



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

epilepsy  
AUSTRALIA

## Teacher Activities- Mid-Upper Primary

National Curriculum Areas:

Years 3-4

- *Interacting with Others (ACPPS037)*
- *Understanding emotions (ACPPS038)*
- *Discuss and interpret health information (ACPPS039)*

Years 5-6

- *Community health promotion (ACPPS058)*
- *Valuing Diversity (ACPPS060)*
- *Understanding Emotions (ACPPS056)*
- *Health Literacy (ACPPS057)*

### Sample Lesson Plan: Video Activity

*Note: Molly, the girl in this video, is deceased. If you have students with cultural needs, please take this into account and use your judgment. Molly's family are passionate about this cause and want her story to be used to educate others.*

**Materials:** Video and handout

**Epilepsy Foundation Victoria You Tube:** Epilepsy Smart Schools: My Story

<https://youtu.be/uxz64q6zVPo>

### 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 how the brain sends signals to the body.
- 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?

### Video and Handout

This video tells the stories of three students who have epilepsy; Lachlan, Molly and Chris.

*Imagine:* Watch first ten seconds (before the title: My Story) and get students to describe the three students. e.g. What do they like to do? What are their personalities like? Do they seem friendly?



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- Lachlan (basketball)
- Chris (martial arts)
- Molly (playing)

*Watch video through first time. Discuss.*

*Possible Questions:*

- Of Lachlan, Chris and Molly, who would you like to be friends with? Why? Discuss personal qualities (eg. kind, happy, determined, focused etc...)
- How could you be a good friend?
- What are some of the feelings that are described in the video?
- What are some of the symptoms of epilepsy mentioned?
- How would you feel if you had epilepsy? (scaffold question)

*Handout Worksheets and check comprehension*

*Watch Video again*

*Go through answers with students.*

*Possible discussion points:*

- Q2, also discuss other first aid element and that if a student is sick someone should keep them safe and another should run for a teacher.
- Q3, 70% of epilepsy can be controlled by medication and people can lead a normal life. 30% can't be controlled by medication.
- Q4, discuss feelings again. Would they feel scared, embarrassed, angry etc. All of this is normal. Good friends can help with this. Possible discussion about bullying.
- Q5, Discuss why they want to know these things. Any tricky questions can be compiled and sent to us.

*End lesson*

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: My Story

1) How do Lachlan, Molly, and Chris experience epilepsy? Link with a line.

Lachlan

Body and brain are tired.  
Goes to sleep.

Molly

Eyes roll backwards, tongue  
folds, shakes.

Chris

Can't see. Things move  
around.

2) Lachlan has a good friend, Nathan. How does he help?

3) Medicine has helped their epilepsy. What is the worst thing about it?

4) How would you feel if you had epilepsy?

5) What would you ask Molly, Chris, or Lachlan if you had a chance to meet them?

