



epicentred

HEAL • GROW • CONNECT • THRIVE

My Seizure Letter for my teacher

Dear _____

My name is _____

I wanted to share a few things with you
about my epilepsy and the seizures I sometimes have.



What my seizures look like

When I have a seizure, it usually looks like:

- ☐ staring blankly
- ☐ zoning out for a few seconds
- ☐ twitching my arm or leg
- ☐ I lie down, and my body shakes
- ☐ I'm not able to answer questions
- ☐ I forget what I was doing
- ☐ sometimes you can't tell by looking
- ☐ _____



Before a seizure happens, I might feel:

- ☐ dizzy
- ☐ funny in my tummy
- ☐ tired
- ☐ _____



During a seizure, I might feel:

- ☐ confused
- ☐ shaky
- ☐ Forget words
- ☐ _____



After a seizure is over, I might feel:

- ☐ sleepy
- ☐ confused
- ☐ have a headache
- ☐ sad
- ☐ sick in my tummy
- ☐ _____



How You Can Help Me

- ☐ If I stare off or miss what you said, please don't get mad or yell. Just gently repeat the instructions.
- ☐ Let me rest and have some quiet time.
- ☐ If I have a bigger seizure, please stay calm, keep me safe from sharp things, and put something soft under my head.
- ☐ My parents gave the school nurse my Seizure Management Plan with all the safety steps.



Thank you for helping me
stay safe and learn at school!

From,

