



**We are all
different**



How are we all different?

Different colour hair, eyes or skin

Different interests

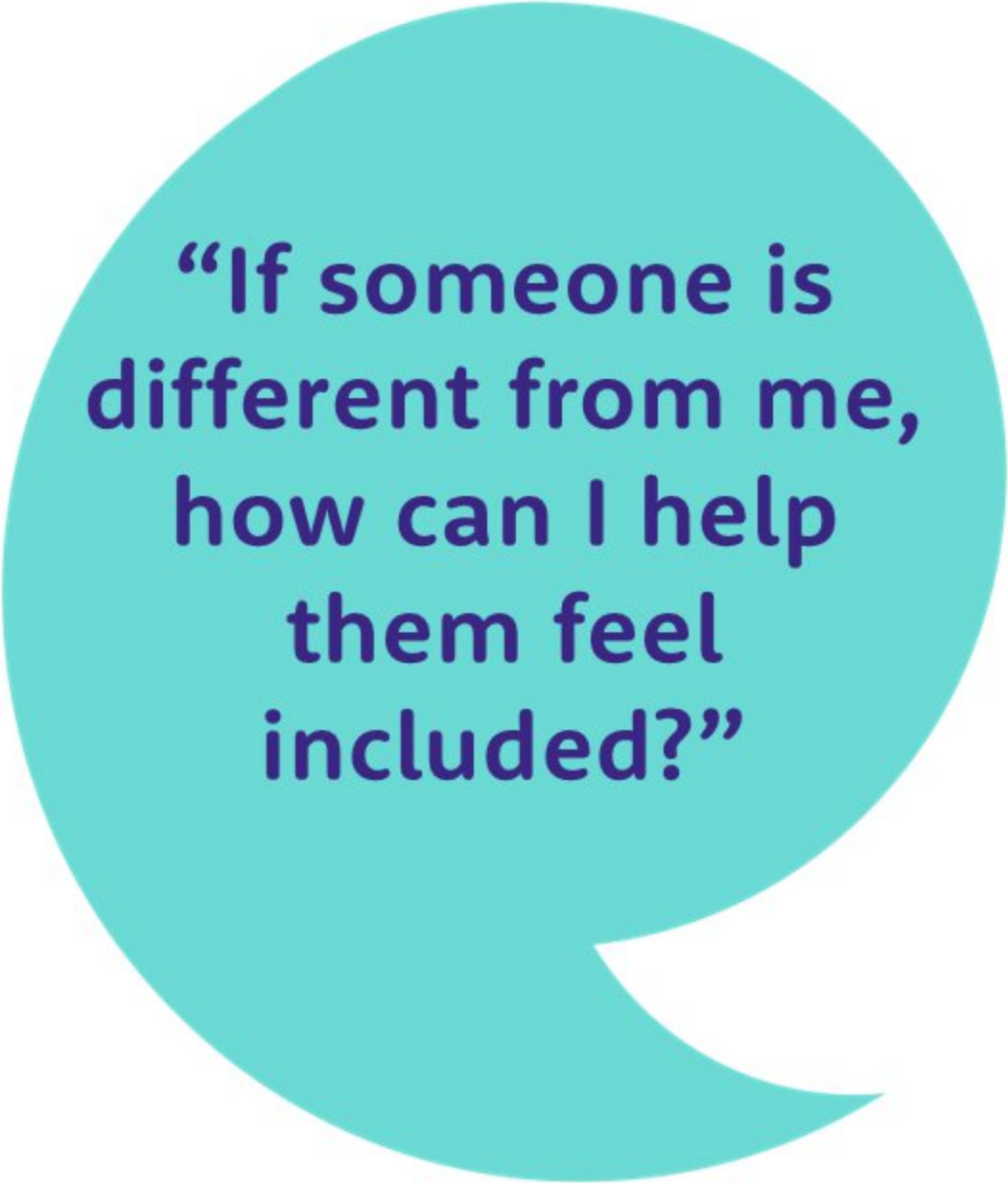
Different families

Different heights

Different shoe size

Different medical conditions or needs





**“If someone is
different from me,
how can I help
them feel
included?”**

IZZY AND JOE'S CAMPING ADVENTURE



Young
Epilepsy

EPILEPSY
ACTION

Working together for children
with epilepsy and their families

Izzy, her twin brother Joe, and their mum
and dad are going camping on a farm.
Lots of their friends are coming too.

The car goes bump! bump! bump!
into the grassy field.



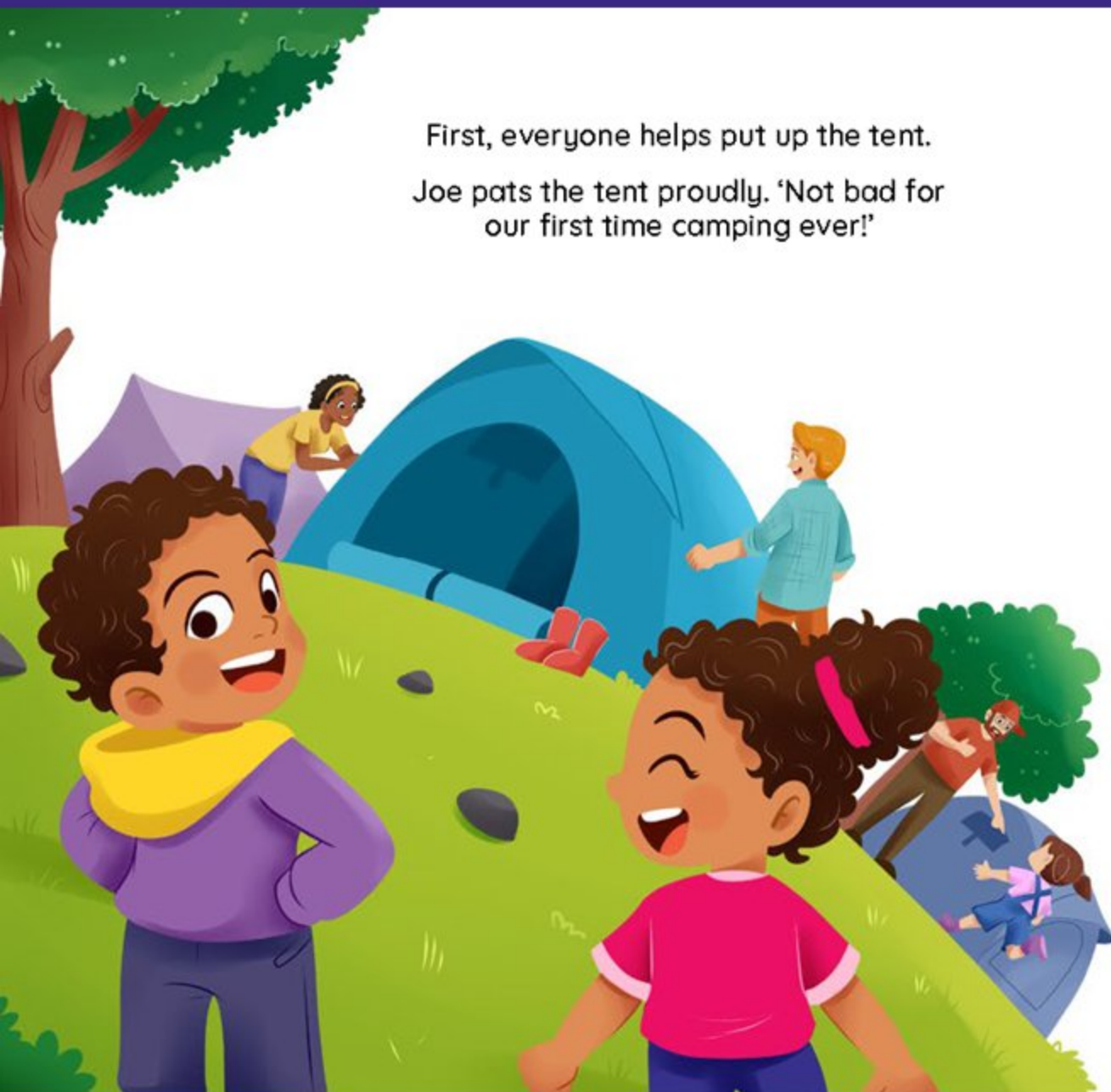
'Dad! I'm squashed!' shout Izzy and Joe
in the back of the car.

'Nearly there!' says Dad.

Everyone jumps out of the car.

There are chickens on the chairs, piglets
under the picnic tables, and Bessy the
goat looking over the gate.

First, everyone helps put up the tent.
Joe pats the tent proudly. 'Not bad for
our first time camping ever!'



Izzy's friend Sara asks, 'Why didn't you
come last time?'
'I wasn't very well, but I'm feeling ok today.'
Izzy explains.



Bessy the goat comes over and
they give her some grass to chew.

After they put the tent up, there's a big football match with all their friends joining in. Joe is super fast, weaving in and out with the ball.

He gets all the way to the other end of the field, shoots and scores.



The match carries on, and Izzy and Joe are racing for the ball. Suddenly Izzy stops running and stands still.



Joe swoops in and kicks the ball into the goal.

Mum goes over to Izzy. 'Did you go blank for a moment, darling?'

'Yes I think so.'



Sara says, 'Hey Izzy, you were just about to score a goal!'

'Let's carry on with the game, then,' says Izzy. 'I want another go!'

This time, Izzy and Sara kick the ball all the way down the field, passing the ball between them. Izzy takes a big shot – and scores! Everyone jumps and cheers.

What a great team!



Then it's dinner time, and there's a barbecue with delicious burgers, chicken wings and sweetcorn.

'Here's your tablet, Izzy,' says Mum.

'Why do you need medicine?'

'Well, my epilepsy means that I sort of go blank sometimes. It's called an absence seizure. So the medicine makes it happen less.' Izzy tells Sara.



'What's that?' Sara is curious.

'Oh, it's just my epilepsy medicine,' says Izzy.

'Did you have it earlier today, when we were playing football?' asks Sara.

'Yes. Some people think I'm daydreaming, but I'm not.'

'What does it feel like, when you go blank?' asks Sara as the kids munch on some crispy, crunchy apples.

'Well, usually I don't really know it's happened unless someone tells me,' Izzy explains.

'Does it happen at school too?' asks Sara.

'Yes, it can be anywhere. So my teacher helps me when I miss things in lessons,' says Izzy.



'I didn't know about your epilepsy, Izzy. I'm really glad you told me.' Sara gives her a hug. 'Want to go and jump on the hay bales now?'

'Yeah!' Izzy can't wait.



After everyone finishes dinner, Sara asks, 'Hey Izzy, we're going on a bike ride now. Are you allowed to come?'

'Yes,' says Izzy. 'I love riding my bike! I'll go get my helmet.'



Everyone goes on the bike ride around the farm. They see the piglets rolling around in a puddle, some sheep in a pen, and a sheepdog snoozing on a haybale.

Izzy's mum rides next to her to make sure she's ok.

When it gets dark, they all sit around the fire.

They eat chocolatey banana and
marshmallow sandwiches.

'This ghostly goat is small and fluffy and her name is Gerty.
Gerty loves eating crunchy toast, crisps and crackers.

If you look carefully, you will spot Gerty's ghostly goat poo on
the grass. If you sniff hard, you can smell her ghostly pong.

You might even hear her ghostly sounds. But Gerty doesn't
go "woooooo!" like normal ghosts. She is always eating
crunchy food, so the sound she makes is:

**'CRUNCH,
CRUNCH,
SLURP!'**

Izzy's mum tells a funny ghost story.

'Did you know that every farm has
a friendly ghost? Well, this farm has
the ghost of a goat!'

'Ooooh!' says everyone.

'MEEHHHHHH!'
says Bessy loudly.

'Ooh! That made me jump!' says Izzy's mum, and
everyone laughs.



Now it's time to snuggle up
in a sleeping bag.



'Mum? Dad?' Izzy calls. 'I'm worried in case I get
that other kind of seizure again.'

Dad asks, 'The tonic-clonic seizure, when you fell down,
and you were shaking?'

'Yes, I don't really remember it but I wet myself, didn't I? Then
I was really tired afterwards, and we couldn't go camping.'

Dad says, 'Yes, that's right. But it's okay, we covered
you with a blanket and put a cushion under your head.'

'If it happens, we'll be here to take care of you.' Mum
gives her a big hug.

'Yeah, it did make me worry a tiny bit about her.'
Joe frowns.



'Izzy does have seizures sometimes, but her
medicine helps it happen less,' says Mum.

'And we all look after each other too,' says Dad.

After a busy day having fun, everyone is sleepy.

Izzy's eyes are just about to close, when she hears a funny noise. Her eyes pop open, and there it is again.

The sound she hears is:



**'CRUNCH,
CRUNCH,
SLURP!'**

Izzy yells, 'Wake up, everyone! I can hear the sound of GERTY THE GHOSTLY GOAT!'



Mum, Dad and Joe jump up.

'What?' says Mum.

'Argh!' says Joe.

Dad unzips the tent and...

... there is Bessy, munching on Joe's wellies.

Everyone laughs, and Dad lets Bessy out of the gate.

'No ghosts, just Bessy!' says Mum.

'That's why camping with Izzy is such an adventure,' says Joe.

'I don't know why I worry about her sometimes.'



'Izzy is just fine, Joe,'
says Dad, and gives him a hug.



Next morning, Bessy comes over.
Izzy gives her a cracker.

**'CRUNCH,
CRUNCH,
SLURP!'**
says Bessy.

'I love camping! I'm so glad we
could come this year,' says Izzy.

'Me too!' says Joe. 'I wonder if Bessy will eat my wellies again
next time?'

'Come on, we're playing football now.' Sara is all set for a match.

'Who's ready to score some goals?' asks Dad.

'I am!' says Izzy.

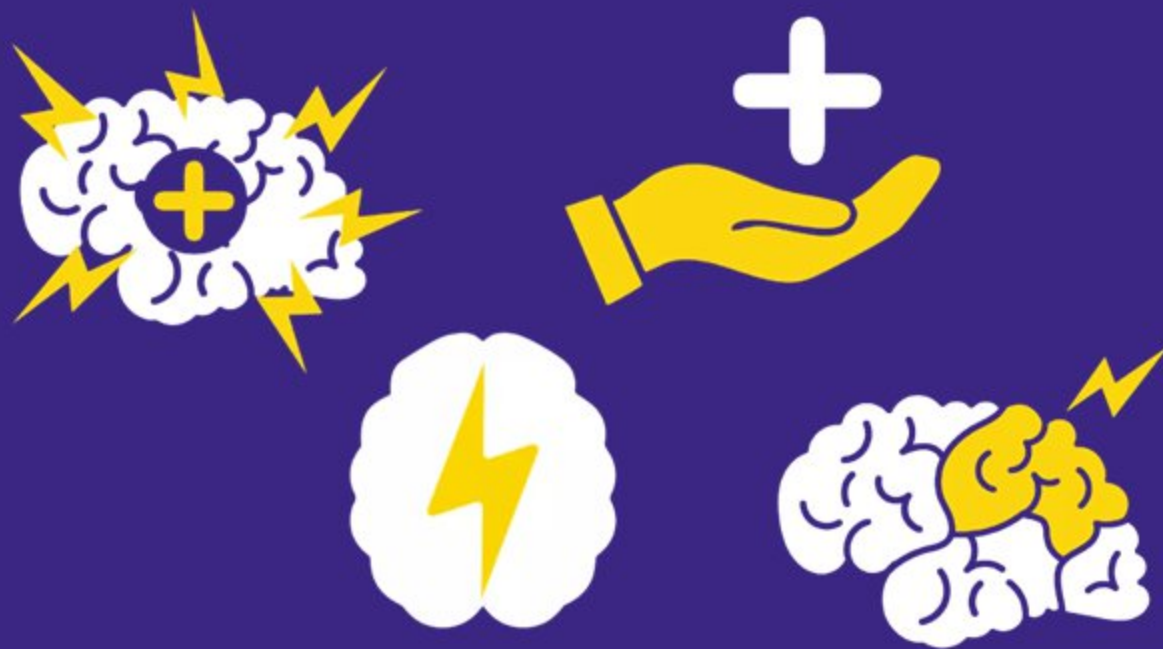


What is epilepsy?

In the story, Izzy talks about having epilepsy. Epilepsy is **a condition of the brain**.

People with epilepsy have seizures. Which is when their brains can get a little bit muddled.

There are **many types of seizures**, and they can affect people in different ways. Some people only have one type of seizure, and some people have more than one type



Seizures can look different

In the story Izzy has an absence seizure. She described this as 'going blank'. It might look like daydreaming.

Another type of seizure she talks about is a tonic-clonic seizure. This is where the person falls to the floor and shakes.



Seizures can look different

In the story Izzy has an absence seizure. She described this as 'going blank'. It might look like daydreaming.

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How do you think Izzy felt when she had a seizure?

If it was you, how would you want to be treated?

Seizures and safety

What can we do if someone is having a seizure?



Try to stay calm



Stay with them



Listen to them



Make sure they're
safe



Tell an adult as
soon as possible

Helping hands

It's important to know how to help someone if they are having a seizure.

Let's make a helping hands display to remind us of the ways we can help and the people we can talk to if we need help.





Including everyone

We have learnt about a condition called epilepsy. We have also thought about how we are all different.

All the things that make us different are good things. Let's celebrate them.

Remember, people with epilepsy are just like everyone else. They can play, learn, and be friends.

Let's make sure everyone is included, in all we do.

together

we

create

possible