

# ZEEBA AND THE SEIZURE

As you watch and read along the "Zeeba and the Seizure" story book, use these activities to help you follow along and understand. Ask an adult for help!

Zeeba is a special zebra in the book. Can you colour her special dress as she goes to school?



Can you colour the words that Zeeba uses to describe how she feels as she goes to school?

tired

blinking

happy

strange

normal

dizzy

not hungry

laughing

eyes  
blinking

THESE ARE WAYS A KIDS CAN FEEL WHEN THEY ARE ABOUT TO HAVE A SEIZURE!

# ZEEBA AND THE SEIZURE

Zeeba fell down at school, and started shaking for the first time. This was very scary for everyone.

Do you remember what the principal at the school did? Colour your answers.

STAYED  
CALM

CALLED  
AMBULANCE

WENT WITH  
ZEEBA



Draw how Zeeba must have felt as she was going to the hospital after her seizure.



# ZEEBA AND THE SEIZURE

In the book, Zeeba mentions some special tests one can do to see if they have epilepsy. Colour the machines below that show each test sample.



## **MRI** **MAGNETIC RESONANCE** **IMAGING**

This is a test that uses radio waves to create image of the brain.

## **CT-SCAN** **COMPUTER** **TOMOGRAPHY**

This is a test that uses a computer to take x-rays of the brain.





# ZEEBA AND THE SEIZURE

In the book, Zeeba mentions some special tests one can do to see if they have epilepsy. Colour the machines below that show each test sample.



## EEG ELECTROENCEPHALOGRAM

This is a test captures electric signal from the brain that can be studied.



# ZEEBA AND THE SEIZURE

The doctor tells Zeeba she has EPILEPSY. Epilepsy is when you have at least two seizures or one seizure and a test that shows the electrical signals in your brain are acting up.

A person with epilepsy may have many triggers - things that cause more seizures. Can you colour the words that are in the book and draw how it could feel to have a seizure?

STRESS

FEELING  
TIRED

FLASHING  
LIGHTS

FULL  
STOMACH

MEDICATION

EMPTY  
STOMACH

BEING  
SCARED

# ZEEBA AND THE SEIZURE

WHAT ARE THE THREE MOST IMPORTANT STEPS YOU CAN TAKE TO HELP A PERSON WHO HAS A SEIZURE?

## STAY CALM

Do not panic when you see a person having a seizure.



## PLACE THEM ON A SIDE

Place the person on their side gently.

## KEEP THEM SAFE

Clear away all objects from the area, so they do not hurt themselves!

