



Using this resource is stage three of becoming an Epilepsy Smart School. Don't forget to register!☺

epilepsy
AUSTRALIA

Teacher Activities: Build a Story Book (Foundation to Upper Primary)

National Curriculum areas:

Foundation:

- *Being healthy, safe and active (ACPPS003)*
- *Communicating and interacting for health and wellbeing (ACPPS004, ACPPS005)*
- *Contributing to healthy and active communities (ACPPS006)*

Years 1-2

- *Being healthy, safe and active (ACPPS017)*
- *Communicating and interacting for health and wellbeing (ACPPS019, ACPPS025)*

Years 3-4:

- *Interacting with Others (ACPPS037)*
- *Understanding emotions (ACPPS038)*
- *Discuss and interpret health information (ACPPS039)*

Years 5-6:

- *Community health promotion (ACPPS058)*
- *Valuing Diversity (ACPPS060)*
- *Understanding Emotions (ACPPS056)*

Other learning areas: Art, literacy, social learning

Sample Lesson Plan: Charlie's Big Problem

Aim: By the end of this lesson the class will have completed a story book for the classroom that provides instruction as to how to react during an epileptic seizure and normalises the condition.

If you have older students, they can make the book for use in a more junior classroom.

Estimated time: 40-60 minutes dependant on drawing abilities.

Materials:

- Charlie's Big Problem book (to print)
- Print out blank book on single sided paper. You can use A3 or A4 sized.
- Remember to leave enough room on the left side for binding/stapling.
- Word search
- Fill the gaps (younger students)

Background on Epilepsy for teachers is available from:

<https://www.epilepsyfoundation.org.au/>

A student friendly resource about epilepsy from our friends at Cheeky Neurons . They can also do school visits. <https://www.cheekyneurons.com/>



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Possible Introductory Approaches: Choose which you like

- Talk about pets. Does anyone have a pet with an allergy? Does anyone take their pet to the dog park?
- Explain how the brain sends electrical signals to the body to create movement and how epilepsy affects the brain. When seizures occur too many electrical signals occur at once and this creates the known symptoms of epilepsy. There are over 40 types of seizures and the experience is highly individual. 70% of people with epilepsy can control their seizures with medication.

New Vocabulary:

- Snoot = nose
- Noggin = head
- Seizure = Seizures are when parts of the brain are over active and this makes different parts of the body react and move.
- Epilepsy = Epilepsy is a brain condition when electric signals get mixed up and this causes seizures.

Main Activity:

Step 1:

Read through the story and ask students to imagine what the characters look like. You may want to read the blank story book to the class and ask what is missing from the book.

Step 2:

Introduce three dog characters: Charlie, Bella (small) and Boof (big). What do they look like? What colour are they? Do they have a collar? Etc. Write identifying features on the board for book continuity. This can be anything as long as it is consistent so the pictures follow the narrative.

Step 3:

Divide the pages of the book between students. Students discuss with their classmates ideas for their pages and make a plan. Depending on your class you may wish to have students work in pairs so they can divide up the illustration duties.

Step 4:

Complete and bind the fabulously illustrated book!

Don't forget to include the fact page at the end and to go through basic seizure first aid: Be a good friend, keep the noggin safe, reassure the person, and get an adult. Older students can also learn about the recovery position and timing the seizures. Extra resources can be found at the Epilepsy Foundation, Epilepsy Australia, and Cheeky Neurons websites.



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Follow Up Activities:

Leave the book in your classroom for free reading time or visitors.

Students can complete Wordsearch and/or Fill the Gap.

Read through and discuss: Why was Charlie scared of telling his friends? What are some of the ways they could have reacted? What is the best way to react when someone shares important information? How would you tell someone important health information?

Scan the book and send us a PDF so we can put it in our awesome all-star gallery!

For more information and support, contact the Epilepsy Foundation.

<https://www.epilepsyfoundation.org.au/>

<https://www.epilepsysmartschools.org.au/>

General Information Line: 1300 761 487

Charlie's Big Problem

By



Charlie was a dog who had big floppy ears, a wet nose, and giant feet.

Charlie's family decided to take him to the dog park.

Charlie was very excited on the car trip there and stuck his head out the window.

When Charlie arrived there were lots of dogs.

Charlie quickly made friends with two other dogs. Boof was big and Bella was small.

They ran around, rolled on the ground, and chased a ball all about the park.

Eventually the ball fell into a small lake.

Charlie ran to the edge of the lake and stopped.

“Are you going to get the ball, Charlie?” Bella, the small dog asked.

Charlie felt scared. He wasn’t allowed near the water.

“I’m not allowed to go in.” He answered and felt nervous about telling his new friends why.

“Why?” Asked Boof, the big dog. “Are you afraid of the water?”

“I am.” Bella replied. “The water is so deep and I am so small.”

“It’s not that.” Charlie mumbled. He didn’t want to tell in case his new friends didn’t like him anymore.

“I once went to the beach and was hit by a big wave. It was scary.” Boof added.

“I’m not scared of the water. It’s just....” He stopped.

Boof and Bella’s heads tilted waiting for an answer.

“I have epilepsy. I’ve had it since I was a puppy.” Charlie decided to be brave. He wasn’t scared of the water but he was scared of what his friends thought.

His friends’ heads tilted some more.

“What’s that?” Bella finally asked.

“It means that sometimes I have seizures. My brain signals get mixed and I tense up, then fall on the ground and shake. Other times I daydream and forget where I am. It only lasts a short time and then I’m alright.” Charlie explained.

“Is it like fleas?” Boof asked. “I got fleas and my family put powder all over me and locked me in the yard.”

“I caught fleas down a wombat hole.” Bella added. “We can’t catch it like fleas, can we?”

“It’s not like fleas, though I do take medicine. This stops my seizures.” Charlie’s side started to feel itchy at the thought of fleas.

“Is it scary?” Boof asked and started scratching himself. He too was thinking of fleas.

“At first. I had to go and see Vanessa the vet lots of times. She did lots of tests and gave me medicine to take every day. It tasted bad but now my family covers it in cheese. It’s better.” His mouth watered thinking of cheese. Charlie liked cheese.

“Could you have a seizure now?” Bella looked worried and her eyebrows raised in concern.

“Maybe. But if I do you need to make sure I am safe, that I don’t hit my noggin or my snoot on anything... and get my family. That’s important.”

“Your noggin?” Boof tilted his noggin and wrinkled his snoot.

“My head.” Charlie explained.

“Ahhh. That would hurt. So we should make sure it is not near anything hard.” Boof understood.

“And get your family?” Bella confirmed.

“Yup.” Charlie replied. This had been easier than he thought.

“Cool.” Boof scratched his ear and looked towards the lake. “Do you want me to get the ball?”

“That would be awesome!” Charlie was relieved. He had been so scared to tell his new friends but they had mainly worried about fleas.

Boof jumped into the lake and got the ball. It was slimy from the lake and shot out of his mouth onto the grass.

Charlie and his friends scrambled to chase it.

The three friends made a good team and chased the ball all around the park.

Bella could get it from small spaces.

Boof could retrieve it from high bushes and in the lake.

And Charlie was the fastest of them all and could jump high and catch the ball mid-air.

At the end of the day the friends were happy to go back to their homes and sleep.

Charlie thought about his new friends and what it would be like to meet up again next week.

As he thought about Boof and Bella, his ear itched.

He hoped it wasn't fleas.

Did you know?

- 1 in 100 people have epilepsy. Do you know 100 people?
- People with epilepsy are just like everyone else. Most epilepsy can be controlled with medicine.
- Sometimes the scariest part of having epilepsy is telling others because in case they are not kind. Always be kind.
- Epilepsy is a brain condition when electric signals get mixed up and this causes seizures.
- The collective noun for fleas is a swarm.
- Seizures are when parts of the brain are over active and this makes different parts of the body react.
- Anyone can get epilepsy. Dogs can also get epilepsy.

If someone has a seizure:

1. Make sure they don't hurt their head. Placing a jumper underneath the head can help.
2. Get an adult. If you can, have someone stay with the person while the other gets help.
3. Be their friend. They may be sad or confused after a seizure.



Charlie's Big Problem



Can you fill the gaps?

Charlie went to the park and made some new dog, Boof and Bella. They chased a ball until it went into the water. Charlie was not but he could not go into the

He was afraid to tell his friends that he had epilepsy and that was why he could not go into the water. He wasand told them and they tilted their heads thinking. They understood that it was not as bad as fleas and were not scared. If Charlie had a problem, they would get hisand make sure his is safe.

Charlie was and chased the ball until it was time to go..... He his new friends.

Answers:

Happy, liked, noggin, family, water, brave, scared, friends, park

Answers:

Charlie went to the park and made some new dog friends, Boof and Bella. They chased a ball until it went into the water. Charlie was not scared but he could not go into the water.

He was afraid to tell his friends that he had epilepsy and that was why he could not go into the water. He was brave and told them and they tilted their heads thinking. They understood that it was not as bad as fleas and were not scared. If Charlie had a problem, they would get his family and make sure his noggin is safe.

Charlie was happy and chased the ball until it was time to go home. He liked his new friends.



Charlie's Big Problem



P O A N Q H S O G E R N I
U S U O V R E N R O O M O
C A T B A H U L O M N E S
G H S Z V B N Q P O U D R
U D E P I L E P S Y T I F
S P I E C R G J A E R C T
D P Z N S O H A F R A I D
N O U D B E L W E B N N E
E E R N O G G I N G I E O
I K E F X M T O T E A M L
R M D S A E L F N F R N O
F V K J C N I Y U E B T M



Can you find these words?

EPILEPSY
SNOOT
FRIENDS
SAFE
SEIZURE
FLEAS
HELP

BRAIN
TEAM
NERVOUS
MEDICINE
AFRAID
NOGGIN
CHEESE

Answer:

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