I hope you are all doing well and staying safe and healthy at home. The past month has probably been pretty different for you, but it’s really important to be positive and know you will get through it! In the meantime, there are plenty of ways to make a difference while you are at home.

You can still earn pins from your house. For example, you can attend a virtual walk to get your Walked Together pin, you can have a virtual lemonade stand for your Lemonade for Livy pin, and you can still participate in the Athletes vs Epilepsy 10-Day Challenge. Get creative! There’s lots of ways to do great things from home if you put your mind to it.

We have also been working on ways you can connect with other members virtually. There is now an online Kids Crew group page where you can ask questions, see what kids are going through, message other members, and discuss what you are doing in your community. The goal is to make sure you know you are not alone and to help you meet other kids who are also affected by epilepsy or who want to help those who have seizures.

To join the group, please have a parent follow these steps:

1. Go to https://groups.epilepsy.com/user/register and click “Sign up” to create an account
2. Enter a First Name, Last Name, and Parent’s Email (This information will be used to make sure you are a Kids Crew member)
3. Have your parent look for the email that has a link to set a password
4. Click the link or copy and paste it into a browser
5. Set a password and add a picture to your profile
6. Click on Groups at the very top of the page
7. Click “Join group” for the Kids Crew

Once we have checked to make sure you are a member, we will approve your account and you will be able to view the page and participate. The group page is only open to Kids Crew members. We look forward to seeing members giving and receiving good information and helping to make life better for others.
HOT TOPICS

VIRTUAL EVENTS
Over the last two months, we have held a virtual bingo event, a talent show, and a meeting. Online events are a great way to bring Kids Crew members together, so you can see other kids from across the country, ask questions, and have fun! We are thrilled with the response we have been receiving from you and look forward to hosting more of them in the future. The next event is coming up on May 22 at 3 p.m. ET. We’re hosting a Kids Crew virtual Bingo Party for members. This will be more than just bingo, and we’re counting on you to come ready to have fun! Wear a creative purple outfit and decorate your room with a party theme for other Kids Crew members to see. You don’t want to miss this event! Have a parent register you at https://bit.ly/2ysLUIF before May 20.

EDUCATED OTHERS
We are so proud of Kids Crew members for teaching over 1,000 of your classmates in February for International Epilepsy Day! You worked hard to bring epilepsy information into your classrooms. You showed a lot of courage by letting others know important facts about epilepsy and what people should do if someone has a seizure. It’s an example of what happens when we work together! You can still teach your class virtually while at home. Send us an email at Kids-Crew@efa.org if you would like the Kids Crew digital education files.

KIDS CREW IS FOR ALL KIDS!
Do you have a sibling who is not yet a member of the Kids Crew? Do you have friends that you think would like to join and help support what you are doing as a member? The Kids Crew is for ALL kids 14 years old and younger. It’s not just for those with epilepsy. The Kids Crew is about making life better for people with seizures, learning important life skills along the way, and changing the world. That change can come from any member!

KIDS CREW ITEMS
Do you want to show your Kids Crew spirit? Do you want an easy way to start talking to your friends about making a difference? Then take a look at the Kids Crew items you can use. Have a parent help and go to epilepsy.com/shop and type Kids Crew into the search area.
The summer is nearly here and that means it’s time for Lemonade for Livy! Lemonade is good all year long, but it’s especially tasty during the warm summer months. This year, we’re asking members to hold virtual lemonade stands and events. We want you all to stay safe but still give you a way to participate.

**VIRTUAL EVENT IDEAS**

1. **Build a paper tree on a wall, add a paper lemon every time someone donates, take some pictures, and share them**
2. **Create a lemon pinup wall and fill the entire space with lemons (pinup graphics available in the resource section of your fundraising page)**
3. **Make a video about why you are a part of Lemonade for Livy and share it with family and friends (don’t forget to include epilepsy facts)**

**See more ideas at:**
epilepsy.com/lemonadeforlivy

**GET STARTED NOW**

1. **VISIT:** [EPILEPSY.COM/LEMONADEFORLIVY](http://EPILEPSY.COM/LEMONADEFORLIVY)
   Register & setup your personal fundraising page.

2. **PLAN YOUR VIRTUAL EVENT**
   Come up with a name, pick a date, and set a fundraising goal. Then, spread the word to your family, friends, and community.

3. **HOST YOUR EVENT**
   If people can’t make it, remind them they can donate to your fundraising page.

After you add the money you raise to your page, let us know at [Kids-Crew@efa.org](mailto:Kids-Crew@efa.org), so we can send you your Lemonade for Livy 2020 pin. **Any member raising $100 or more by August 30, 2020 will be invited to a special online Kids Crew celebration in September.** We’ll have some surprises for the three highest fundraisers!

*All funds must be deposited to your Lemonade for Livy fundraising page at epilepsy.com/lemonadeforlivy by August 30 to attend the event and to be a top fundraiser.*
Carlie, 14; Emma, 9; and Max, 8, are from West Virginia. Carlie found out she had epilepsy when she was in second grade. Even though she has epilepsy, Carlie plays soccer and volleyball and runs track. She plays the clarinet in the school band, enjoys reading, and likes to jump on her trampoline. When her seizures started, she didn’t want to tell people, because she was nervous about how they would look at her. But then she learned that by talking about it, she could help others who have seizures.

Carlie enjoys the Kids Crew because it gives her different ways to spread epilepsy awareness and to earn pins to show the work she has done. Carlie has earned her Walked Together, Purple Pumpkin Project, Educated Others, Lemonade for Livy, and Advocated For Change pins.

Carlie has traveled to the Teens Speak Up program in Washington, D.C., twice. The Epilepsy Foundation brings teens together from around the country to share their stories and to talk to legislators on Capitol Hill. She really enjoyed helping the teens learn how to speak with their representatives and spending time with other kids who understand what it’s like to have epilepsy.

Carlie’s sister, Emma, and brother, Max, are also in the Kids Crew. They want to support Carlie and make sure she is safe. They have learned what to do when someone has a seizure and believe it is important for others to know what to do as well. They have seen Carlie have seizures and said it was scary, but that they were able to do first aid and make sure she was okay. Both Emma and Max have also earned pins. Emma’s favorite was Lemonade for Livy, and Max liked the Purple Pumpkin Project. They want other kids who have a brother or sister with epilepsy to not be afraid and to know that they can help their sibling.

Carlie is happy that Emma and Max support her and says, “It makes me feel really good to know they care so much about me. I like that I have a way to be a good role model for my brother and sister.” She hopes others get involved, too, because epilepsy affects so many people all over the world. “You never know when or how epilepsy will impact your life. We should take care of each other and keep each other safe. We should speak up for others who can’t speak for themselves.”
Kristina, age 14

Kristina is 14 and from New Jersey. She likes to read, play tennis, draw, act, and sing. Kristina does not have epilepsy but joined the Kids Crew to make a difference in peoples' lives while learning about something she was not familiar with. She now understands a lot more about epilepsy since joining the Kids Crew. Kristina enjoys earning her pins and also loves the new virtual events, such as the talent show and bingo, because she gets to have fun and see other Kids Crew members. She earned six pins last year and is trying to earn all eight this year for the World Changer award! Kristina wants other kids to know that just because they don’t have epilepsy, it doesn’t mean they can’t make a difference in the lives of people who do. She is so happy that kids with epilepsy can see they are not alone in this fight!

Andrew, age 9

Andrew is 9 and lives in Tennessee. His brother, Cam, was diagnosed with epilepsy when he was nine months old and also has other disabilities. Cam cannot speak, so Andrew acts as his voice. Andrew plays hockey, reads, plays Fortnite, runs, and hangs out with his brother. He likes that there are other kids in the Kids Crew who have a brother or sister similar to Cam and enjoys seeing members on the Kids Crew virtual events. Andrew has now earned four themed pins. He believes that if your sibling or friend or someone you know has special needs, you should include them in stuff you and other people do. Just because someone can’t talk doesn’t mean they don’t have feelings. You should still treat them like everyone else.

Katie, age 10

Katie is 10 and lives in Massachusetts. She was diagnosed with absence seizures in April 2017. She likes to play hockey, soccer, and softball. When Katie first found out that she had epilepsy, she didn’t want to tell anyone. But as she learned more, she started speaking out about it. In December 2018, Katie won Miss Massachusetts Jr Preteen and in December 2019, she won Miss Massachusetts Preteen. She will be competing in the national competition in July! Winning the pageants has helped Katie do more for others. Katie has earned five themed pins as a Kids Crew member and says her favorite has been Created Awareness, because it was a way for her talk about epilepsy as well as give back. Katie’s advice to kids who are just starting to have seizures is that it is going to be okay. Don’t let having epilepsy stop you from doing what you want. Talk to your doctor and make it happen.
How Do Brain Cells Communicate?

Neurons are cells in the brain that tell your body what to do. They send electrical signals to “talk” to each other. These electrical signals travel superfast – some over 200 miles an hour! Neurons send signals all the time – even when you are asleep!

**Electrical brain signals help us to:**

- think, read, do math, write, draw, paint, build
- speak, listen, understand, learn new things
- stand, sit, walk, run, jump, dance, kick a ball, smile
- see light, darkness and all the world around us
- hear sounds, sing, play the drums, play video games
- sense hot or cold, smooth or prickly, salty or sweet
- feel happy, sad, afraid, brave, excited, nervous
- control breathing, heart rate, digestion, body temperature, sleep (just to name a few!)

A seizure happens when neurons send too many signals at one time.
This is like an electrical “storm” that happens in the brain.

“My hope still is to leave the world a bit better than when I got here.” - Jim Henson

What To Do While At Home

Since many of you are spending more time at home now, we wanted to suggest some ways that you can easily participate in the Kids Crew:

**Athletes vs Epilepsy 10-Day Challenge** - It’s time to eat healthy and exercise for 10 days in a row. This activity will help you make nutritious decisions and keep you moving while much of what you do happens online. Have a parent go to epilepsy.com/kids-crew to print your “completion sheet” and let us know what you have done.

**Walked Together** - The Walk to END EPILEPSY® and other local Epilepsy Foundation walks are going virtual. You can participate online and earn your Walked Together pin. It’s a great way to join others in your community who want to make a difference. Be sure to register, attend the virtual event, and then get outside and walk.

**Created Awareness** - Do you like art? Try drawing some awareness pictures with side-walk chalk or make an epilepsy themed picture to hang in your window. It’s one way to spread epilepsy facts to people walking by.

Once you have completed an activity, have a parent send an email to Kids-Crew@efa.org to let us know what you have done. For more information about earning pins, visit the Kids Crew themed pin page on epilepsy.com/kids-crew. Remember, if you earn all eight themed pins in 2020, you will receive the World Changer award!
**JOKES & RIDDLES**

**Q:** What’s a baby chick’s favorite plant?
**A:** EGG-plants!

**Q:** What kind of garden does a baker have?
**A:** A “flour” garden.

**Q:** How does a bee brush its hair?
**A:** With its honeycomb.

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**SPRING DOT-TO-DOT**

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**NATURE WORD SEARCH**

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  s n a i l  l  b  f  r  
  e  f  f  l  o  w  e  r  a  
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flower
sun
cloud
rainbow
frog
bee
kite
nest
snail
bird
seeds
leaf
Over the last few months, we have received questions about how to be featured in the Kids Crew newsletter. We think each of you is awesome, yet we only have a small number of pages to tell your stories. We look for members who have gone above and beyond to make a difference in their communities and have completed a number of activities for their pins. So if you want to be highlighted, we ask you to get involved and earn your pins. Then, make sure a parent lets us know what you have done at Kids-Crew@efa.org. Visit epilepsy.com/kids-crew to see how to earn your pins.