Welcome to a year of possibilities!
The Kids Crew continues to grow. **Word is spreading and we now have almost 3,500 members.** I’m so excited to see the impact that you will make throughout the year as you learn, teach others, advocate, attend events, and give back.

I would like to congratulate the Kids Crew members that completed all 8 pin activities in 2020 and earned the **World Changer Award**. The work you have done is incredible and I am so proud of you. When I say you are helping to change the world, I mean it!

If you didn’t complete all of your pins in 2020, this can be the year you do! Make a monthly plan to earn each pin and ask your family and friends to help. **For 2021, we have a few updates to the 8 pins.** Keep reading to find out more!

I’ve also got more exciting news. We have a new online Kids Crew community set up and ready to go. **The Kids Crew now has a Discord server where members and parents can safely connect.** Read about how to join on the back page of the newsletter. I hope this will help you make new friends, get questions answered, and see how others are making a difference together!

Your friend,

Hailey Scheinman
Chair of Kids Crew Leadership Council
Epilepsy Foundation

---

**International Epilepsy Day on Monday, February 8** was a day where people around the world spread epilepsy awareness and helped others understand the challenges of those living with seizures. In 2020, Kids Crew members taught over 1,000 of their classmates about epilepsy and seizures in honor of this important day. Our goal for 2021 was 1,500 and we’ll know soon if we reached it. **If you were not able to teach your class on the 8th, you can do so any time.**

To use the Kids Crew presentation files, please have a parent download the zip file at [https://bit.ly/2XyeGe6](https://bit.ly/2XyeGe6) which has a:

- Teacher Letter
- Presenter Notes File
- PowerPoint Presentation
- Word Search
- Video

Participating in this activity is one of the best ways to make an impact in your community. Make sure you email us at **Kids-Crew@efa.org** to let us know the date and how many people you taught so we can send you your **Educated My Class** pin.
If you think you have what it takes to earn all 8 pins in 2021, here are some tips:

• Visit the Kids Crew themed pin page at epilepsy.com/kids-crew to make sure you know how to earn the pins

• Look at a calendar and pick the month for each activity (you can download a Kids Crew pin calendar from the webpage)

• Write down your ideas for how to earn each pin

• Talk to your parents and see how they can help

• Ask other family members and friends to help

**REMEMBER, only one pin can be earned per activity,** for example, if you host a Lemonade for Livy event and create awareness while collecting donations, only the Lemonade for Livy pin will be awarded. **The same pin can only be earned once per year.**

**How to tell us you have finished an activity**

When you are done with an activity, have a parent send an email to us at Kids-Crew@efa.org to tell us what you have done. When they send the email, have them include:

- What pin you have earned
- The date you earned it
- Two to three sentences about what you have done
- Pictures if you would like to send them
- How many people you spoke to or were at an event you held, such as, if you educated your class, the number of classmates and teachers that were there

This information is very important so we can show how the Kids Crew is making a big difference all over the country.

**We have a new look for the Kids Crew themed pins!**

You’ll notice a few changes this year. We would like to introduce the Health & Wellness pin which replaces the Athletes vs Epilepsy pin. Also, the Educated Others pin has been renamed to the Educated My Class pin. Finally, you’ll notice some updates to the Walked Together and Created Awareness pins. Get started earning your pins today so you can be a World Changer in 2021.

**Last year, 21 members earned all 8 themed pins.** They became Kids Crew World Changers! Read more about them starting on the next page. Are you up for the challenge this year? We think the number can double to 42. World Changers did an outstanding job teaching others, spreading awareness, attending events, raising funds, and more. **They are making a big impact in their communities.**
2020 KIDS CREW WORLD CHANGERS

Kristina is 14 and from New Jersey. She believes that being a World Changer means you are not afraid to go out there and make a difference. She says, “It is important because I am able to make a big impact on people’s lives and can create change no matter how young I am.”

Charlie is 4 and from Alabama. Her mom thinks being a World Changer is special because it shows that no matter your age or your disabilities, you can still make a positive impact on people’s lives. She says, “It’s necessary to show people that you truly care.”

Andrew is 10 and from Tennessee. Becoming a World Changer has made him feel happy, excited, and proud. He says, “Being a World Changer is important to me because I want to educate and inform people about epilepsy. I want everyone to understand people that have epilepsy.”

Vanessa is 7 and from Texas. She believes that being a World Changer means that even though she has epilepsy, she can still do big and meaningful things. She says, “It’s important because I am able to share my talents, and teach as many people as I can about Epilepsy.”

Rosie is 11 and from Texas. She believes that being a World Changer means being someone who cares and makes a difference. She thinks that if people aren’t willing to do things for others, the world will never improve.

Austin is 12 and from Pennsylvania. He believes a World Changer means teaching everyone about epilepsy so people who have epilepsy can have a better life. He says, “Being a World Changer is important because sometimes people with epilepsy can’t talk for themselves. It is our job to help speak up for them.”

Anzli is 14 and from Missouri. She thinks being a World Changer means she’s accomplished something and reached her goal of creating awareness. She says, “If there were no people advocating for epilepsy, than the world would be a much less caring place.”
Audrey is 10 and from Pennsylvania. She thinks that a World Changer means telling people about epilepsy and what happens to her before and during her seizures. She says, “World Changers are important so people know more about epilepsy and I can get the help I need.”

Emmett is 8 and from Illinois. He feels happy that he is a World Changer because he raised money for epilepsy programs so he can help other people in need. He says, “Being a World Changer is using your heart to spread awareness.”

Olivia is 13 and from North Dakota. She thinks that to be a World Changer means to be a good role model for others to look up to. She says, “Kids of all ages can really make an impact in our communities. No matter our age, we can make a difference.”

Sailor is 10 and from New Jersey. She believes that being a World Changer means that she has spread awareness and taught a lot of people about epilepsy and seizure safety. She says, “It makes me so happy to help people with epilepsy and to help scientists find a cure!”

Jackson is 7 and from Oregon. Being a World Changer makes him feel like he is a good kid that helps people. He believes it is important because teaching people the facts increases what others know about epilepsy.

Emerson is 6 and from Ohio. She believes being a World Changer is important because it has allowed her to serve others and share information about epilepsy. She says, “I hope sharing information will make it not so scary for other kids.”

Josephine is 5 and from Ohio. Her mom says being a World Changer means that despite Josephine’s disabilities, she has a chance to participate in educating others about epilepsy. She says, “It is very important to know what to do and not to do if someone has a seizure.”
Branson is 3 and from Ohio. His mom says, “Being a World Changer has been important because it helped my family feel more connected to the epilepsy community.” They can see that they are not alone in their battle.

Clara is 8 and from Oregon. Being a World Changer is important to her because it gave her a chance to help kids with epilepsy. She says, “I am happy that my hard work was able to raise awareness and money to change the lives of others.”

Eva is 10 and from Alabama. She says, “Being a World Changer means I am making a difference for other people. I want people to understand more about what epilepsy is.” She wants to keep doing everything she can to be an advocate and to help the community.

Rory is 2 and from Ohio. Her mom thinks that being a World Changer means the possibility of an epilepsy free world. She says, “With continued support, fundraising, and education of what epilepsy is, it could lead to better medicines or even cures in the future!”

Claire is 10 and from Mississippi. As a World Changer, she thinks it feels good knowing she was able to show people what to do when someone has a seizure. She says, “Knowing that I brought awareness to something so important makes me happy. I am proud to be a part of this group.”

Parker is 10 and from Illinois. He believes that being a World Changer means making a difference. He says, “In order to make a difference you have to make the change and to make a change you have to work hard to achieve the difference!”

Madison is 7 and from Texas. She believes it is important to help bring awareness of epilepsy and support all the warriors. She says, “Being a World Changer means I’m making a big difference in my community to help others with epilepsy.”
What do electrical brain signals help us do?

Brain signals are sent by brain cells called neurons. They 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

“DON’T BE AFRAID TO BE AMAZING!” – ANDY OFFUTT IRWIN

Epilepsy Awareness Day is on March 26. It’s one of the most popular days to spread awareness. Don’t forget that it’s not just about wearing purple. Make sure you share facts, too. Get creative and come up with an idea of how to include your family and friends so they know more about epilepsy. Some examples are:

• Organize a day when your school wears purple either in person or online
• Host a purple themed bingo, crafting, or gaming virtual event
• Create a social media video about epilepsy where you wear purple and talk about the facts

Make sure to tell us what you have done at Kids-Crew@efa.org so we can send you your Created Awareness pin.

Many of us make goals that often include exercising more, eating better, and getting more sleep. Did you know that setting goals is an important step for taking charge of your wellness?

Below are some tips to help:

• Make one change at a time
• Don’t overwhelm yourself!
• Make goals that are specific and realistic to your needs:

  Over the next 3 months, I will change the way I take my medicines so I will not have any seizures from missing doses of medication
• Talk about your goals with your family, friends, and doctors so they can support you
• Take time to celebrate YOU! Share your goals, resolutions, and successes; you never know who you may inspire!
JOKES & RIDDLES

Q: What is a snowman's favorite food?
A: Ice Krispy treats!

Q: Where do snowmen go to dance?
A: The snowball!

Q: Who is Frosty's favorite aunt?
A: Aunt Arctica!

WINTER WORD SCRAMBLE

AEKSWLFO

LEGVO

ILCEIC

WNAMSON

GIOLO

OLDC

EGVREEERN

KTASE

PLSIERPY

SFCRA

ANSWERS: SNOWFLAKE, GLOVE, ICICLE, SNOWMAN.
Thank you to our partners for supporting the Kids Crew.

The Kids Crew Discord community server is up and running! We now have a space for you and your parents to connect with other Kids Crew families, ask questions, and share what you are doing. To start using the platform, please have your parent create their account at https://discord.com/ (or through the Discord app) and then email us at Kids-Crew@efa.org with their account name including the # with the numbers after it. We will then send an invite to join. Once the rules are accepted, your family can start reading and posting in the different areas of the server.