



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

epilepsy
AUSTRALIA

Teacher Activities-Wordsearches

Suitable for students Years 6-10

Materials: Wordsearches

Epilepsy: Seizures are the tip of the iceberg and ***Epilepsy: Understanding the Brain***

Possible Introductory Approaches:

- Link to asthma and anaphylaxis awareness lessons. E.g. What are some of the conditions we have discussed in class? Discuss differences, inclusion, and the value of diversity.
- Explain that epilepsy is in the brain and that sometimes the brain sends too many signals at once which causes parts of it to get too busy which leads to seizures. These seizures can be big and can affect the whole body or small, and not easy to see.
- Does anyone know a person with epilepsy? If they don't now, it is highly likely that they will in the future. To be a good friend, they will need to understand the condition and be supportive.
- How is epilepsy represented in the media? (Movies show the most extreme cases)
- Where can we get information about health conditions? (A member of Epilepsy Australia)

Epilepsy: Seizures are the tip of the iceberg

Suitable for late primary school and secondary school

Additional Resource: <http://www.epilepsyaustralia.net/epilepsy-explained/>

Important: There are many different types of epileptic seizure with varying degrees and intensity. While each person with epilepsy has seizures, their experiences are highly individual as no two people are affected the same. There are, however, certain things that people living with epilepsy have in common, and that relates to how they feel about themselves and how they are treated by everyone they are in contact with. As well as dealing with their own epilepsy and the self-esteem issues that go along with the condition, people living with epilepsy also worry about how others will treat them.

- 1 in 100 people have epilepsy. That is 250,000 in Australia.
- There is a stigma surrounding PLWE in that people who do not know about epilepsy expect them to have a generalised seizure, or to somehow be different from everyone else, and that makes people uncomfortable and less likely to include a PLWE in activities or the workplace. Like everyone, PLWE want to be accepted and the condition to be considered in a similar way to asthma which is largely accepted.
- Like other conditions, epilepsy can be mild or serious, and most cases (70%) can be controlled with medicine. Only 30% of people have uncontrolled seizures, and these vary in intensity.



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- PLWE sometimes suffer low self-esteem, can get depression, anxiety, and other secondary problems that are not directly seizure related.
- Epilepsy can also affect the memory and learning, which can also make life more difficult for PLWE and their teachers.
- The best way to help a PLWE is to accept and support them by asking them about their epilepsy (if they want to disclose) and treating them like you would treat anyone else. Everyone has something about them that makes them individual and epilepsy is just one of those things.
- Belonging is important to everyone.

Understanding Epilepsy: Parts of the brain

Suitable for secondary school students

Additional Resources:

This can also be combined with the brains from the Epilepsy Smart Schools *Build your Brain* unit for primary school.

Brain hat templates can be downloaded from <http://ellenjmchenry.com/store/wp-content/uploads/2016/04/Brain-Hat-Download-April-2018.pdf>

These websites show parts of the brain and have interesting brain related information:

<https://www.health.qld.gov.au/abios/asp/brain>

<https://www.science.org.au/curious/people-medicine/brain>

<http://www.epilepsyaustralia.net/epilepsy-explained/>

Another source could be a biology or psychology textbook at your school.

Information: Epilepsy occurs when electric signals in the brain where parts of the brain are over active and have too much electricity. Seizures can be classified as general, which is when the whole brain is affected and partial or focal, where only small parts of the brain are affected. For example, if a seizure occurs in the occipital lobe, then the eyes may respond and roll back. If seizures occur in the temporal lobe, then the person may smell something strange that does not exist. Different types of seizures are explained in the above *Epilepsy Australia* site. Everyone experiences epilepsy differently depending on the location of seizures in the brain. See the previous section for information on how epilepsy affects people.

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

Epilepsy: Seizures are just the tip of the iceberg

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

Can you find these words?

Tonic clonic
Memory
Confidence
Atonic
Self-esteem
Tonic
Anxiety

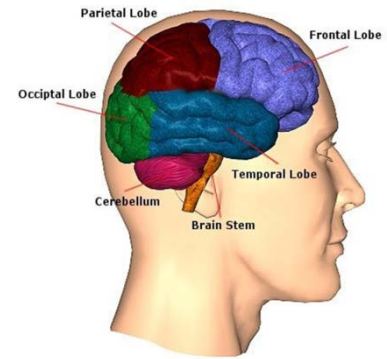
Myoclonic
Tiredness
Seizure
Absence
Stigma
Focal
Epilepsy

Epilepsy: Seizures are just the tip of the iceberg

Answers

						T	I	R	E	D	N	E	S	S
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Epilepsy: Understanding the Brain



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

Can you find these words?

Epilepsy

Brain

Amygdala

Frontal lobe

Cerebellum

Temporal lobe

Occipital lobe

Motor cortex

Seizure

Neurology

Brainstem

Cerebrum

Thalamus

Sensory cortex

Parietal lobe

Hypothalamus

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	B															E		
N		O													B	R		
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Y				I			L	R		C				C				M
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	C	E	R	E	B	E	L	L	U	M			R					
			S								P			F				
				E	R	U	Z	I	E	S		U						
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