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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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.”
Bong Bing

Ping Pong
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
Cathy says, “This is more fun for me.”
“This has been a cool field trip!”
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.

Visit: [www.wyomingepilepsy.org](http://www.wyomingepilepsy.org)

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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.

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