HI EVERYONE!

It’s getting warmer and the flowers are starting to bloom. It’s spring! I think we can all spring into action as the Kids Crew buzzes with exciting chances to make a difference. With this year’s Walk to END EPILEPSY and Lemonade for Livy coming up, we’ve got lots in store right around the corner. Keep reading to find out about our next national Kids Crew event, too.

Over the past couple of months, the new Kids Crew Leadership Council has been meeting to talk about the future of the Crew! The purpose of the Leadership Council is to help us make good decisions and find ways to improve the program. I’ve loved hearing all the awesome ideas and advice from our council and I’m excited to see how we can make the Kids Crew better!

In addition to our council, we now have Kids Crew Mentors who are here to answer questions and support you as a member. You can find them in our Discord community. If you’re not yet on Discord, learn how to join on the next page.

Thanks for reading!
Your friend,

Hailey Scheinman  
Chair of Kids Crew Leadership Council  
Epilepsy Foundation

WALK TO END EPILEPSY

Walk to END EPILEPSY 2.6 Million Mile Challenge!

It’s time to come together to earn your Walked Together pin. Join us for the Walk to END EPILEPSY 2.6 Million Mile Challenge!

It’s surprising to most people that 1 in 26 will be affected by epilepsy, but it’s reassuring to know that 26 in 26 (everyone!) can make a difference for people with epilepsy. By registering and walking with us in your community through June 5, you’ll help us make history as we complete the first-ever 2.6 Million Mile Challenge! Because no matter where you live, with each mile and fundraising dollar, Kids Crew members like you can make a tremendous difference for the epilepsy community.

While we may not be able to meet in person for this year’s walk, we will still be united in our hearts and mission to bring hope to people living with seizures. With a parent, join a walk today at https://walktoendepilepsy.org - just in time for our Opening Ceremony on Saturday, May 1 and our Closing Ceremony on Saturday, June 5.

Don’t forget to visit our new pin submission page at bit.ly/kc-pin-form to tell us you walked virtually so we can send you your Walked Together pin.

Not getting our monthly emails?
Have a parent check their junk folder or send us their new email address.
LEADERSHIP COUNCIL

We are thrilled to announce that we now have a Kids Crew Leadership Council! Members of the council were World Changers in 2020 and applied because they want to learn more about leadership. We also have a doctor and a few parents as council members. The council meets monthly to help guide the Kids Crew by offering ideas, letting us know what they like and don’t like about the program, and finding new ways to reach more kids. **Do you want to apply for the Leadership Council next year?** The first step is to earn all 8 themed pins in 2021 and become a World Changer!

DISCORD COMMUNITY

If you haven’t joined the Kids Crew community on Discord, now is the perfect time to do so. Members are posting questions, sharing what they like to do, and supporting one another. It’s a great way to connect with kids no matter where you live as well as keep up-to-date with what’s happening at the Kids Crew. You can even talk to other members using the voice and video channels! **Ask your parent to create an account at discord.com (or through the Discord app) and then have them email us at Kids-Crew@efa.org with the account name including the # with the numbers after it. We will then send an invite to join.**

KIDS CREW MENTORS

We are so excited to now have Kids Crew Mentors! Mentors are there for you to ask questions and to learn how to get through some of the challenges of living with epilepsy. Mentors can guide you in your journey no matter what it may be. Parents can ask questions as well! Mentors will also show you ideas for how to earn your themed pins and ways to make a difference in your community. When you join the Kids Crew community on Discord, you will see the “ask-the-mentors” channel.

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. Then type Kids Crew into the search area.
The summer is nearly here and that means it’s time for lemonade, Lemonade for Livy that is!

This year, you can host a virtual event or think about holding a lemonade stand or other lemon-themed activity in person as long as it is safe to do so. Make sure you talk to your parents and check for any health rules where you live. Join members from all over the country as we Make A Stand Against Epilepsy!

On Saturday, June 26, at 7 p.m. EST, we’ll be hosting a Kids Crew Coast To Coast Lemonade Stand event! It’s a great way to kick off Lemonade for Livy season. We’ll have prizes and games, and share ideas for hosting your own event. You can show your spirit by decorating your room like a landmark and wearing an outfit that goes with your state. We’ll give out prizes for most creative decorations and best dressed. Visit bit.ly/kc-lemonade with a parent to register.

1. VISIT: EPILEPSY.COM/LEMONADEFORLIVY
   Register & setup your personal fundraising page.

2. PLAN YOUR 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, visit our new pin submission form with a parent at bit.ly/kc-pin-form to let us know so we can send you your Lemonade for Livy 2021 pin.

• BUILD a paper tree on a wall, add a paper lemon every time someone donates, take some pictures, and share them

• CREATE a lemon pinup wall and fill the entire space with lemons (pinup graphics available in the resource section of your fundraising page)

• MAKE it simple (and safe) – get a table, a sign, cups, and some lemonade and set up a stand outside a local business or in your driveway

See more ideas at: epilepsy.com/lemonadeforlivy

NATIONAL LEMONADE FOR LIVY EVENT

On Saturday, June 26, at 7 p.m. EST, we’ll be hosting a Kids Crew Coast To Coast Lemonade Stand event! It’s a great way to kick off Lemonade for Livy season. We’ll have prizes and games, and share ideas for hosting your own event. You can show your spirit by decorating your room like a landmark and wearing an outfit that goes with your state. We’ll give out prizes for most creative decorations and best dressed. Visit bit.ly/kc-lemonade with a parent to register.
KIDS JUST LIKE YOU...

PRUE, AGE 12

Prue is 12 years old and from North Carolina. She loves playing outside with friends, baking, and listening to music. Prue was diagnosed with epilepsy when she was 19 months old. She joined the Kids Crew because she wanted to meet other kids who have epilepsy and to earn her pins. Prue enjoys the newsletters because she gets to see what others have done in their communities. Her favorite pin earned so far is Educated My Class. She was able to teach her classmates about epilepsy and what to do if they see someone having a seizure. Prue wants to tell everyone, “If you just got diagnosed with epilepsy and are having a lot of seizures, you can get through this. Just know there are other kids going through the same thing.”

LUCAS, AGE 6

Lucas is 6 years old and from Nebraska. He likes to play basketball and soccer and grow veggies and strawberries in his garden. He had his first seizure in 2020. He said he was scared with how many times he was at the hospital and all the tests they did. Even though Lucas has epilepsy, he is living the best life he can. He got involved with the Kids Crew to earn his themed pins and tell others about epilepsy. He thinks it’s important for people to know what to do if someone has a seizure. He also wanted to meet other kids who are like him. For kids who don’t think they can change the world, Lucas believes they can. His message to other kids is, “It’s ok to have seizures. You aren’t alone.”

HALEY, AGE 4

Haley, Lucas’ sister, is 4 and also a Kids Crew member. Haley likes to play outside and color. She supports Lucas on his journey because she loves him. Lucas feels good knowing that Haley is doing things with him. She may be young but is learning what to do when someone has a seizure. She knows she should get a grown up to help. She also thinks others should learn about epilepsy because too many people don’t understand it and what to do. As a member of the Kids Crew, Haley enjoyed going to the state capitol and meeting grown ups (her state legislators) to earn her Advocated For Change pin. She wants other siblings of kids with epilepsy to know that it’s important to help your brother or sister when they have a seizure.
**Maci, Age 10**

Maci is 10 years old and from Illinois. She enjoys reading and painting and loves leaving surprises for friends and neighbors on their doorsteps. Maci was diagnosed with epilepsy at 16 months old so she doesn’t remember life without it. The Kids Crew offers her a way to spread awareness through fun activities and to be a part of a community. Her favorite activity this year has been earning her Act of Kindness pin. She thinks it’s important to raise awareness about epilepsy so others know what to do if they see someone having a seizure. She wants people to realize that epilepsy is much more than just having seizures. Maci is helping to change the world and says, “You can change the world also. Start with a neighbor or classmate and grow from there!”

**Catherine, Age 9**

Catherine is 9 years old and from Virginia. She likes to play games and her ukulele, sing, dance, bake, and cook. She was diagnosed with epilepsy in 2017. She joined the Kids Crew because her big sister, Keara, found the program and thought it would be a good way to learn about epilepsy and do things to help the community. Keara loves to work with Catherine on her pins. They have a great time participating in Kids Crew activities together! Catherine’s favorite activity has been the Purple Pumpkin Project. She thinks that kids should learn more about epilepsy so they can help their friends who have seizures. For those with epilepsy, she says, “Don’t be afraid. People can help you and you can still be able to do things you like.”

**Khloe, Age 10**

Khloe is 10 years old and from Florida. She likes to play basketball, do arts and crafts, write short stories, and read. She joined the Kids Crew so she could meet people like her who know what she is going through. As a member, she likes that she can earn pins for completing activities. She says, “The Kids Crew always makes me proud and helps me feel better about having epilepsy and being different and I hope it inspires others like it inspires me.” Her favorite pin to earn has been Created Awareness. She talked to her principal and asked if her school could wear purple one day and he said yes! Many teachers and kids wore purple to spread awareness. Khloe wants other kids to know that, “No matter how bad your epilepsy is, don’t let it ruin your life and keep following your dreams!”
What are some things I should know about seizures?

There are many types of seizures. They can affect people in different ways. Here are some common things that you can tell others.

- Seizures are hard to predict
- Most seizures last a few seconds to a few minutes and then stop
- A person having a seizure cannot control what is happening
- A person might feel sleepy after a seizure and need to rest
- Seizures and epilepsy are not contagious
- If you think someone is having a seizure, let a grown-up know

There are many ways to support people who are affected by epilepsy and make a real difference in their lives. Here are just a few examples:

- Be a voice for those who can’t speak by advocating
- Teach others about epilepsy so they know what to do if someone has a seizure
- Do nice things for people who are having a hard time
- Share your story so the community knows what it’s like to have epilepsy

Earning your themed pins is one way to support people. But watch how amazing you feel if you make doing good things for others a part of your life all the time.

Spring has sprung! Take a break from indoors and head outside! Being in nature has proven benefits to feeling happier and calmer. Adding physical activity into your regular routine may help improve overall health, sleep, mood, cognition (thinking, memory, attention), self-confidence & for some living with epilepsy, improved seizure control.

Safety First! Safety is always the most important thing when it comes to physical activity. Below are some tips to help:

- Don’t start an activity or program without the permission of your doctors (if you have epilepsy) & family
- Use a buddy system - have your family or friends join you for all the fun!
- Exercise in safe places - walk, run, or bike in parks or on bike paths, not on busy streets
- Wear a helmet to protect your brain during activities that have a risk for falls

“WITH EVERY RISING OF THE SUN, THINK OF YOUR LIFE AS JUST BEGUN” - ELLA WILCOX
Spring Garden Mad Lib

Planting a vegetable garden is not only fun, it also helps save ______________. You will need a piece of ______________ land. (noun/s)  (adjective)

You may need a ______________ to keep the ______________ and ______________ out. As soon as ______________ is here you can (noun)  (noun/s)  (noun/s)  (noun)

go out there with your ______________ and plant all kinds of ______________. Then in a few months, you will have corn on the (type of tool)  (noun)

______________ and big, ______________ flowers. (noun)  (adjective)

Jokes & Riddles

Q: How do you know flowers are friendly?
A: They always have new buds!

Q: Why couldn’t the flower ride its bike?
A: It lost its petals.

Q: A cub, a bunny, and a gosling are taking a walk. One of them sneezes. It’s not the animal that hops, and it’s not the animal that flies. Which animal sneezed?
A: The cub.
In February, we hosted the World Changer Celebration to honor members who earned all of their themed pins in 2020. Do you want to become a World Changer in 2021? Visit epilepsy.com/kids-crew-pins to see what you have to do to earn your pins. When you complete an activity, visit our new pin submission form at bit.ly/kc-pin-form to let us know what you have done.