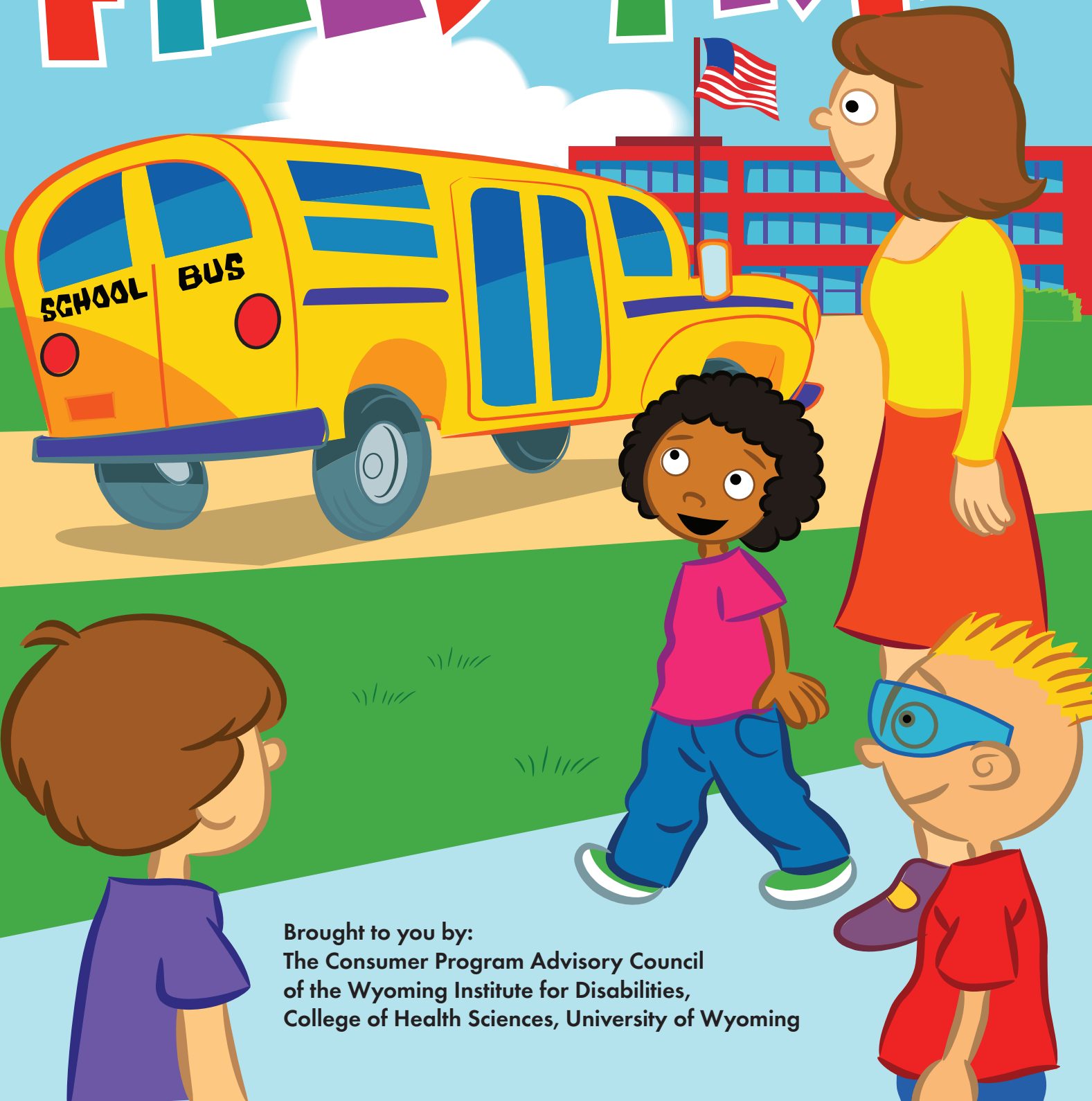


# SUMMER FIELD TRIP



Brought to you by:  
The Consumer Program Advisory Council  
of the Wyoming Institute for Disabilities,  
College of Health Sciences, University of Wyoming

Produced by the Consumer Program Advisory Council (CPAC) of the Wyoming Institute for Disabilities (WIND), College of Health Sciences, University of Wyoming, whose members are:

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A special thank you to Richard Leslie, executive director of the Wyoming Epilepsy Association, for his expertise in developing this coloring book. Richard's insights into epilepsy and its effects are greatly appreciated, as is his input as a valued member of CPAC.

This volume is dedicated to all the past and present members of WIND's Consumer Program Advisory Council (CPAC) who have so richly contributed to the development of the series.

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# SUMMER FIELD TRIP

coloring book



Story development by members of  
The Consumer Program Advisory Council of the Wyoming Institute for Disabilities  
College of Health Sciences • University of Wyoming  
Illustrated by Luke McDonnell • Graphic design by Elizabeth Ono Rahel





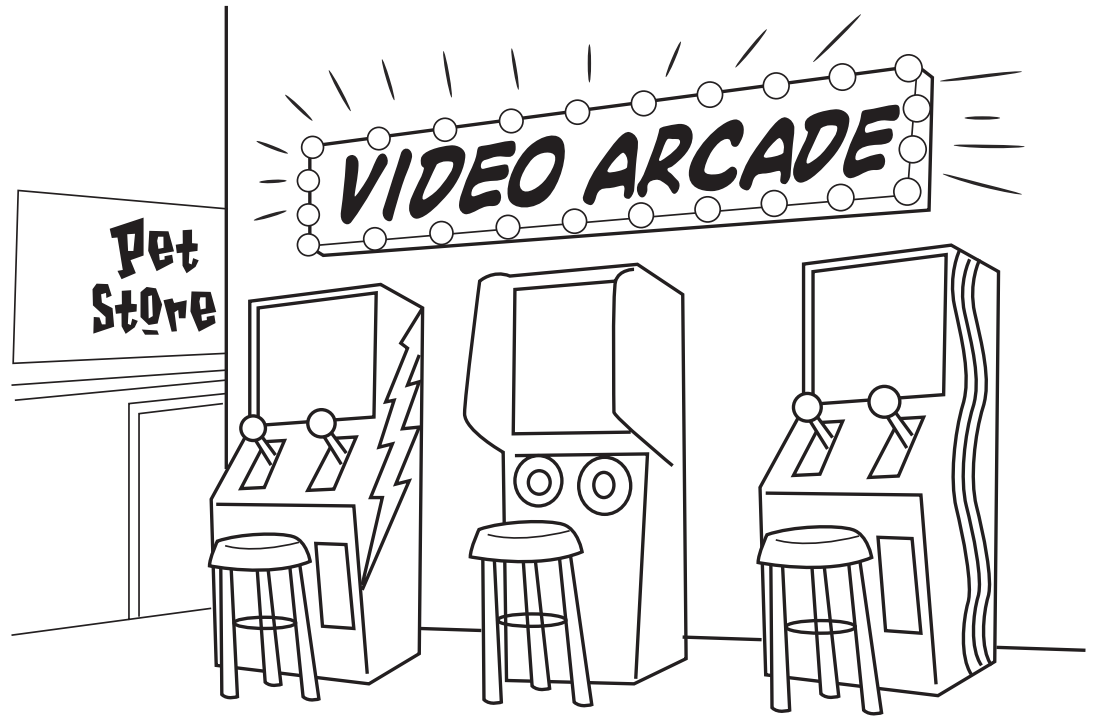
Hi, my name is Fred.



This is my friend, Cathy.



We're on a field trip to the mall.



Fred says, "Let's play video games!"





Cathy says, "I'm not supposed to, but ok."







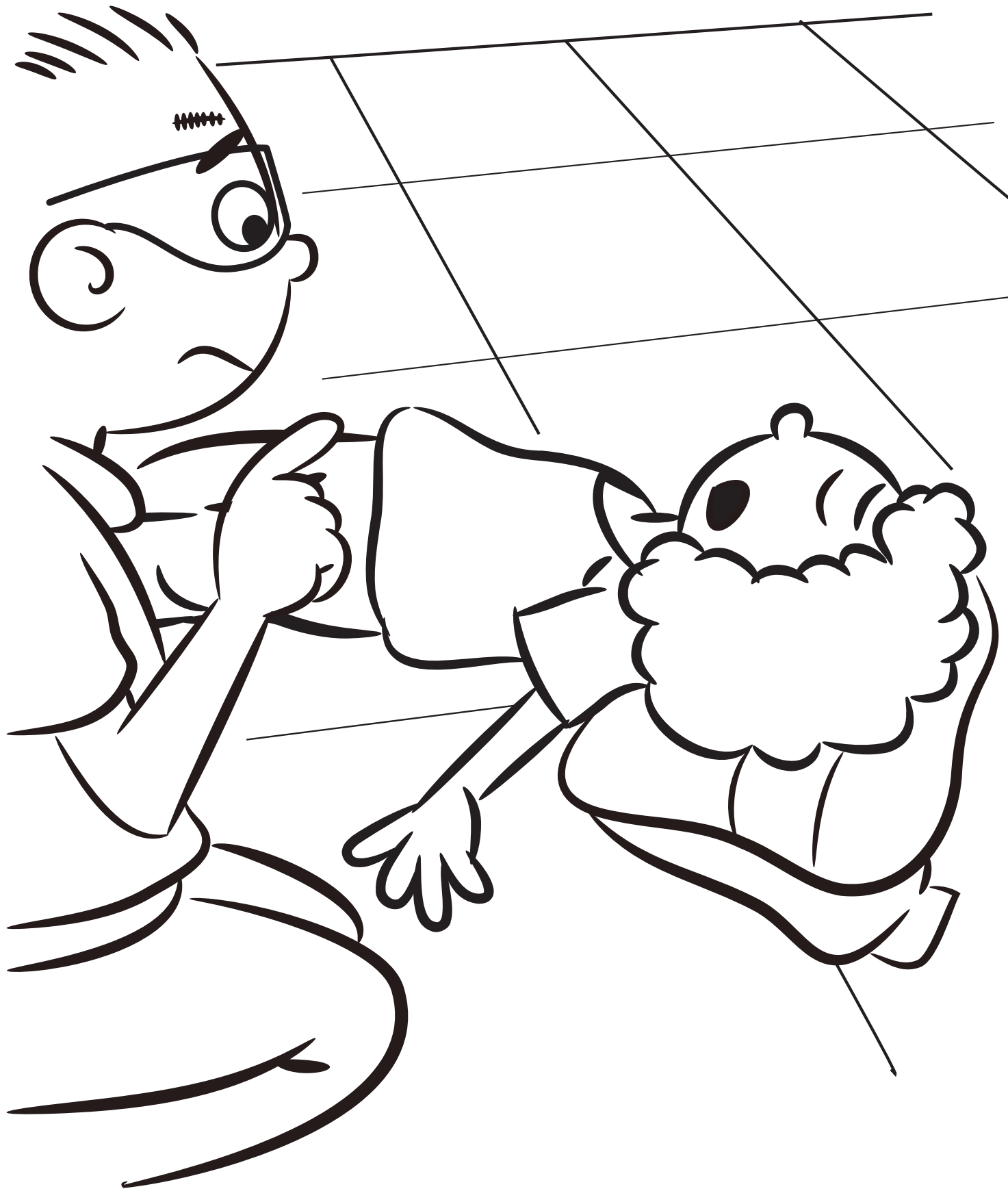
Cathy says, "Uh-oh."



Fred says, "Are you ok?"



The teacher says, "She'll be ok.  
Give her some room."



Cathy says, "The flashing lights made me have a seizure."

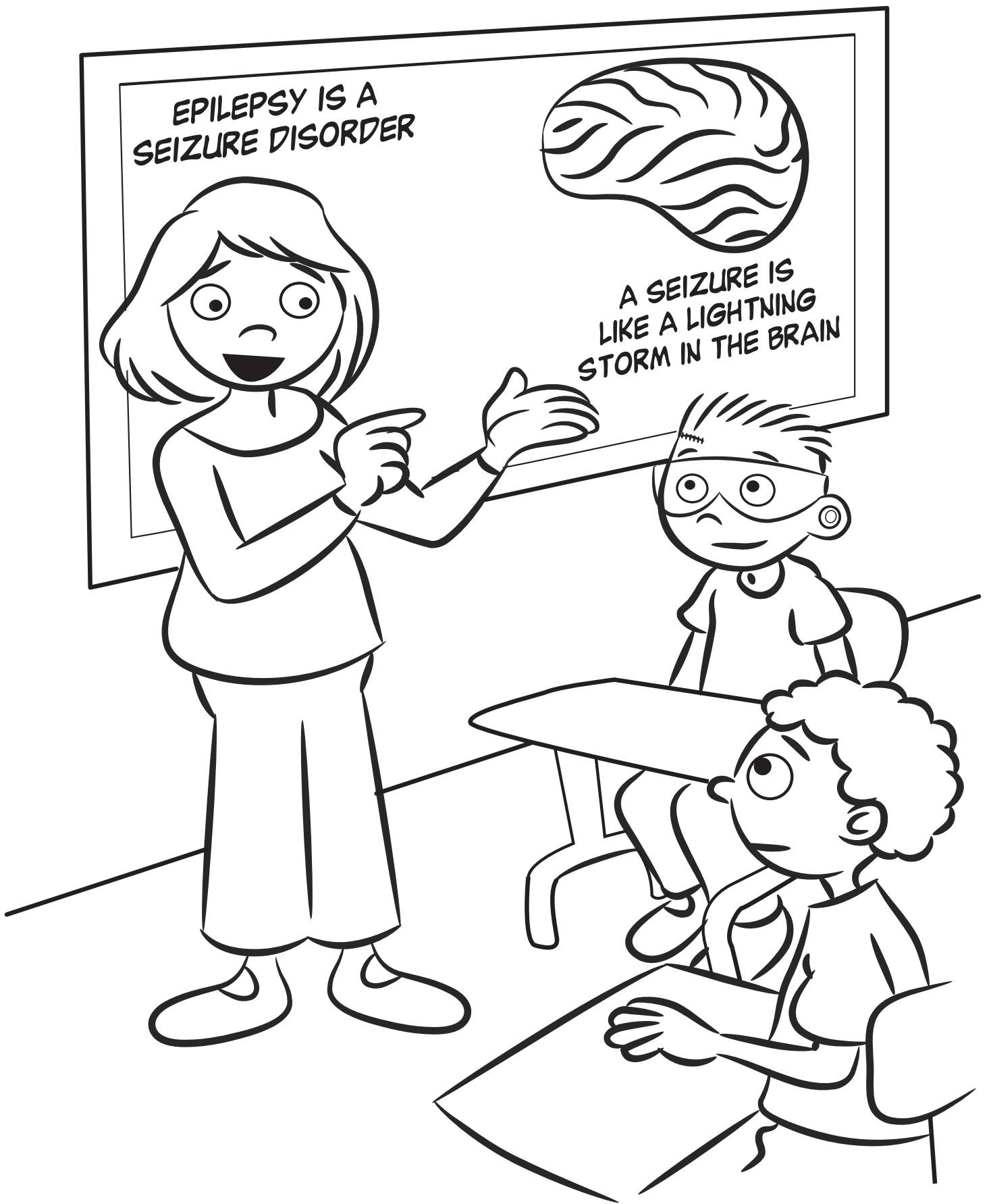


Fred asks, "What is a seizure?"





Cathy says, "Ask me tomorrow after I rest."



The teacher explains to the class: "A seizure is like a short circuit in the brain."

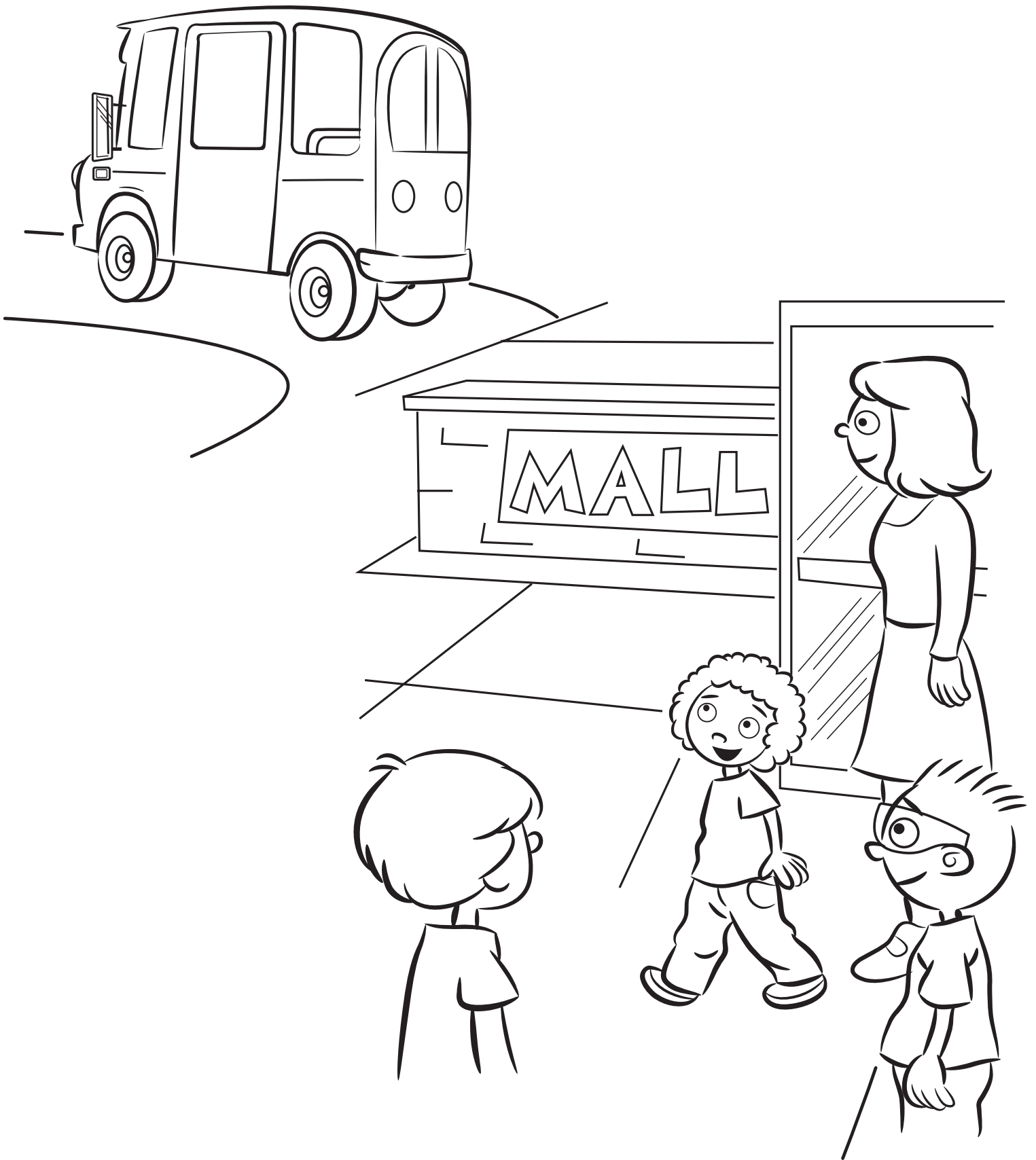
# The Next Field Trip

**Pet Store**





Cathy says, "This is more fun for me."



"This has been a cool field trip!"

# Learn the 4 C's for Seizures

## 1. CALM

It may be scary to see someone having a seizure, but stay calm. You cannot “catch” epilepsy. It is not contagious. A seizure usually is over in minutes and the person having the seizure is not in pain. However, they might get hurt as a result of the seizure. Note the time when the seizure starts.

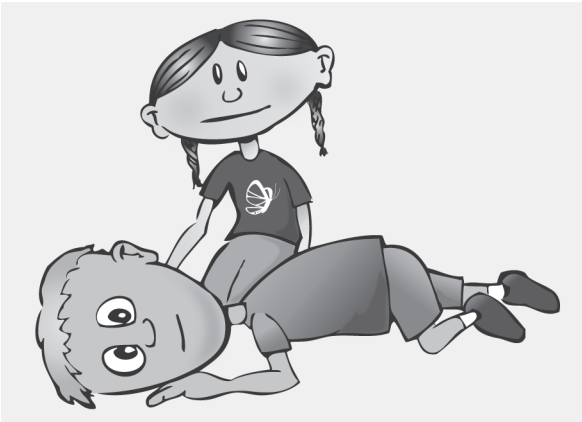


## 2. CLEAR

You can help by clearing a space around the person. Move any objects that might be harmful. But only move the person if they are in a dangerous place, like water, near traffic, or at the top of stairs. Never put anything in their mouth!

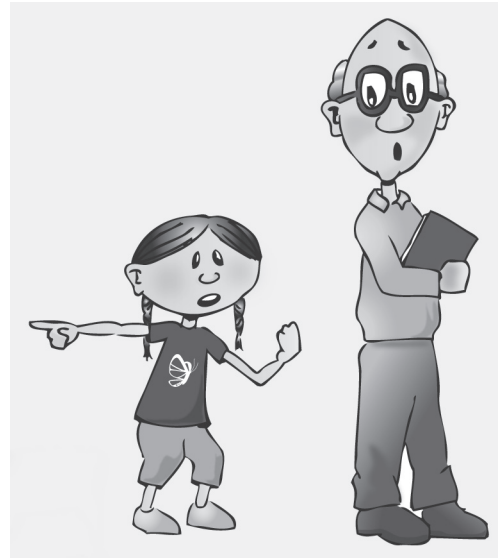


## 3. COMFORT



You cannot stop a seizure but you can give comfort to a person having a seizure. Remove glasses or backpacks if necessary. Help them lie on their side and cushion their head. After a seizure, comfort them by telling them what has happened and where they are. They may feel sore and confused.

## 4. CALL



Tell a teacher, coach, or parent what happened. Call 911 if the seizure lasts longer than five minutes or if you witness one seizure after another.

*Summer Field Trip* is the fifth in a series of Disability Awareness coloring books designed by the University of Wyoming’s Wyoming Institute for Disabilities (WIND) Consumer Program Advisory Council (CPAC). *Summer Field Trip* introduces us to Cathy, a student who has epilepsy. It provides information on how her classmates and teacher learn about, and how to react to, her disability.

We hope that the coloring book will be used to provoke discussions about the acceptance of persons who are different than us and that differences in others is a natural and desirable part of life. A good place to start is to discuss “People First Language.”

People First Language is easy to learn—people come first before their disability. If we use words that put the disability before the person, we tend to only see the disability, not the many characteristics that make up the person. Here are examples of positive phrases and negative phrases. Note that the positive phrases put the person first.

Positive Phrases	Negative Phrases
A person who uses a wheelchair	Wheelchair bound, confined to a wheelchair
A person with an intellectual disability A person with a cognitive disability	Retarded person
A person a visual impairment	The blind
A person who is deaf People with hearing impairments	Suffers a hearing loss
A person with a specific disability (for example, brain injury)	Afflicted with a brain injury
A person with a speech impairment	Dumb, mute
A person with a disability	A disabled person, handicapped



A FORCE FIGHTING FOR PEOPLE WITH DISABILITIES



UNIVERSITY  
OF WYOMING

The Consumer Program Advisory Council (CPAC) of the Wyoming Institute for Disabilities (WIND) is a group of individuals with disabilities and family members working together to create educational resources for disability awareness in Wyoming.

The CPAC holds quarterly meetings to create, organize, and distribute its awareness projects. All members of the CPAC are also members of the larger WIND Advisory Committee, which advises WIND on policy issues and the needs of persons with disabilities.


## **WIND Mission Statement**

“The mission of the Wyoming Institute for Disabilities is to assist individuals with developmental and other disabilities and their families to achieve their desired quality of life by promoting and supporting full community inclusion, community membership, independence, productivity, and social participation.”

## **Comments and Suggestions**

Comments and suggestions on this coloring book project (its usefulness, suggestions to make it better, ideas of topics for future books, etc.) are welcome and encouraged. Please send your comments and suggestions to:

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