



**True or False Activity:** Read the following statements below and circle the correct answer.

1. Someone who is having a seizure may look like they are daydreaming.  
TRUE / FALSE
2. If I see someone on the ground and shaking, I should leave them alone.  
TRUE / FALSE
3. If I see someone start mumbling and walking around unusually, I should try to stop them.  
TRUE / FALSE
4. I should always tell an adult if I see someone having a seizure.  
TRUE / FALSE
5. I can get epilepsy if I get too close to someone else living with epilepsy.  
TRUE / FALSE
6. A seizure is caused by a burst of uncontrolled electricity in the brain.  
TRUE / FALSE



**Let's Talk about epilepsy! Answer the questions below in your own words.**

1. What is epilepsy?

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2. What is a seizure?

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3. What are some signs that someone may be having a seizure?

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4. I can help someone having a seizure by...

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5. If I see someone having a seizure I should NOT...

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6. Something new that I learned about epilepsy today is...

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**Let's Talk about Purple Day! Answer the questions below in your own words.**

1. What is Purple Day?

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2. I think Purple Day is important because...

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3. I can help people living with epilepsy by...

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4. This year for Purple Day I am going to...

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5. Cassidy Megan created Purple Day to help teach people about epilepsy. If I could create a day, it would be to help teach people about...

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## Teacher's Answer Key

### Activity: True or False

1. *Someone who is having a seizure might look like they are having a daydream*

**A: TRUE**

**Teacher Response:** The correct answer is true. Some people have Absence seizures that might look like they are staring or blinking quickly.

2. *If I see someone on the ground and shaking, I should leave them alone*

**A: FALSE**

**Teacher Response:** The correct answer is false. Remember your seizure first-aid. Call for an adult, stay calm, make sure that the area around them is safe, put something soft under their head, call 9-1-1 if the seizure lasts longer than 5 minutes. Never put something in their mouth or try to restrain them.

3. *If I see someone start mumbling and walking around unusually, I should try to stop them*

**A: FALSE**

**Teacher Response:** The correct answer is false. You can not stop a seizure and you may hurt someone if you try to. Instead, look around and make sure that the person is safe. Stay with them and walk with them. When the seizure is over find them somewhere to sit down.

4. *I should always tell an adult if I see a seizure*

**A: TRUE**

**Teacher Response:** The correct answer is true. You should always tell an adult if someone has a seizure.

5. *I can get epilepsy if I get too close to someone else living with epilepsy.*

**A: FALSE**

**Teacher Response:** The answer is false. You can not get epilepsy from someone that is living with epilepsy. Seizures are caused by too much electricity in the brain.

6. *A seizure is caused by a burst of uncontrolled electricity in the brain.*

**A: TRUE**

**Teacher Response:** The answer is true. A seizure occurs when the electricity in our brain gets out of control, and then our brains become overloaded and need a 'reboot', just like Lily explains in the video.



## Teacher's Answer Key

### Activity: Let's Talk About Epilepsy

#### 1. What is epilepsy?

Epilepsy is a condition that affects the brain. People living with epilepsy experience seizures.

#### 2. What is a seizure?

A seizure occurs when there is a lot of electricity in all, or part of the brain. A seizure can cause a person to: stare blankly, blink rapidly, their body might become stiff before collapsing to the ground and shaking, they might pick at their clothes, and/or they might talk and wander. Seizures will look different depending on the person.

#### 3. What are some signs that someone may be having a seizure?

Some common signs are: The person may suddenly stop what they're doing, start staring blankly like they're daydreaming, blink repeatedly, and/or stop talking; Their stomach may get upset; they may feel dizzy; fall to the ground and start shaking.

#### 4. I can help someone having a seizure by...

Make sure that I stay calm.

Call for an adult.

Removing any dangerous objects out of the way so they're safe.

Stay with them until the seizure is done.

#### 5. If I see someone having a seizure I should NOT...

Try to "wake them up" or get them out of their seizure.

Put something in their mouth.

Make fun of them.

Ask them too many questions when the seizure is over.

#### 6. Something new that I learned about epilepsy today is...

Answers are subjective but should reflect positive character growth and answers based in scientific understanding.



## Teacher's Answer Key

### Activity: Let's Talk About Purple Day

#### 1. What is Purple Day?

Answer: Purple Day is a special day that helps people talk about epilepsy.

#### 2. I think Purple Day is important because...

Answers:

It teaches people about what epilepsy is.

It helps stop myths about epilepsy.

It tries to stop people from bullying others with epilepsy.

It helps us learn how to help people living with epilepsy.

#### 3. I can help people living with epilepsy by...

Learning more about seizure first aid.

Learning more about epilepsy .

Telling my friends and family what I know about epilepsy. ➤

Celebrating Purple Day.

#### 4. This year for Purple Day I am going to...

Response is subjective but should be in line with the character traits.

#### 5. Cassidy Megan made Purple Day to help teach people about epilepsy. If I could create something to help people it would be...

Response is subjective but should be in line with the character traits.