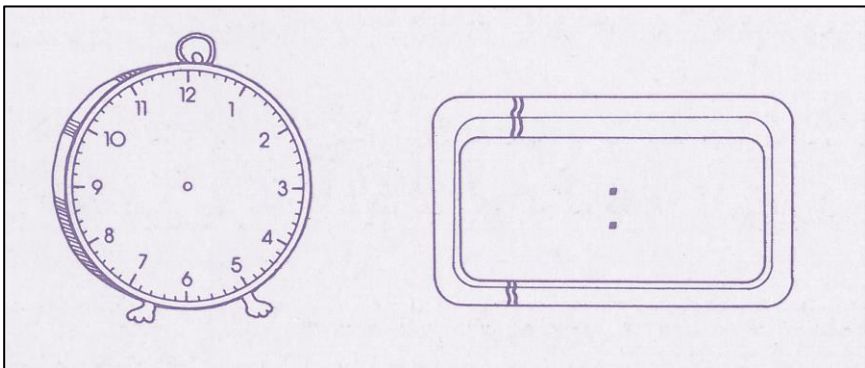
When I take my medication



In the morning



In the afternoon



In the evening

My epilepsy trigger



Feeling sick?

Yes/No



Missing my meals?

Yes/No



Not enough sleep?

Yes/No



Some music?

Yes/No



Not taking my medication?

Yes/No



Over tired or
excited?

Yes/No



Thinking?

Yes/No



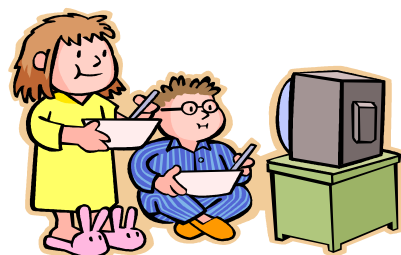
Caffeine?

Yes/No



Too much stress?

Yes/No



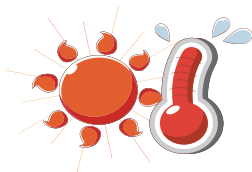
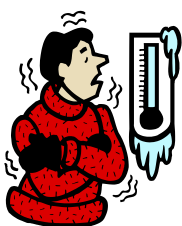
Watching TV or computer

Yes/No



Flashing lights?

Yes/No



Becoming too cold or hot?

Yes/No

Other?

Some people have triggers for their seizures. The triggers can be different for different people.

Keep a record of what triggers your seizures and avoid the causes whenever possible.

It is important to keep busy and active and to enjoy your life.

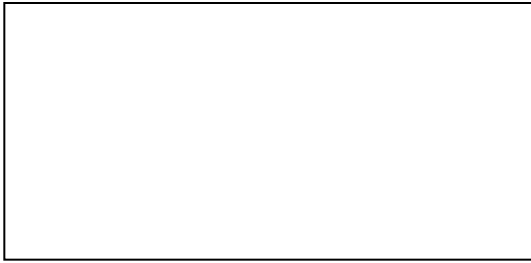
What should you do when a friend is having a seizure?

Stop and make the
area safe

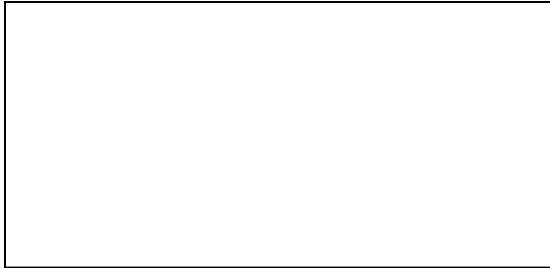
Place something soft under
your friend's head

Time when the seizure
started

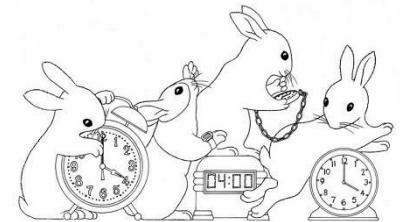
Ask one person to find help



Roll your friend into a recovery position when the seizure has finished

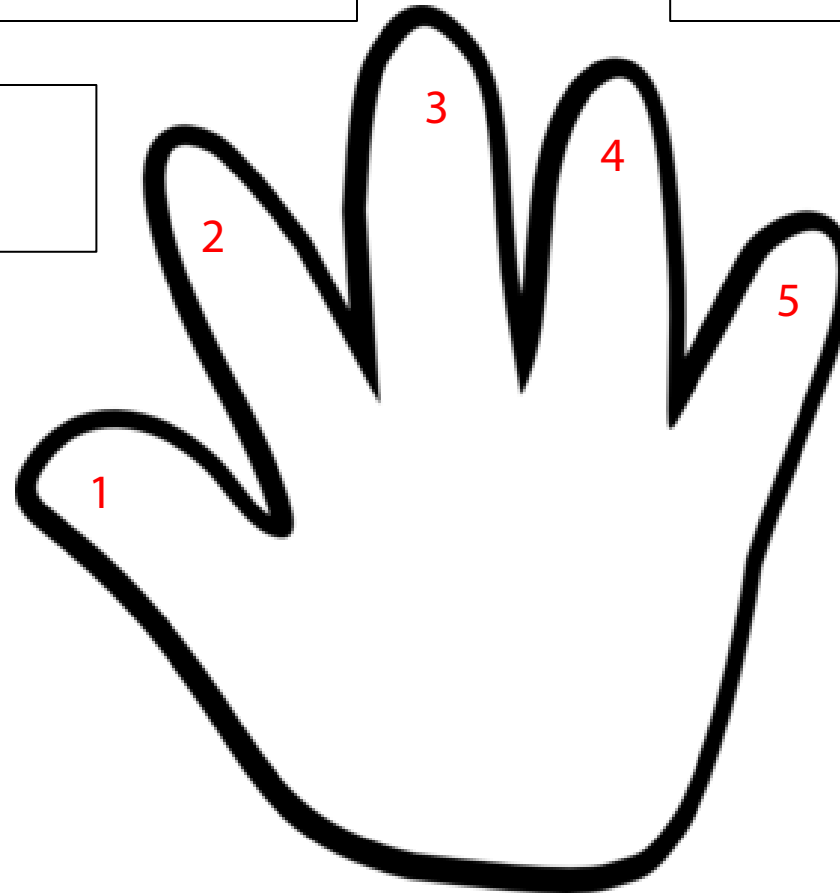


Stay with your friend until he/she feels better



Cut out these pictures and stick them in the correct boxes above.

When I have had a seizure this is how I may feel



Please help me by -----

Precious brain

Your brain is the most precious part of your body. Without it you simply will not function.

It would be sensible to wear a helmet when participating in many activities such as:



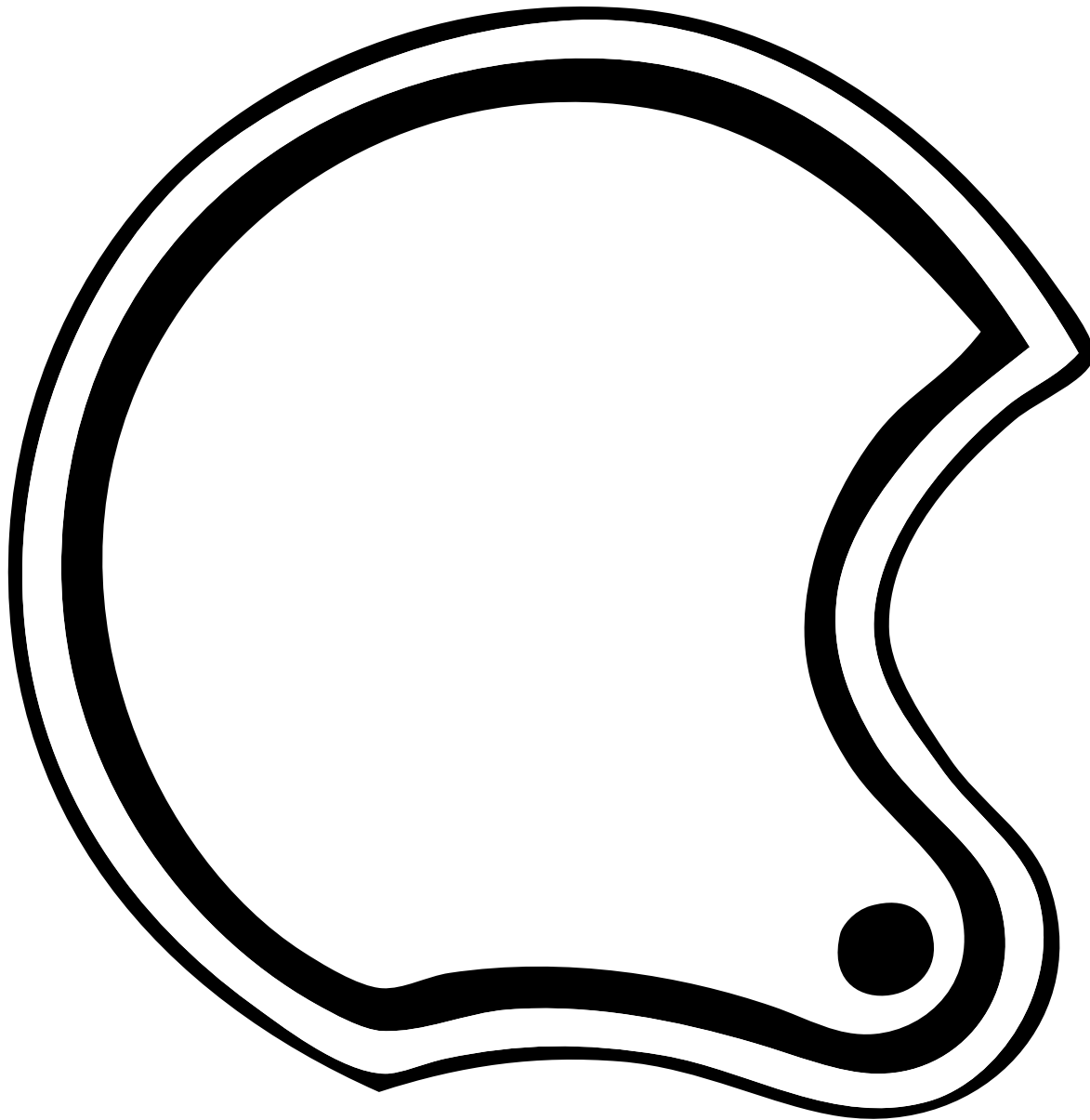
What do you think could happen here, if there was an accident?



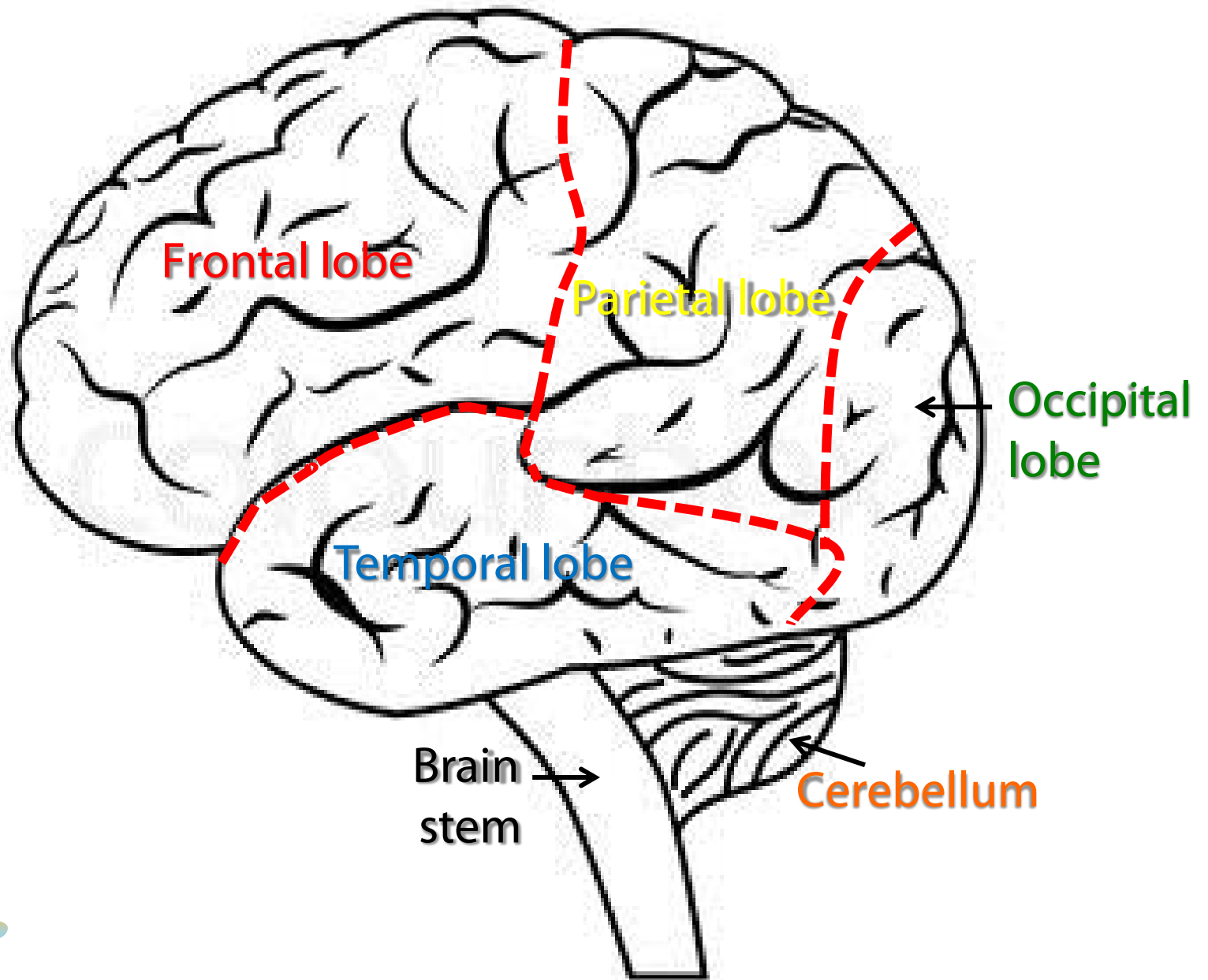
Many children with epilepsy also wear helmets. Helmets protect the brain and face from injury during a seizure.

Design a helmet that can be worn by anyone.

Design a helmet that can be worn by anyone.
You can add: colour, pictures, straps and visors



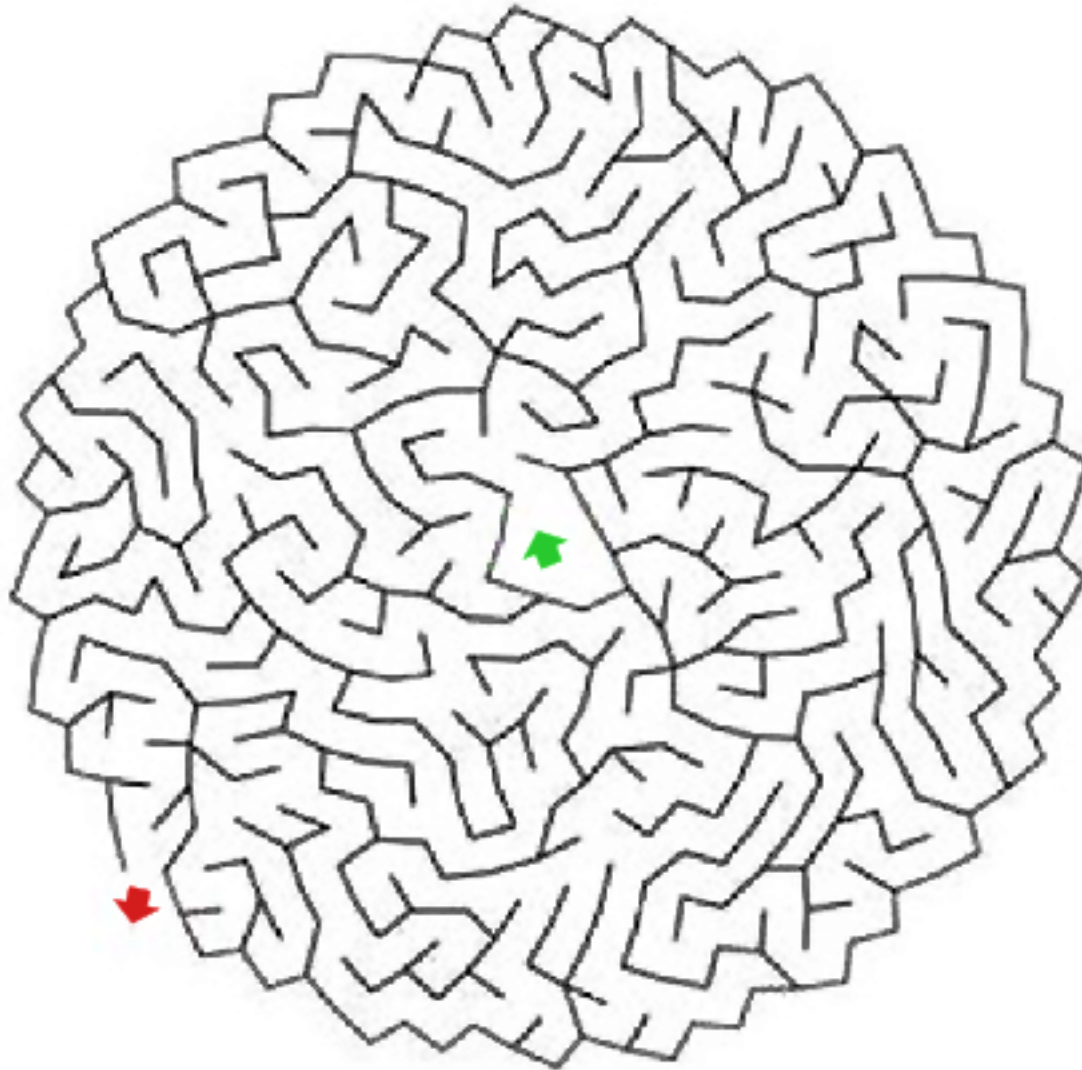
Helmet design made by



Amazing brain maze

Your brain has billions of nerve cells sending messages to parts of your body.

Find the pathways around this brain maze.

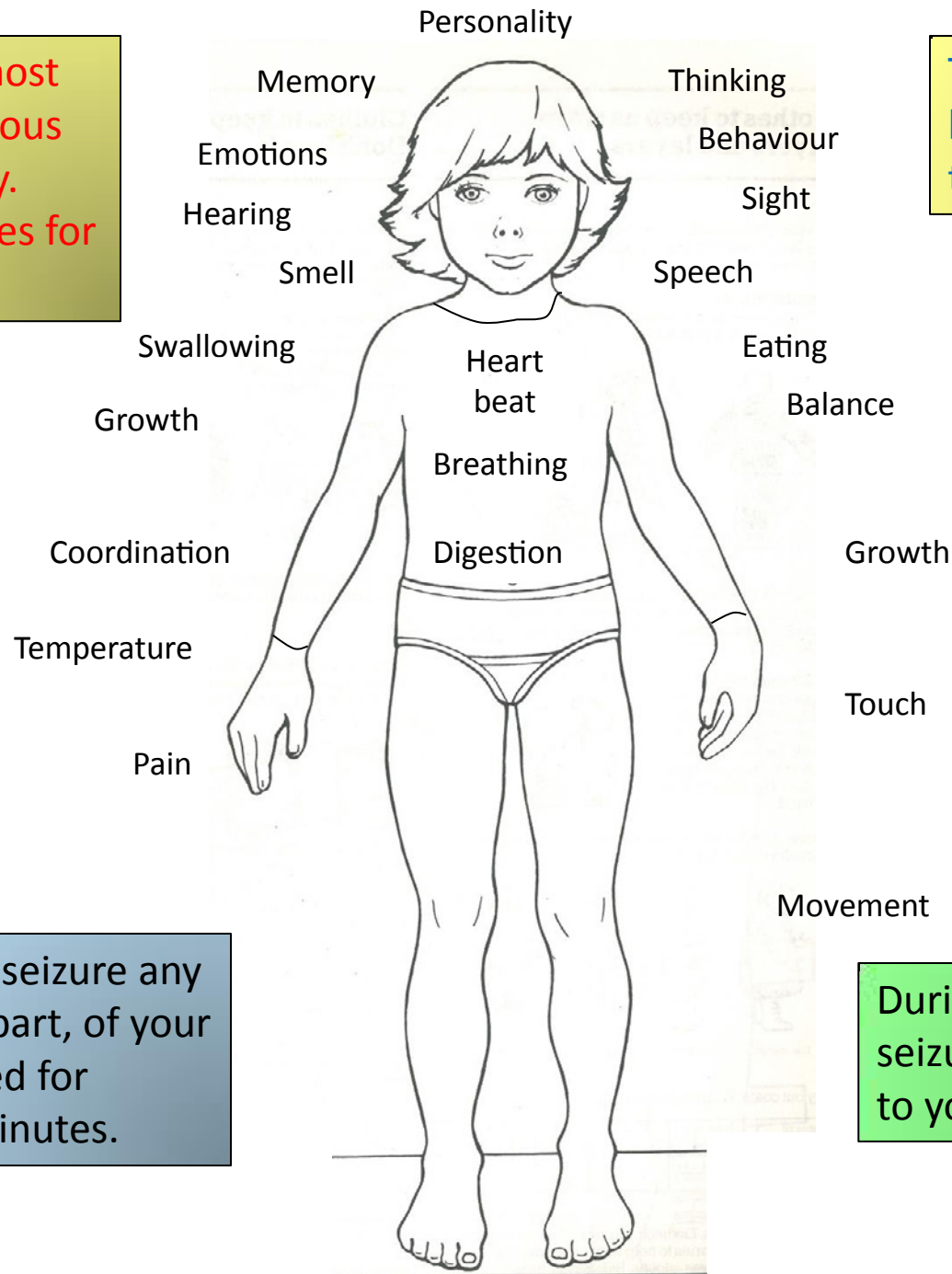


Start in the middle of the brain with the green arrow.

Good luck!

The brain is the most amazing and precious organ in your body. Look at what it does for you.

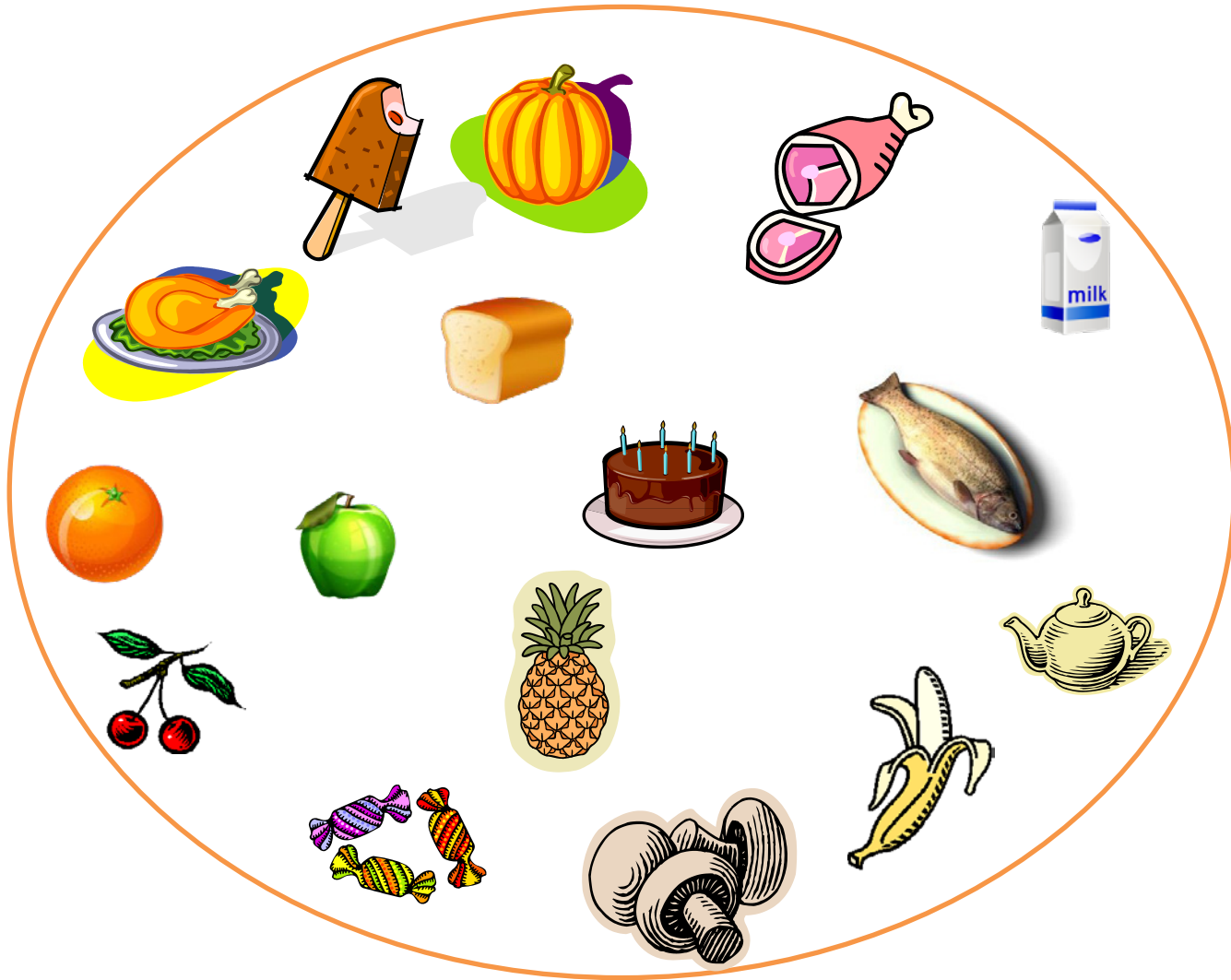
The brain and the body working together.



During an epileptic seizure any part, or the whole part, of your body can be affected for seconds or a few minutes.

During an epileptic seizure what happens to your body?

Memory game



An exercised brain is a happy and healthy one. Try to memorise all the objects on the plate before turning over the page. What objects can you remember?

How to make a brain picture

This is a fun activity where you will learn about the different areas of the brain, their function, and what happens during a seizure.

To make the brain picture you will need:

A copy of the brain

A pair of scissors

Stiff cardboard

Coloured plasticine which you will need to roll to soften

1. Cut out the brain pattern below and draw around the shape onto stiff cardboard.
2. Cut out this new shape.
3. Mark in the regions of the brain with pencil. Each region of the brain will be covered by different coloured plasticine (see image below).
4. Roll out small bits of coloured plasticine and squash them onto the stiff cardboard by pushing them with your thumb. Each region of the brain can be shown by using a different colour, e.g. red plasticine for frontal lobe.
5. Add another small piece of plasticine in the same way until you have covered the whole area in colour. If some spots are too thin, add a small lump of plasticine and blend it in.
6. You should now have a lovely coloured brain image showing the different regions.

Each region of the brain has a different function. Learn what these are and educate others by using your brain picture.

The **frontal lobe** is responsible for thinking, memory, language, problem solving, making decisions, controlling our emotions, and directing our personality.

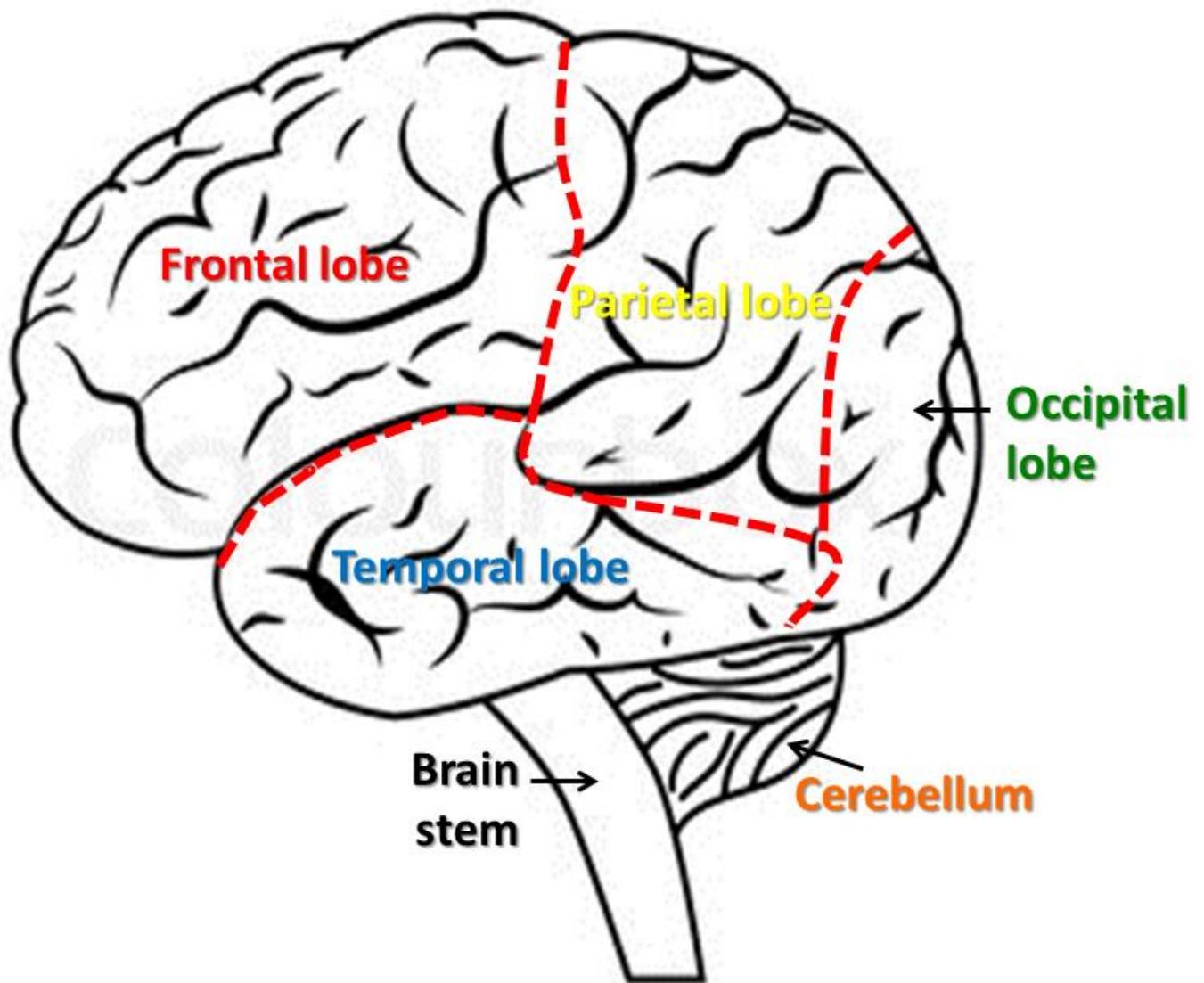
The **parietal lobe** interprets touch, pressure, temperature and pain.

The **occipital lobe** is responsible for sight.

The **cerebellum** helps us to coordinate our body movements and our balance.

The **temporal lobe** controls our hearing, speech and language comprehension

The **brain stem** controls our breathing, heart rate, blood circulation, digestion and temperature.



Use:

Red plasticine to show the frontal lobe

Yellow plasticine to show the parietal lobe

Green plasticine to show the occipital lobe

Blue plasticine to show the temporal lobe

Orange (or brown) to show the cerebellum

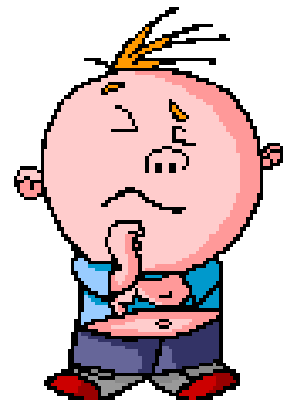
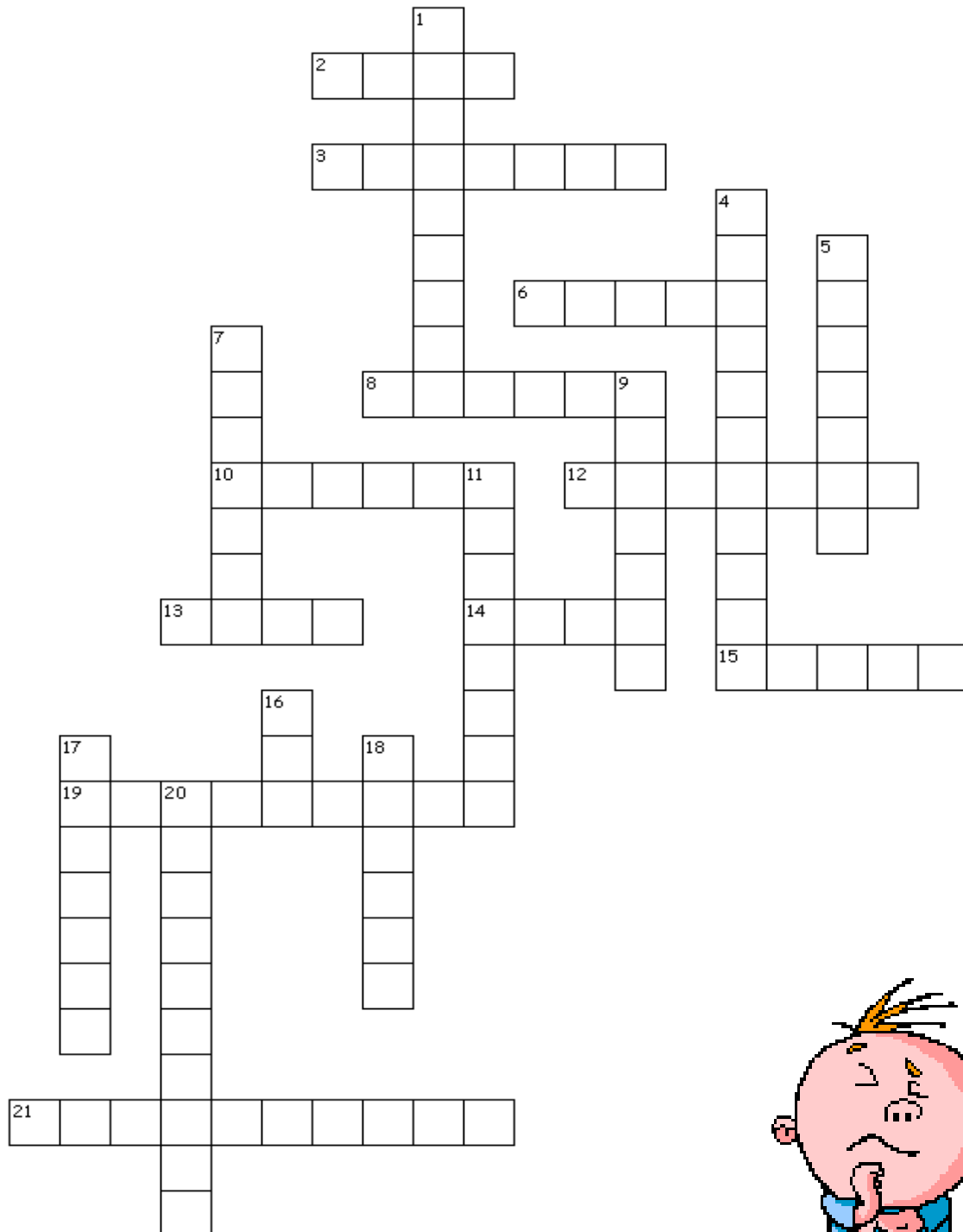
Black for the brain stem

When someone has an epileptic seizure, either part of the brain is affected or the whole brain is.

1. Cut out these shapes onto stiff cardboard and colour them in using plasticine.
2. The small star will represent when only part of the brain is affected with a seizure.
3. The large star will show a generalized seizure that is affecting the whole brain.



Exercise your brain by completing this crossword



Across

2. It is important to ... seizures
3. Brain cells are called ...
6. The ... is the nerve centre of our body
8. It is important to wear a ... to protect the brain when playing some sports
10. You will not swallow your ... during a seizure, so nothing should be placed inside the mouth
12. Around 50 ... people around the world has epilepsy
13. Epilepsy Waikato Charitable Trust has a ... that you can join
14. It is important to enjoy ...
15. A seizure ... records seizures
19. When a seizure lasts longer than 5 minutes it is an
21. ... is something taken every day to stop seizures

Down

1. Phone 111 when you need an ...
4. A ... seizure affects the whole brain
5. Your epilepsy ... gives support and advice, and organizes events
7. A ... seizure affects only part of the brain
9. Not taking medication is a seizure ...
11. ... occurs when the brain sends out mixed messages to the body
16. An ... measures electric signals coming from the brain
17. A ... can last several minutes
18. ... can have epilepsy
20. ... the brain can be done by reading, doing puzzles and solving problems

Find your answers here if you need help

ambulance neurons partial epilepsy EEG time tongue club anyone seizure

brain advisor generalized trigger helmet million life exercising emergency

diary medication



Brain box



Brain cells send messages around your body so that it can function. Find some of the things in the box below that your body can do. The words may be horizontal, vertical, or diagonal.

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

CLAP
COOK
CUDDLE
DANCE
DIG
EAT
GIGGLE
HAPPY
HEAR

HELP
HOLD
HOP
KNEEL
LIFT
LOVE
MOVE
NOD
PLAY

READ
SEE
SLEEP
TIPTOE
TOUCH
WHISPER
WINK
THINK
LAUGH

Epilepsy is only a small part of who I am



I enjoy doing these things:

.....

.....

.....

.....

.....

.....

.....

My friends are:

.....

.....

.....

.....

.....

.....

.....

Draw a picture of yourself
or paste in a photograph

My family /whanau is:

.....

.....

.....

.....

.....

.....

.....

Something special about me

.....

.....

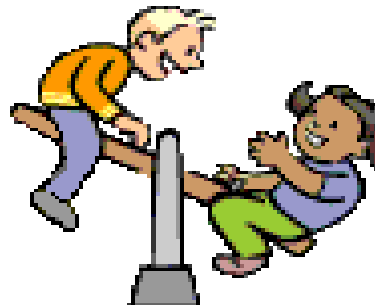
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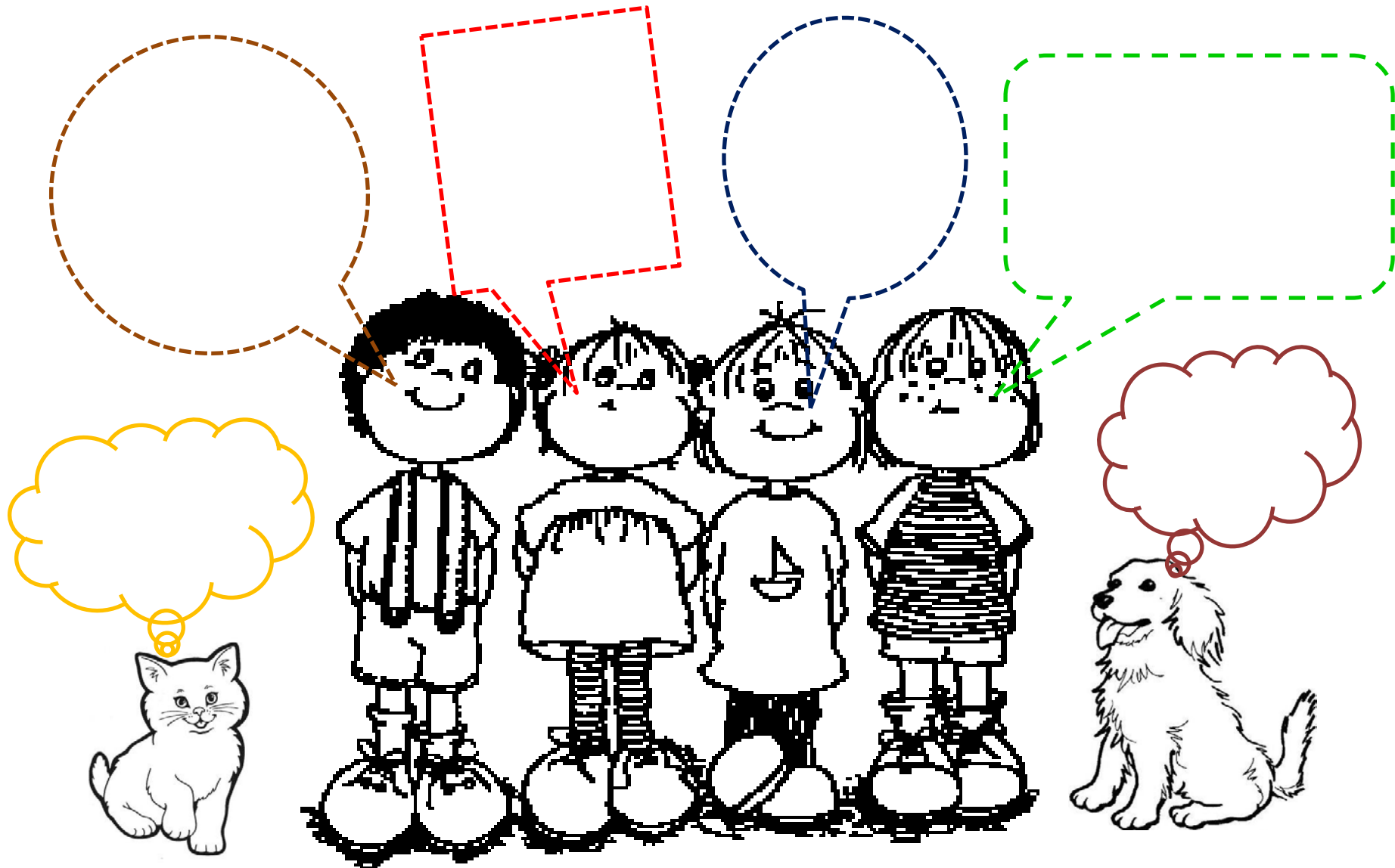
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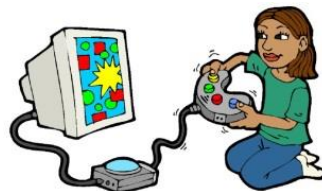
I have epilepsy and it is a small part of who I am.
Meet my friends who will tell you the great things that I can do.



Children with epilepsy can do most things in life

How can we keep children with epilepsy safe when they are doing these activities?











Some ideas to help you

have a buddy to help wear a helmet tell a life guard
take medication eat regularly don't get too tired
don't sit too close to a tv or computer screen
when you see flashing lights cover one eye with the palm of
your hand

Children with epilepsy can stay healthy and happy by being active

Epilepsy facts

Find the one statement that isn't true

During an epileptic seizure the messages get jumbled in the brain for a short time

Some people with epilepsy get warning signs that they may have a seizure soon

When a person has had a convulsive seizure they cannot remember what has happened afterwards

Another name for a brain doctor is neurologist

A quicker way of saying anti-epileptic drugs is AED

AEDs stop the messages in the brain from getting jumbled up

Anyone can develop epilepsy

AEDs are to be taken regularly for seizure control

Tiredness can start a seizure in some people

One person in every 100 has epilepsy

It is important to time the duration of a seizure

You can tell a person has epilepsy just by looking at them

A seizure that occurs in part of the brain is called a partial seizure

Call an ambulance if a seizure lasts for more than 5 minutes

A seizure that occurs in the whole brain is called a generalised seizure

70-80% of people with epilepsy are seizure-free with AED use

Epilepsy is only a small part of who a person is

Seizures can last for seconds or minutes

Children with epilepsy can stay healthy and happy

CHILDREN WITH EPILEPSY CAN DO MOST THINGS IN LIFE

Making a 111 Emergency Call for an Ambulance



Dial 111



Ask for ambulance



My name is.....

I live at..... (include the name of your town)

My telephone number is.....

I need help because.....

STAY ON THE PHONE. HELP IS ON THE WAY.



Well done!

I Had An EEG Today

I had an EEG today
I had to be so good
So the little waves inside my brain
Could do the things they should

I had to lie there very still
While on my head they stuck
Metal things with wires on them
And thick, white sticky muck.

I had to keep my eyes closed
For nearly all the time
To shut those brain waves in my head
So down those wires they'd climb.

Then I had to take big breaths
In and out and in,
Until they told me I could stop
And lie quite still again.

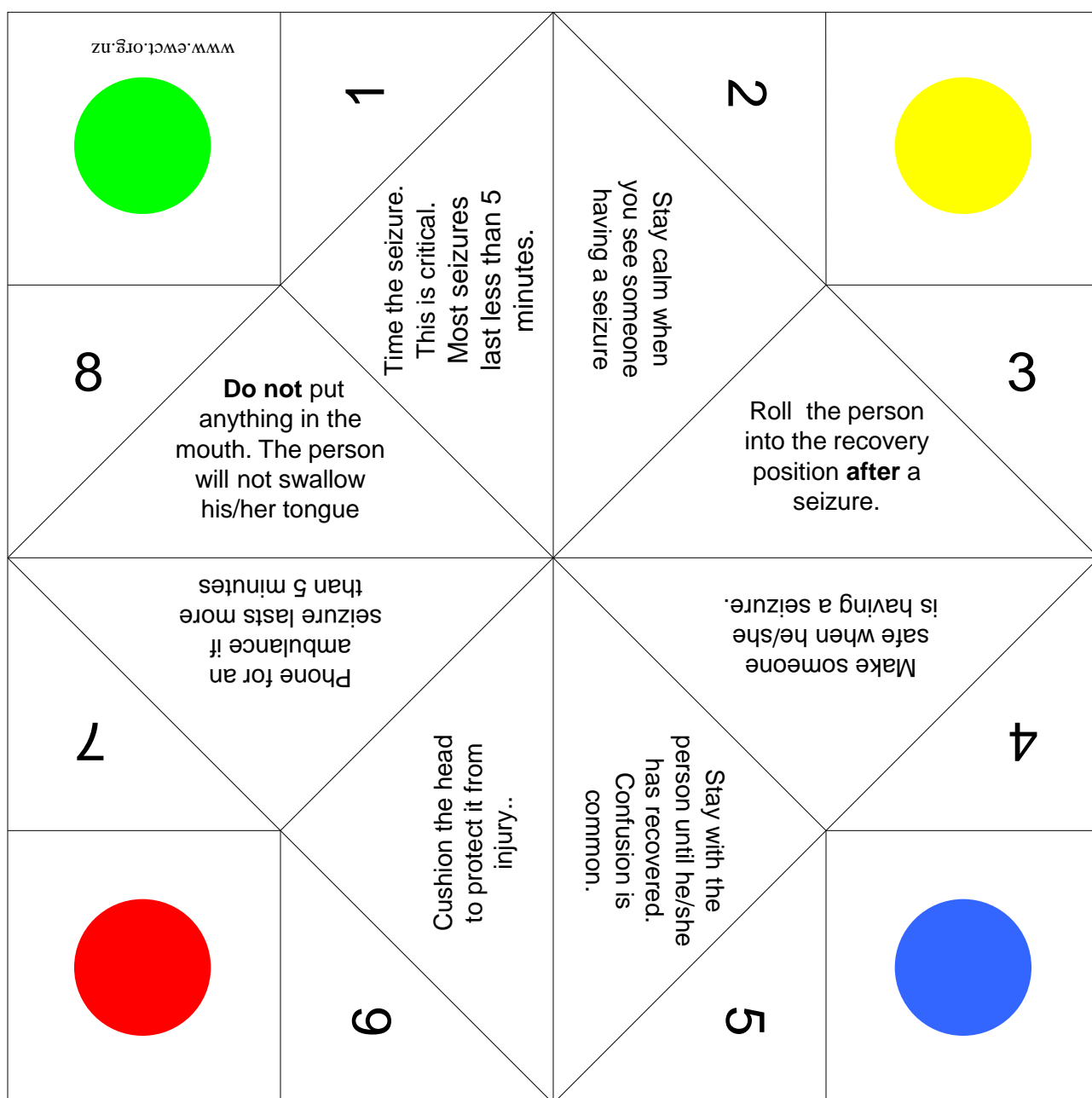
They also had this light that flashed
And with my eyes shut tight
I saw lots and lots of lovely shapes
And colours really bright.

I had an EEG today
And I really must admit
I was a little worried
But it didn't hurt a bit.



Poem courtesy of EEG Department

First aid for a convulsive seizure in the form of a chatterbox



1. Print and cut round outside of epilepsy chatterbox
2. Fold in half and in half again
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat so the numbers are folded into the middle
5. Turn over so you can see the coloured dots.
6. Slide your thumb and your finger behind 2 of the coloured dots and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other coloured dots.
8. All the dots should now be at the front with centres touching and you are ready to use your chatterbox.



"I have taken my medication"



The month is.....

	Week1	Week2	Week3	Week4	Week5
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					