

## CLASSROOM MATERIALS ABOUT EPILEPSY FOR CHILDREN AND TEENS

Please note that some of the books and DVDs referenced in this document are available online and some of the books and DVDs can also be loaned from the BC Epilepsy Society office in Burnaby.

### BOOKS:

**Violet's Special Day** Author: Amy Guenther

This story is about a girl who has a tonic-clonic (grand mal) seizure at her birthday party. It explains seizure first aid in clear and simple language. It can help to help reassure children who may witness a seizure. **Ages 5-9**

**Taking Seizure Disorders to School: A Story About Epilepsy** Author: Kim Gosselin

This book explains epilepsy in an upbeat manner from the perspective of a character who has it. It discusses different types of seizures and what they can look like. A kids quiz and teachers checklist are also included. **Ages 6-10**

**Becky the Brave** Author: Laurie Lears

In this story Sarah's sister Becky has a seizure in class at her new school. Becky stops going to school because she is afraid of being teased. Sarah then tells Becky's class what epilepsy and seizures are. When Becky learns that her class has learned about epilepsy and care about her, she goes back to school. **Ages 7-11**

**Mighty Mike Bounces Back: A Boy's Life with Epilepsy** Authors: Robert Skead and Mike Simmel

Mike worries about having seizures at school and being different from his friends. When he starts playing basketball, Mike uncovers a positive way to calm his mind, improve his health, and stand up for himself against bullying. **Ages 11-14**

**Medikidz Explain Epilepsy** Authors: Kim Chilman-Blair and Shawn DeLoache

The Medikidz are a group of superheroes from space who teach kids about various medical conditions. In this comic book, they teach a boy about epilepsy by traveling inside the brain to explain its functions and the nervous system. **Ages 10-15**

### DVD'S: (produced by the Epilepsy Foundation)

**Because You Are My Friend** 5 minutes

Narrated by a child with epilepsy, this cartoon-like film gives young children information in a clear and simple manner. It explains seizures, first aid, differences, and the importance of friendship. **Ages 5-7**

**I Have Epilepsy Too** 9 minutes

Children with epilepsy discuss their experiences of dealing with the physical and emotional aspects of having epilepsy in a documentary style film. **Ages 7-11**

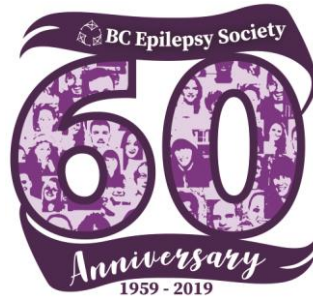
**Seizures and You: Take Charge of the Facts** 9 minutes

This film is geared towards middle and high school students. It teaches the basics about epilepsy and seizures. This includes information about different seizure types and first aid. Teens with epilepsy also tell their personal stories. **Ages 12-17**

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## PRESENTATION TEMPLATES:

### **Seizures and You: Take Charge of the Storm** *Produced by the Epilepsy Foundation*

This is a training module about seizure recognition and first aid geared towards middle school students. It includes presentation slides, worksheets, and an electronic game. It is an excellent complement to the DVD called Seizures and You: Take Charge of the Facts. It is available to order from the Epilepsy Foundation at [www.epilepsy.com](http://www.epilepsy.com) and is also available from the BC Epilepsy Society.

### **Seizures and You: Take Charge of the Facts** *Produced by the Epilepsy Foundation*

This is a training module about seizure recognition and first aid geared towards high school students. It includes presentation slides, worksheets, and activity sheets. It is an excellent complement to the DVD called Seizures and You: Take Charge of the Facts. It is available to order from the Epilepsy Foundation at [www.epilepsy.com](http://www.epilepsy.com) and is also available from the BC Epilepsy Society.

### **Brain Matters: An Introduction to Neuroscience** *Author: Suzanne Nurse*

This is a facilitators manual that is meant to be integrated into secondary school science classes. It provides detailed information about brain and cell functioning, neuroanatomy, as well as epilepsy. It includes classroom demonstration ideas and assignment samples, case studies, quizzes, and a DVD. This manual is available for loan from the BC Epilepsy Society.

## ONLINE RESOURCES:

### **About Kids Health:** [www.aboutkidshealth.ca/En/JustForKids/Health/Epilepsy/Pages/default.aspx](http://www.aboutkidshealth.ca/En/JustForKids/Health/Epilepsy/Pages/default.aspx)

This webpage has an interactive animated module about epilepsy and a kid's quiz.

### **Epilepsy Action:** <https://www.epilepsy.org.uk/info/children>

This website has an animated slideshow about epilepsy and videos of children talking about their condition.

### **BC Epilepsy Society:** [www.bcepilepsy.com](http://www.bcepilepsy.com)

The BC Epilepsy Society provides a variety of educational resources about epilepsy. Resources for children include books, DVD's, activity sheets, seizure awareness workshops, and sample classroom lesson plans and presentation templates. Many of the resources are posted online.

*For more information about these materials and information for school staff, please contact the BC Epilepsy Society via telephone at 604-875-6704, via email at [info@bcepilepsy.com](mailto:info@bcepilepsy.com) or on the web at [www.bcepilepsy.com](http://www.bcepilepsy.com).*

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