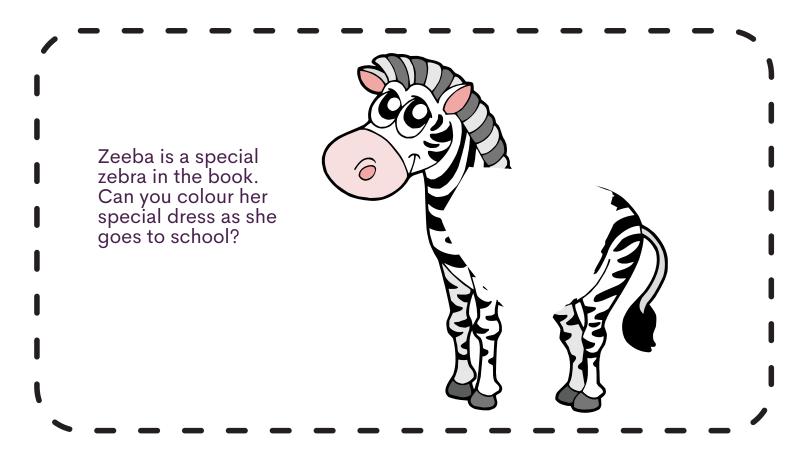
As you watch and read along the "Zeeba and the Seizure" story book, use these activities to help you follow along and understand. Ask and adult for help!



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 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.





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

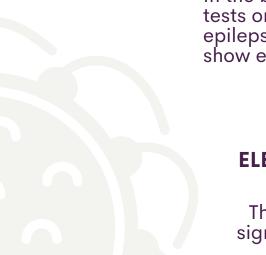
This is a test that uses radio waves to create image of the brain.

#### CT-SCAN COMPUTER TOMOGRAPHY

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







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.





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 FLASHING FULL STOMACH

MEDICATION

EMPTY STOMACH BEING SCARED

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!



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