

# Art Lesson

Here are some examples written by young people with epilepsy describing how a seizure feels to them.



When I have absence seizures, it is blurry, though I can hear people trying to help me. I go through a lot of embarrassment and emotions in my head.

You can hear echoing and name calling when you're about to come out of one.

I can hear my surroundings but it's muffled like when there is water in your ears. Sometimes I see black dots or shadows or everything goes black. My heart races and my head feels like its going to explode. I feel scared.

Colours and shapes are often a large part of what I see. I often see a colourful spiral in my eyes if I have lost consciousness. If I'm having a focal seizure (where I am conscious), I can see small coloured squares in the corners of my vision.

I get an aura first. It's like a tingling sensation through my body and butterflies in my stomach then I know it's coming.

## Task:

Create a piece of artwork - a painting, drawing, model, collage etc using any medium which describes how a person with epilepsy feels when they are having a seizure.

Send photos of your schools display board with your images to our team at Young Epilepsy.