



## CLASSROOM TEACHING MATERIALS

The following materials have been donated by the BC Epilepsy Society to school district resource libraries.

These are also available from the BC Epilepsy Society resource library.

For more information about these materials and additional classroom teaching resources call (604) 875-6704, email [outreach@bcepilepsy.com](mailto:outreach@bcepilepsy.com) or go to [www.bcepilepsy.com](http://www.bcepilepsy.com)

### ***BOOKS AND COMICS:***

**Lee: The Rabbit with Epilepsy** Author: Deborah M. Moss Publisher: Woodbine House

This is a story about a young rabbit with absence (petit mal) seizures. It starts with explaining Lee's first seizure, her visit to the doctor, medical tests, and treatment. Lee is worried at first, but then realizes she can still do the things she likes to do even if she has epilepsy. For ages 3-8

### **Seizure Man: In the Classroom**

A superhero character called Seizure Man visits a school to teach the students about seizures after one of their classmates has one. The students learn basic facts about epilepsy, seizures, first aid, and how kids with epilepsy want to be treated like everyone else. For ages 5-9

### **Becky the Brave** Author: Laurie Lears

Sarah's older sister Becky has a seizure in class at her new school. She is embarrassed, afraid, and doesn't want to go back because she is afraid of being teased. Sarah then visits her sister's classroom to explain what epilepsy and seizures are. With the support and understanding from her classmates Becky returns to school. For ages 6-10

### **Taking Seizure Disorders to School: A Story About Epilepsy** Author: Kim Gosselin Publisher: JayJo Books

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. For ages 6-10

### **Let's Learn with Teddy about Epilepsy** Author: Yvonne Zelenka Publisher: Medicus Press

This is a story about a young boy who has just been diagnosed with epilepsy. It explains the symptoms, causes, medical tests, and treatment in a positive and reassuring manner. For ages 7-11

### **What's Up with Wendy? Medikidz Explain Epilepsy** Authors: Kim Chilman-Blair and John Taddo

The Medikidz are a group of superheroes from space who teach others about various medical conditions. In this comic book, they teach Wendy and her friend about epilepsy by traveling inside the brain to explain the brain functions and the nervous system. For ages 11-15

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

#### **Because You Are My Friend** 5 minutes

Narrated by a child, this cartoon-like video provides young children with a simple and clear understanding of epilepsy. It explains seizures, first aid, differences, and the importance of friendship. For 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. For ages 7-11

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

This award-winning film is for teenage audiences. It teaches the facts and refutes the myths about epilepsy and seizures. This includes recognizing different seizure types, first aid, and not freaking out if someone has a seizure. It also profiles several teens who have it. For ages 12-17

#### **Understanding Seizures and Epilepsy** 11 minutes

This DVD focuses on seizure recognition and first aid. It combines footage of real seizures to assist in identification. People with epilepsy also talk about what their seizures are like and how they impact their lives. For ages 13 and up