



KS2 Epilepsy awareness & first aid lesson

Better futures for
young lives with epilepsy
youngepilepsy.org.uk

**Epilepsy is much more
common than people realise**

**Epilepsy can take effect
suddenly for a short time**

**We can all help people with
epilepsy to stay safe**



**Key
point**



Epilepsy



**Key
point**

**Epilepsy is a problem
with the **electrical**
messages in the
brain.**





**Key
point**

**When the electrical
messages in the brain
get muddled up, the
person may have a
seizure.**





**Key
point**



**People who have epilepsy
usually take medication
every day.**

**Do all seizures look
the same?**

Absence seizure



Focal seizures



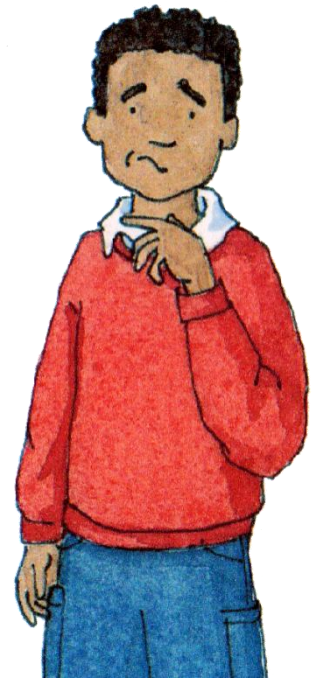
Wandering



Fumbling



Confused
speech



Chewing

Tonic clonic seizure



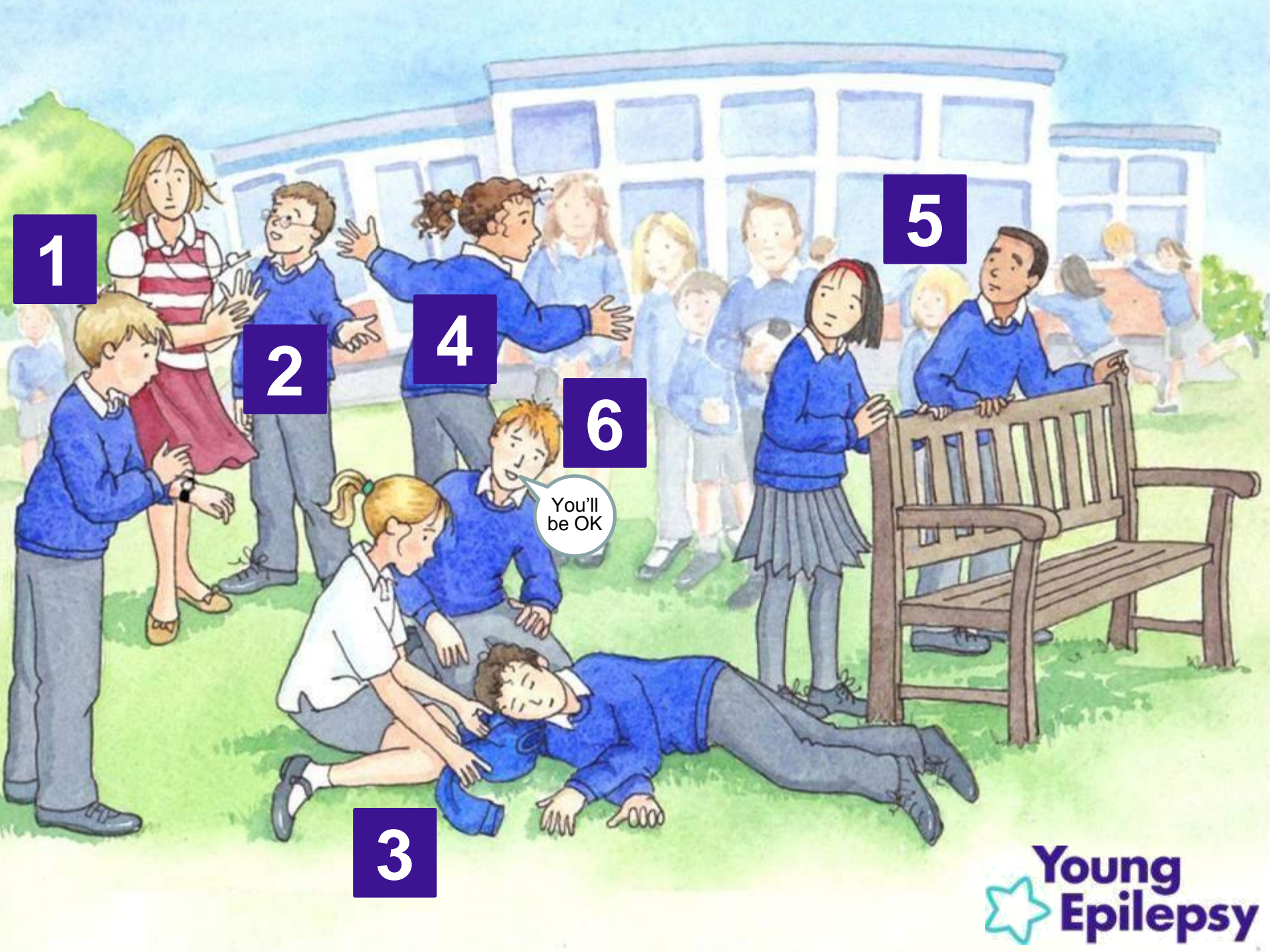
Stiffening



Shaking

What happens during a seizure?





1

2

4

6

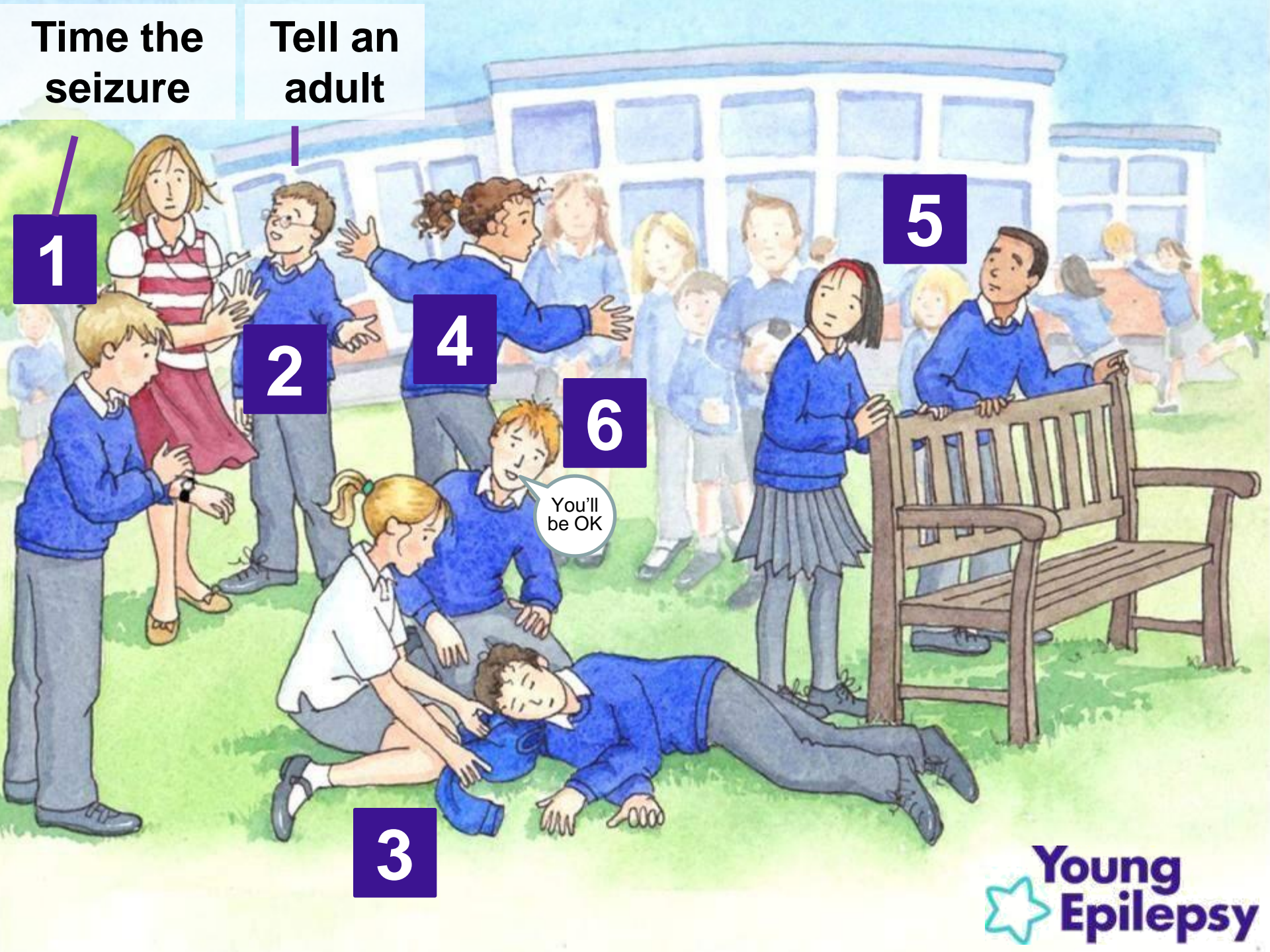
5

3

You'll be OK

Time the seizure

Tell an adult



How to help

1. Time the seizure:

- ✓ Seizures usually stop on their own after a short time.
- ✓ If the seizure lasts for 5 mins or longer, call an ambulance for special medicine.



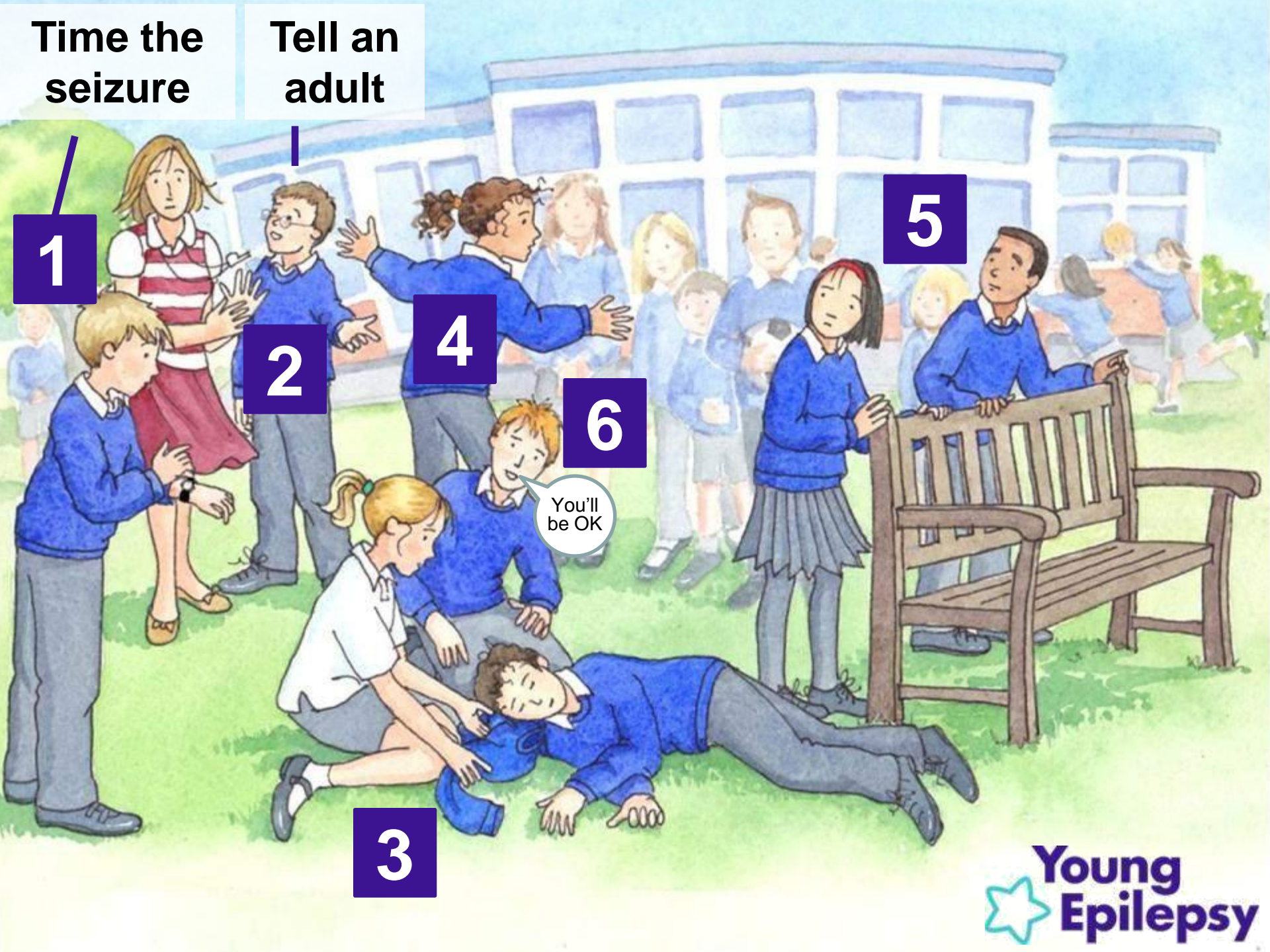
How to help

2. Tell an adult:

- ✓ Stay calm and call for help or send someone else.
- ✓ Don't leave them on their own.

Time the seizure

Tell an adult



Time the seizure

Tell an adult

Keep the area safe

1

2

4

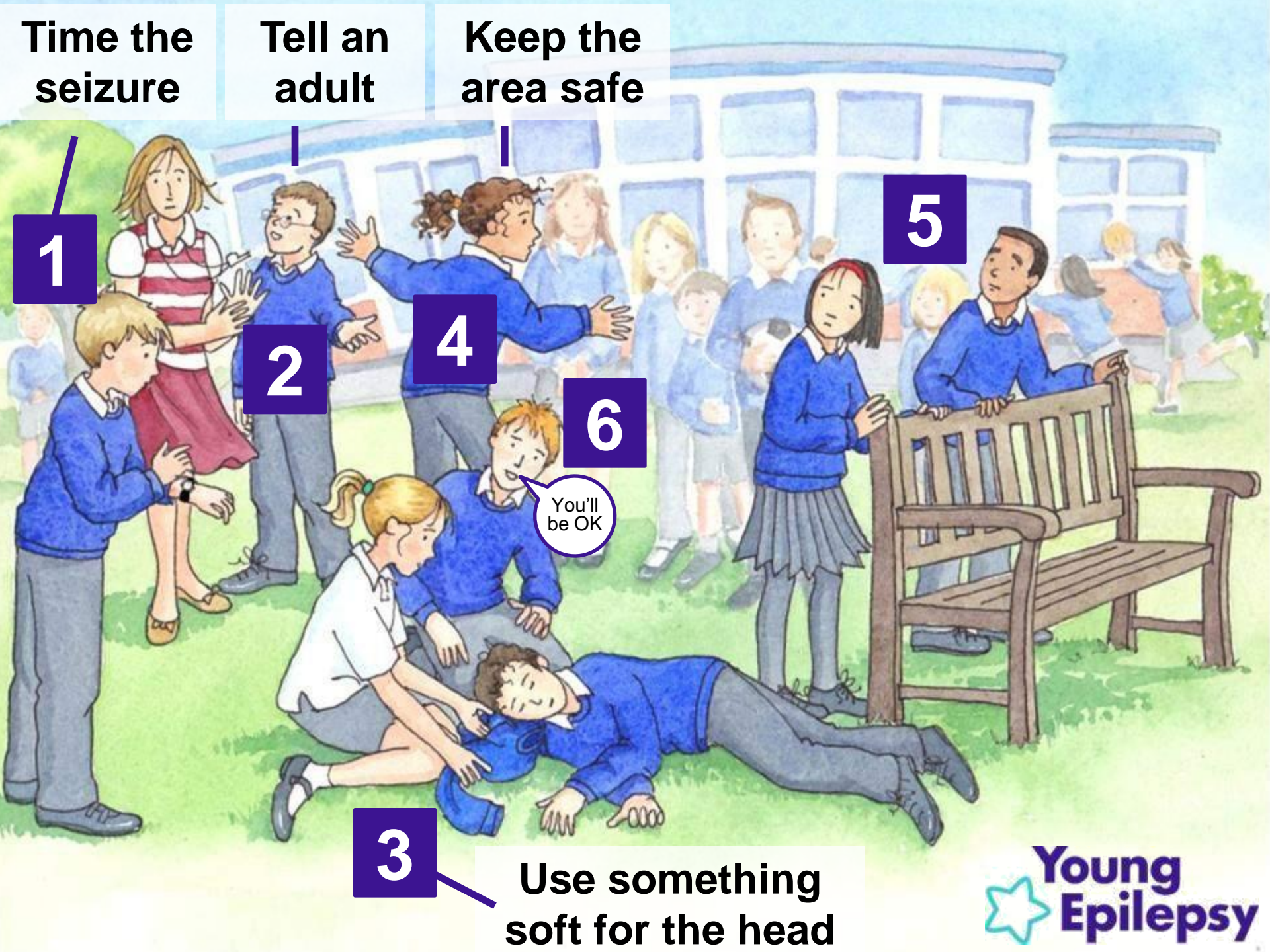
6

5

3

Use something soft for the head

You'll be OK



How to help

3. Use something soft for the head:

- ✓ The head and brain are very important so we need to prevent any injuries.
- ✓ Use anything soft to stop the head banging on the hard ground.



How to help

4. Keep the area safe:

- ✓ Stay with them and keep them safe from danger.
- ✓ Tell people to keep back so the person has space to recover.

Time the seizure

Tell an adult

Keep the area safe

1

2

4

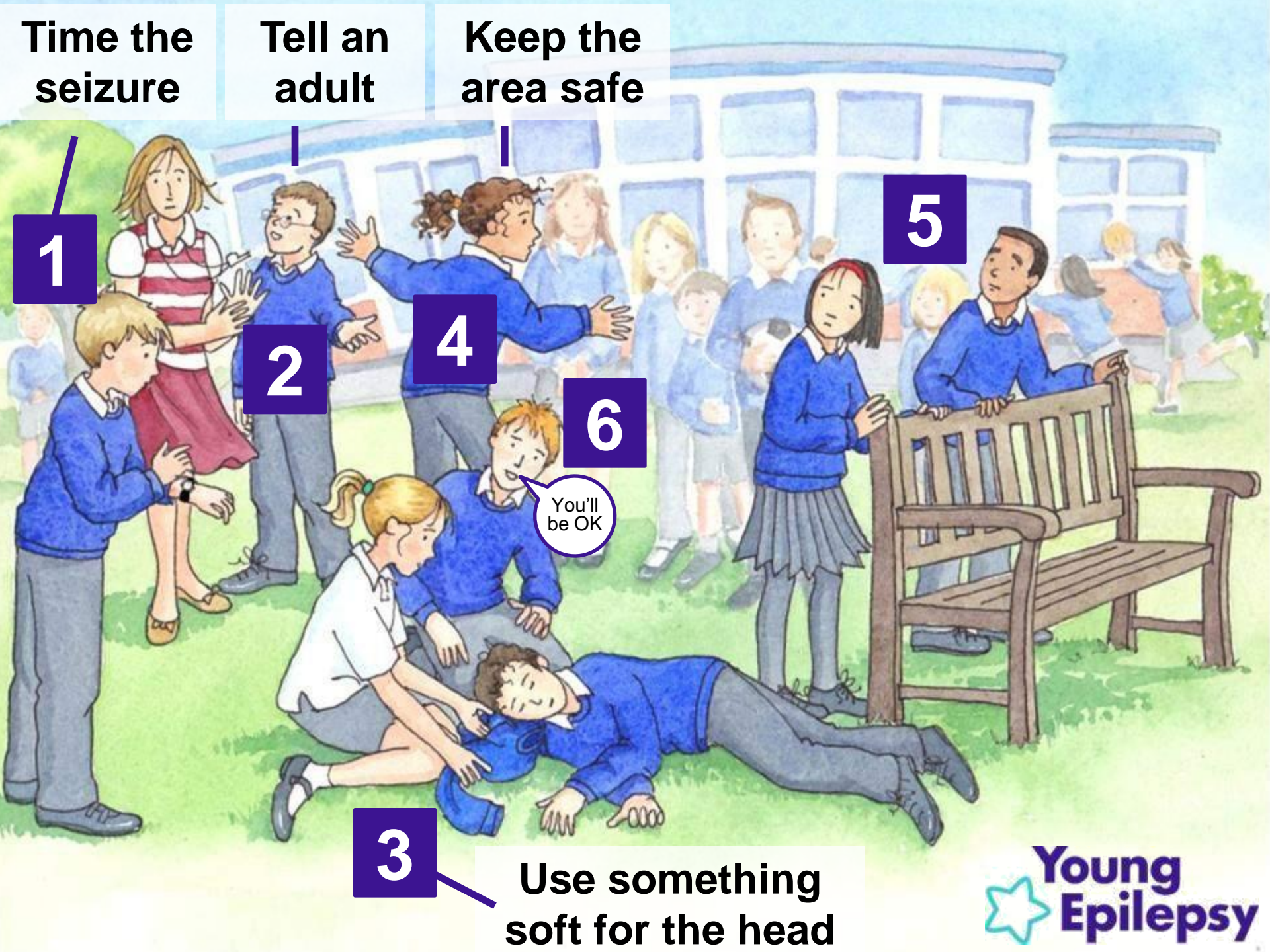
6

5

3

Use something soft for the head

You'll be OK



Time the seizure

Tell an adult

Keep the area safe

Speak calmly and reassure

Move things out of the way

1

2

4

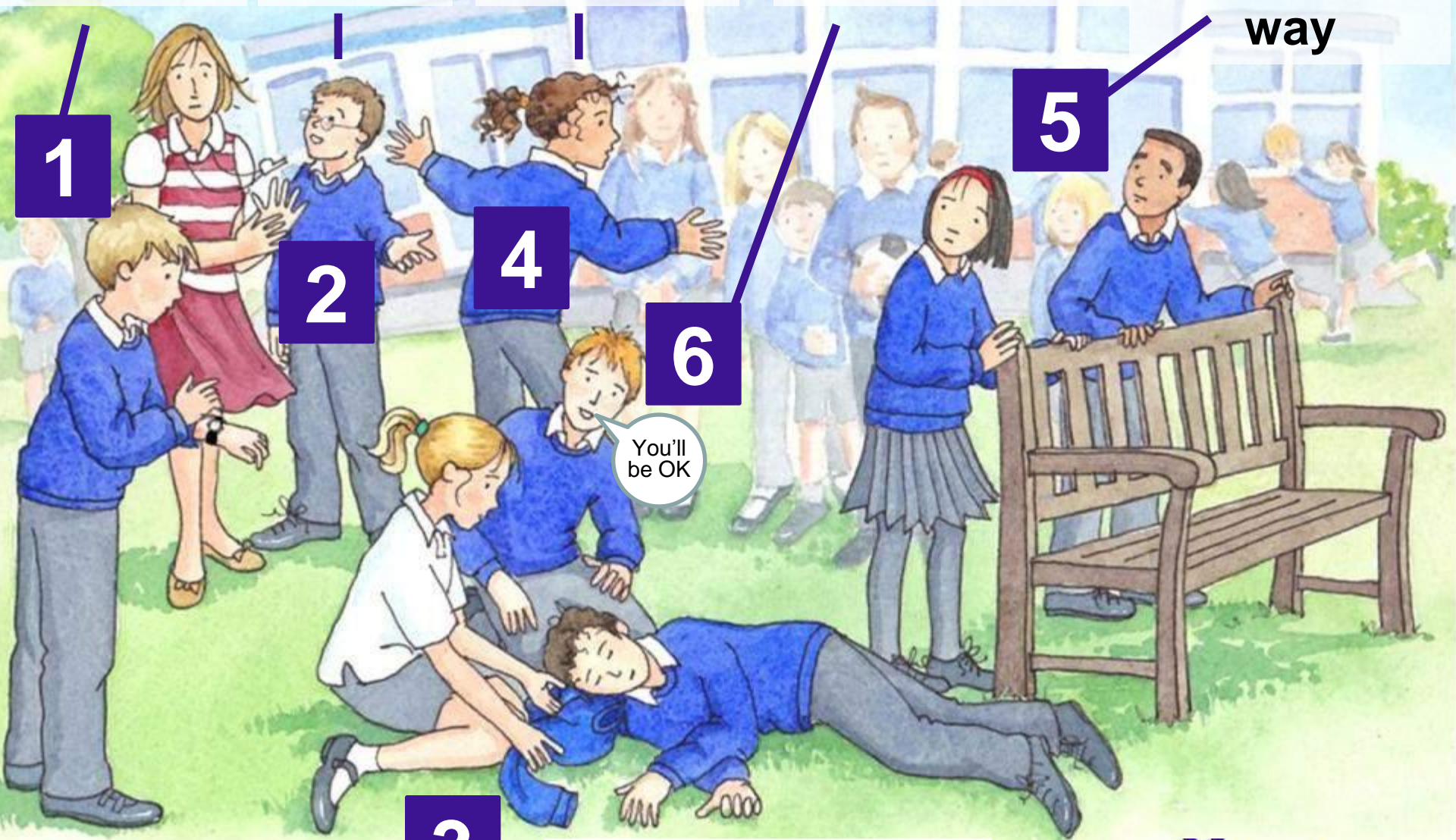
6

5

3

Use something soft for the head

You'll be OK



How to help

5. Move things out of the way:

- ✓ They are not in any pain during a seizure but may be afterwards if they were banging against something.
- ✓ Move objects out of the way.



How to help

6. Speak calmly and reassure:

- ✓ Tell them what has happened and that they are safe.
- ✓ They may be confused and need a rest before they rejoin activities.



**Key
point**



**During a seizure,
keep the person safe.**

Safety

Playground



PE



Classroom





**Key
point**



**People with epilepsy
can join in activities
just like everyone else.**

Time the seizure

Tell an adult

Keep the area safe

Speak calmly and reassure

Move things out of the way

1

2

4

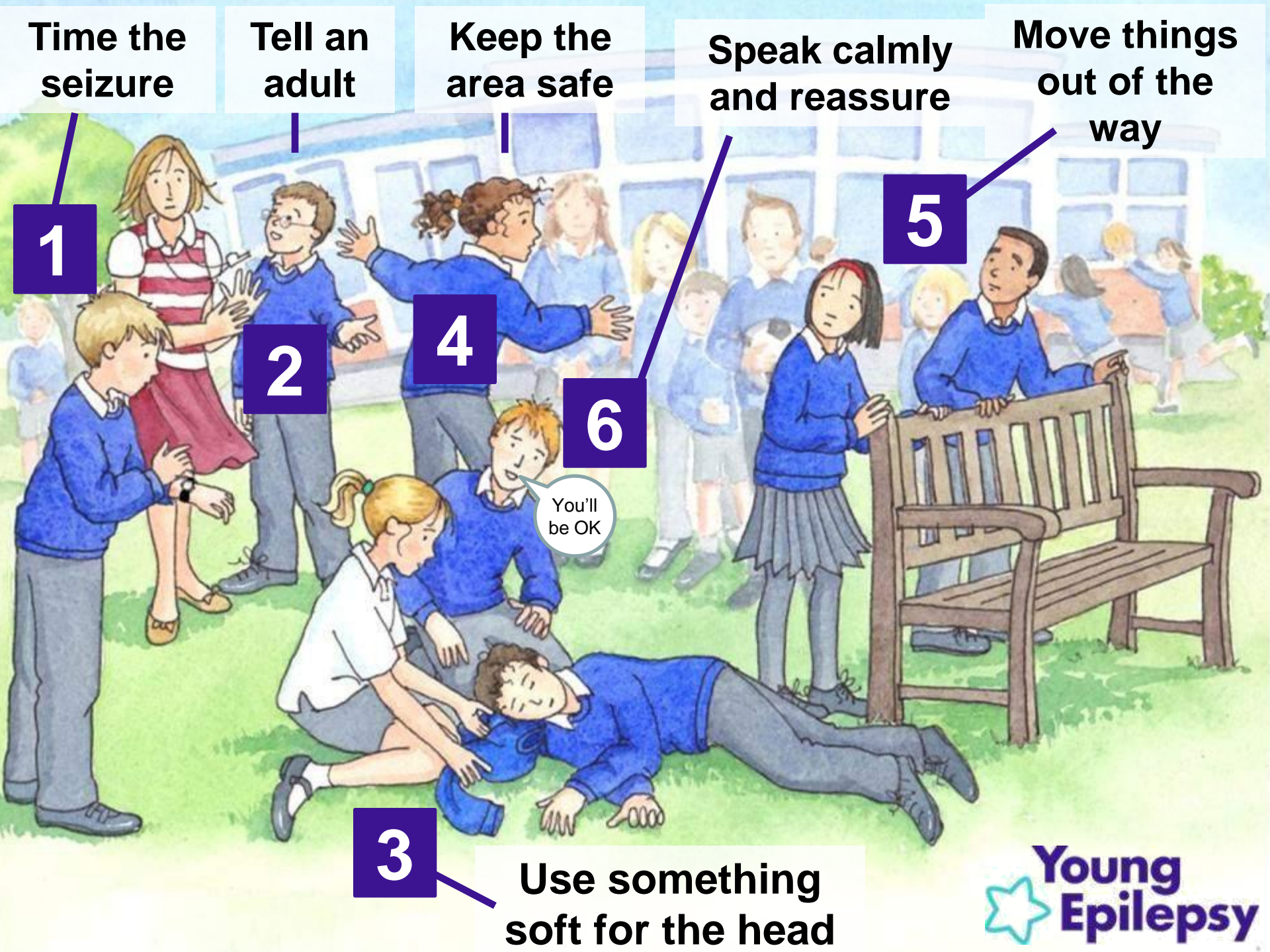
6

5

3

Use something soft for the head

You'll be OK



What other people can do

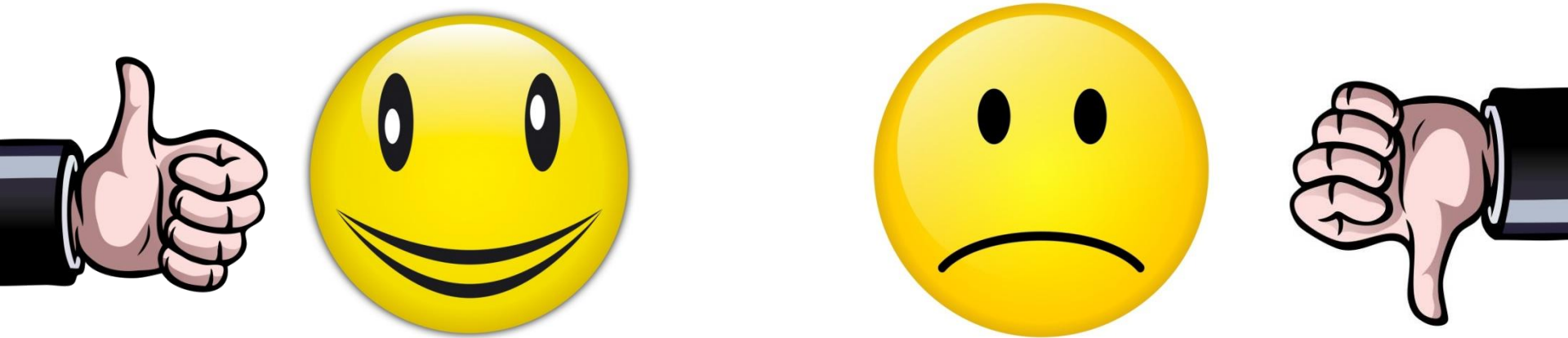


**to make them
feel better**



**to make them
feel worse**

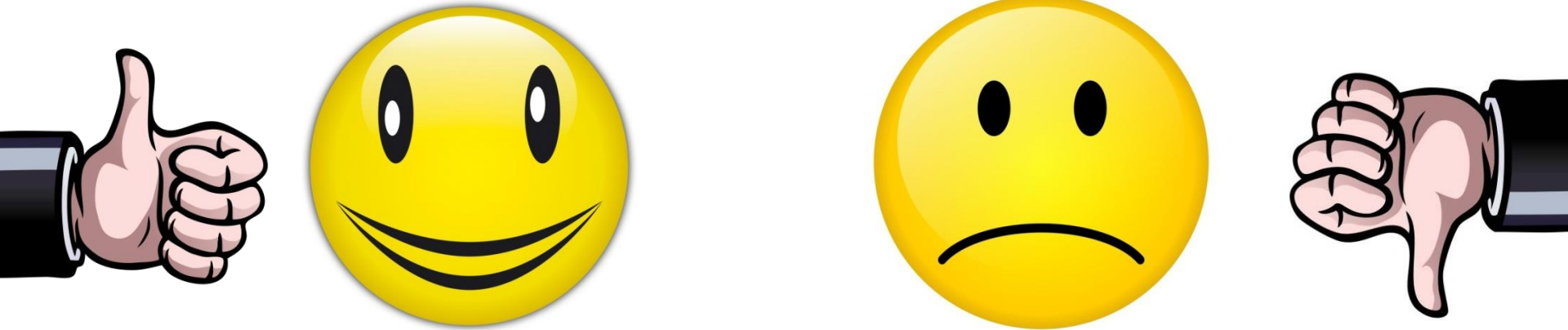
What other people can do



**Crowd
round to
watch**



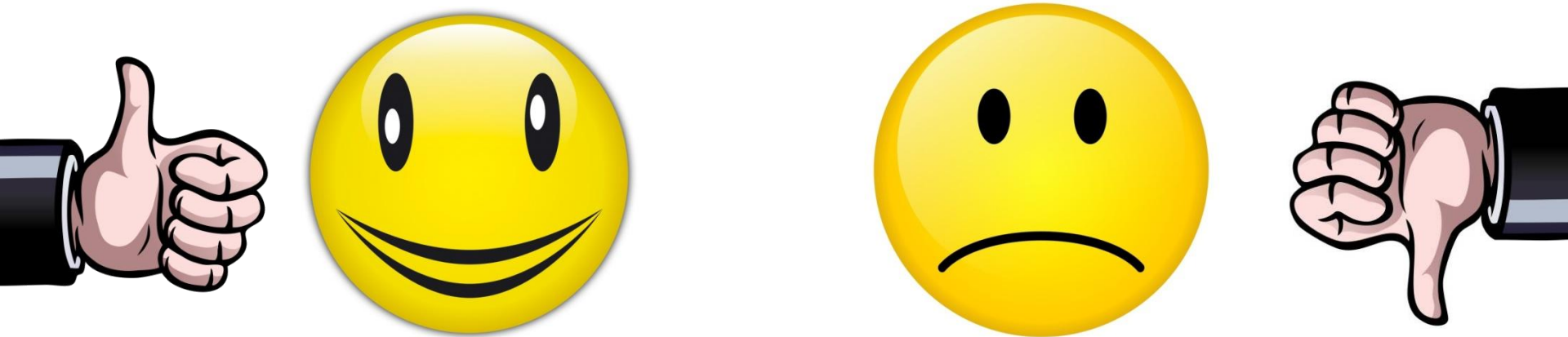
What other people can do



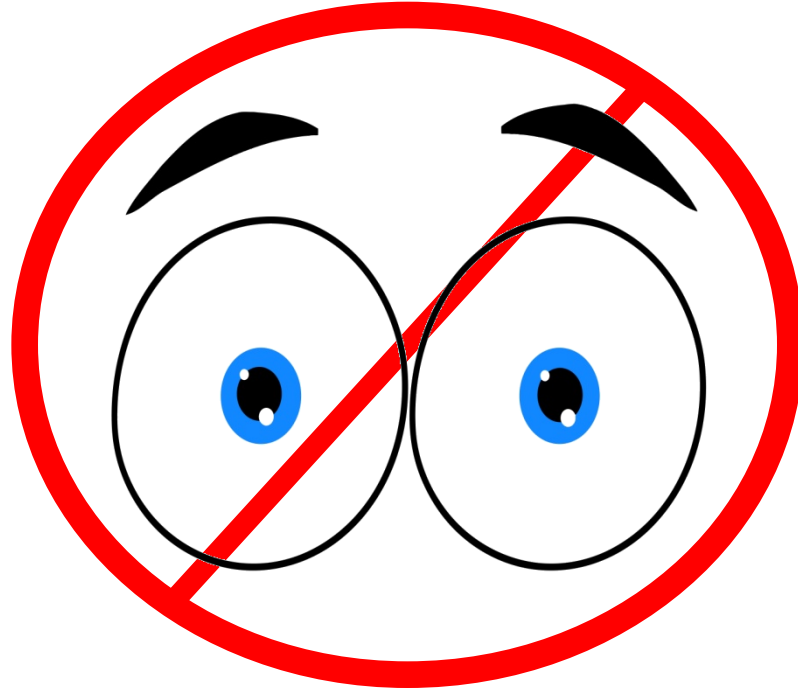
Laugh



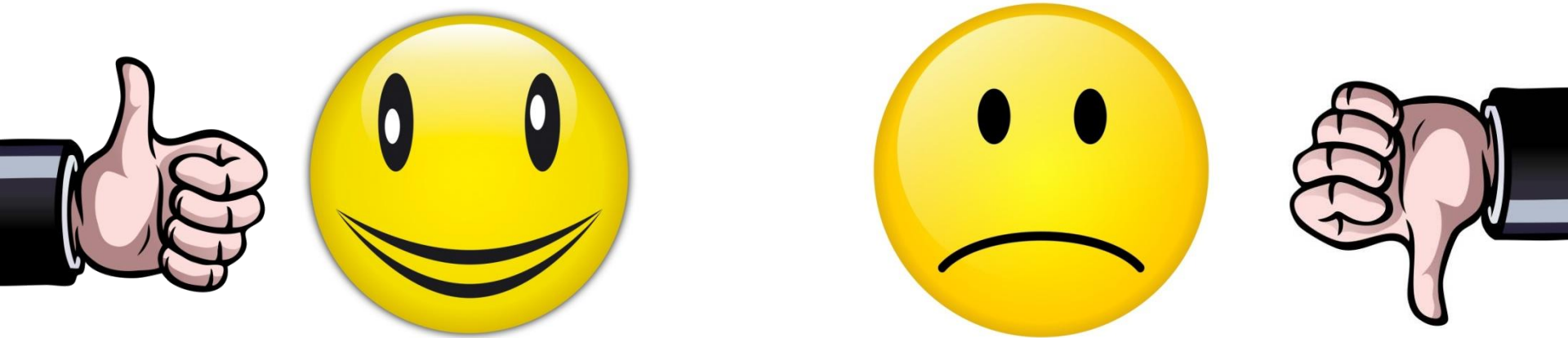
What other people can do



**Don't
stare**



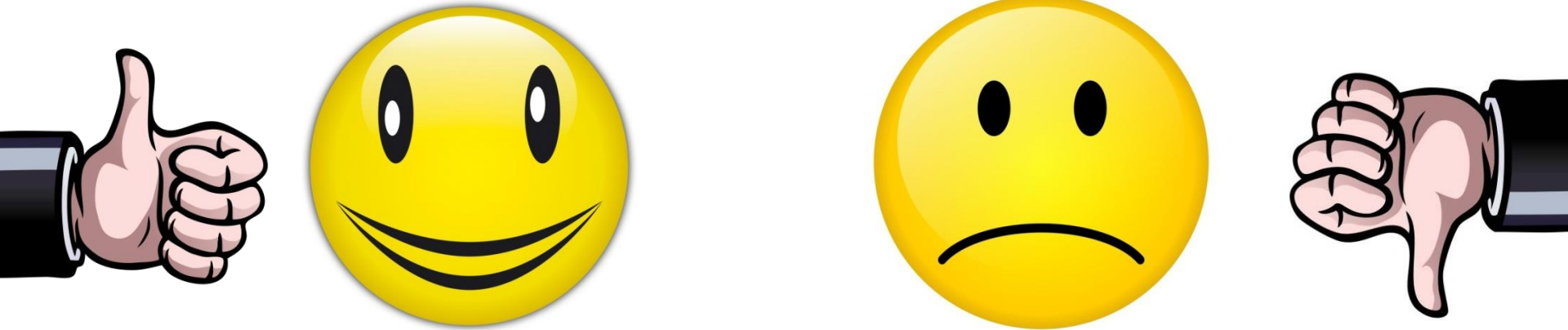
What other people can do



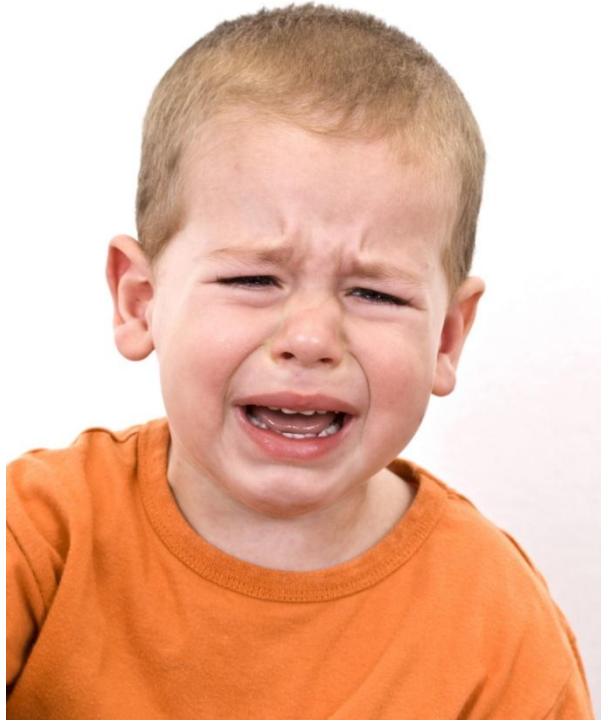
**Keep
away –
give them
space**



What other people can do



Cry



What other people can do



**Listen and
follow
instructions**



Epilepsy quiz

Seizures usually happen suddenly so most people with epilepsy...



A.

**do NOT
have time
to choose
a safe place**



B.

**keep a
cushion
with them
ready**

All seizures cause the person to FALL to the floor.



A. True

B. False

During a seizure, the person ...

A.

**can control
how they
behave
if they
concentrate
very hard**



B.

**cannot control
what their body
does but must
wait until the
seizure stops**

Epilepsy medication
can make the
person feel dizzy,
sick or tired.



A. True

B. False

During a seizure
you should stop
them hurting
themselves by...

A.

**holding their
head and arms**



B.

**moving things
out of the way**



After a tonic clonic seizure, many people feel ...

A.

tired and confused

B.

hungry



Children with epilepsy
often get left out of
activities because...

A.

**they are not well
enough to join in**

B.

**people worry they
will have a seizure**



Epilepsy can make it hard to concentrate on school work.

A. True

B. False

If someone has an absence seizure and misses a question, it is helpful to:



A.

**tell them the
answer**

B.

**tell them the
question**

Key points



Epilepsy is a problem with the electrical messages in the brain.



When the electrical messages in the brain get muddled up, the person may have a seizure.



People who have epilepsy usually take medication every day.





During a seizure, keep the person **safe.**



People with epilepsy can **join in activities just like everyone else.**





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