

My Confidence Kit

Be prepared. Feel supported. Stay confident.

Have each teen create a physical or digital Seizure Confidence Kit. It's a collection of important information and helpful items that can bring peace of mind — and help you feel ready, not afraid.

PLAN
PREPARE
BE YOU



Your kit could include:



Important
emergency
information



A list of people
who know about
their epilepsy



Medication/
rescue medication
information
(as appropriate)



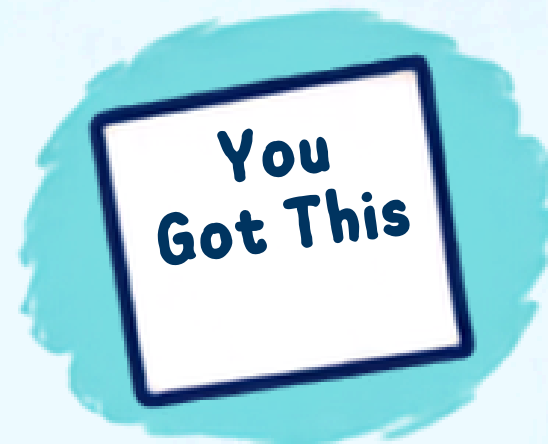
A reminder of
their seizure
action plan



Emergency
contacts



A favourite
calming activity



A positive
message to
themselves



Headphones, fidget,
drawing materials, or
another calming item

"This isn't a kit because
something bad will happen.
It's a kit because I like
knowing I'm prepared."



CONFIDENCE
LOOKS GOOD
ON YOU