



## Epilepsy Action Online Academy

### School Course: Epilepsy Aware - K-2

#### Overview:

Our courses for schools are designed as simple and fun activity-based programs to provide basic, practical information about the brain, seizures and epilepsy – and how to manage a seizure when it happens.

Consequently, children should understand enough to know what to do and lessen any fear or confusion around seizures.

This course is aimed at children from 4-7 years of age in Grades Kindergarten to Year 2.

It is self-paced and designed to be used in the classroom setting with some teacher guidance. There are lots of fun activities for children to try with links to useful resources and activities for teachers to use in the classroom both online and offline.

#### Topics:

The course includes:

1. Your amazing brain
  - a. How your brain works
  - b. Brain tricks
  - c. Brain facts
2. Seizures and epilepsy
  - a. Different types of seizures
  - b. Questions answered about seizures and epilepsy
3. Seizure safety
  - a. First aid
4. Teachers information

**Course Duration:** 30 minutes

**Competencies and Outcome:** There is a short online quiz at the end of the course

**Cost:** Free

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Online: <https://www.epilepsy.org.au/education-training/online-training/>

