

PEPINA'S PURPLE POWER

THE COMIC BOOK COLLECTION



Twelve illustrated stories about epilepsy, for kids, families and classrooms.

Print at home on US Letter or A4 paper. Black-and-white printing works too.

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STORY 1 - MEET PEPINA

A hero with purple hair, a coral cape, and a very big heart.



Hi! I'm Pepina. I have purple hair, a coral cape, and sparkly super sneakers. I am eight years old and I love pancakes.



I also have something called epilepsy. That means sometimes my brain sends out a big burst of extra sparks. It is not a sickness you can catch, like a cold.



My real superpower is telling people about it, so nobody has to feel scared. Ready to learn with me? Cape on!

BADGE: PURPLE CAPE

STORY 2 - WHAT IS A SEIZURE?

Imagine your brain as a city full of tiny twinkling lights.



Your brain is like a busy little city. Millions of tiny lights blink on and off to help you run, giggle, and remember your best friend's name.



A seizure is when lots of those lights flash all at once. The brain city gets very busy for a little while, and the body might shake, stare, or go floppy.



Then the lights settle back down, all by themselves. The person may feel sleepy or fuzzy after, and that's okay. A rest and a friendly face help a lot.

BADGE: SPARK SCOUT

STORY 3 - WHEN A FRIEND HAS A SEIZURE

Stay calm, stay close, and get a grown-up. You can do this!



If a friend has a seizure, the first job is easy: stay calm and stay nearby. You are already helping just by being there.



Move hard things like chairs and bags out of the way. Put something soft under their head. Never hold them still, and never put anything in their mouth.



Call a grown-up right away. When the seizure ends, talk gently and stay until your friend feels like themselves again. That's true hero work.

BADGE: KIND FRIEND

STORY 4 – PEPINA'S EVERYDAY POWERS

Medicine, sleep, helmets — and heaps and heaps of fun.



Having epilepsy does not stop the fun. I ride my bike, I dance, I climb, I win at hide and seek. I just wear my helmet like every smart hero.



Every day I take my medicine at the same time. It helps my brain city keep its lights nice and steady. Good sleep helps too.



I always swim with a buddy watching. Epilepsy is one part of me, not all of me. Ask me questions any time — I love to explain!

BADGE: EVERYDAY HERO

STORY 5 - PEPINA GOES TO SCHOOL

Science class, playground games, and a team that knows just what to do.



School is my favourite place, and science is the very best part. Today we mixed baking soda and vinegar and my beaker fizzed right over the top. I want to be a scientist one day!



At break I play tag with my friends. I run, I climb, I giggle so hard I get hiccups. Epilepsy does not sit out at playtime — I do everything the other kids do.



One day I had a seizure in class. Nobody panicked. My teacher moved the chairs, put something soft under my head, and turned me gently on my side. My friend Mia timed it, and Sam fetched the nurse. Everyone knew the plan.

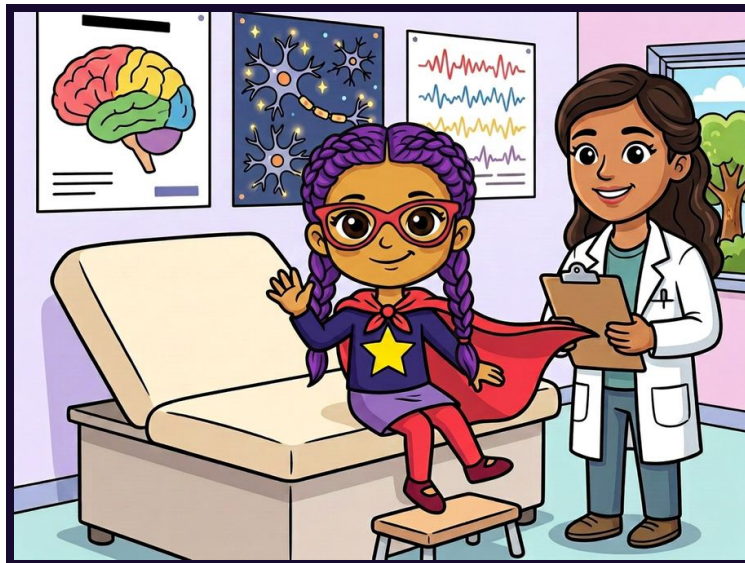


After a rest I felt sleepy, then like me again. My friends said hi, my teacher smiled, and we went back to science. School is safe when everybody knows how to help.

BADGE: SCHOOL SCIENTIST

STORY 6 – PEPINA VISITS HER EPILEPSY DOCTOR

Blood draws, brain-wave stickers, and one very brave hero.



Today I visit Dr. B. She is my epilepsy doctor, called a neurologist. That is a doctor who knows all about brains. We talk about how I feel, how I sleep, and my medicine. There is nothing scary here – just questions and a lot of smiles.



First comes a blood draw. A nurse takes a tiny bit of blood from my arm to check that my medicine is just the right amount. It feels like a quick pinch. I squeeze my squishy star, look away, and count to five. Then – bandage on, all done!



Next is an EEG. They stick little stickers on my head with squishy gel, and wires carry my brain sparks to a computer. It does not hurt at all — no pokes, no zaps. I just lie still, blink when they ask, and watch my brain waves wiggle on the screen.



The wiggly lines help Dr. B. learn how to keep my sparks calm. I got a high five, a bravery sticker, and a smoothie on the way home. Doctor days are just check-ins for my superpower brain. Cape on!

BADGE: BRAVE CHECKUP

STORY 1 - PEPINA AND ALEX, BEST FRIENDS

Park days, giggles, and the best Halloween costumes ever.



This is Alex, my best friend in the whole world. She has the coolest two little ponytails and the loudest laugh. Alex knows I have epilepsy, and guess what? It never changed one single thing about being friends.



We go to the park almost every day. I swing so high my cape flaps, and Alex zooms down the slide. I take my medicine, drink my water, and rest when I need to — then it is right back to playing.



For Halloween we always dress up together. This year I was Elphaba, green face and all, and Alex was Glinda in a sparkly pink gown. We practised our song for a whole week and got so much candy!



Alex says I am not 'the girl with epilepsy'. I am just Pepina — her friend who loves drawing, silly jokes, and comics. Kids with epilepsy have friends, sleepovers, and ordinary happy days, just like everybody else.

BADGE: BEST FRIEND

STORY 8 - PEPINA GETS HER VACCINES

A tiny pinch that builds a great big shield.



Today I see Dr. Nei, my pediatrician — the doctor who helps me stay healthy all year. She checks how tall I am, listens to my heart, and says it is vaccine day. Vaccines are shots that teach my body how to fight germs.



The nurse cleans my arm and gives me a quick little poke. I squeeze my squishy star, take a big breath, and count to three. It stings for one second — and then it is over. Bandage on!



Here is the magic part: my vaccine teaches my body to build an invisible shield. When germs like flu or measles come near, my body already knows the plan and bounces them away. Boing!



This matters extra for me. Being sick with a high fever can make seizures more likely, so staying well keeps my sparks calmer. One tiny pinch, one big shield. Brave hero, cape on!

BADGE: SHIELD HERO

STORY 9 – PEPINA'S FAMILY TEAM

Mom, Dad, sister, two brothers, and one very good dog.



This is my family team! Mami, Papi, my big sister Lucia, my little brother Joaquin, my little sister Javiera, and our fluffy dog Milito. Every hero needs a team, and mine lives right here at home.



On Sunday we cook together. I stir the bowl, Papi chops, Lucia sets the table, and the twins carry the plates. Papi sets my medicine next to my cup so I never forget my nighttime dose. Milito waits for one dropped noodle.



One evening my sparks came. My family knew the plan: Mami started a timer, Papi moved the chair away, Lucia kept the twins calm, and someone tucked a pillow under my head and turned me on my side. They stayed with me and did not put anything in my mouth.

OUR FAMILY SEIZURE PLAN

Tap each step as you learn it. You can be a helper too!

- ☐ Start a timer — Mami looks at the clock right away. If it lasts more than 5 minutes, call for help.
- ☐ Move things away — Papi slides chairs and hard toys back so nothing can bump me.
- ☐ Pillow under my head — Something soft keeps my head safe on the floor.
- ☐ Turn me on my side — Side-lying helps me breathe easily until the sparks are done.
- ☐ Stay calm and stay close — Lucia keeps the twins calm. Someone talks to me softly the whole time.
- ☐ Rest afterward — I may feel sleepy. A quiet cuddle and a blanket are perfect.

NEVER DO THIS

- ☐ Never put anything in my mouth
- ☐ Never hold me down
- ☐ Never leave me alone

QUICK WHAT TO DO

- ☐ Time it
- ☐ Clear space
- ☐ Cushion head

- Side position
- Stay close
- Call 911 if over 5 minutes



It was over in a minute. I felt sleepy, so we made a pillow pile and watched a movie. Joaquin shared the popcorn, Milito curled on my feet, and Mami said, "You are safe. We have got you." That is what a family team is for.

BADGE: FAMILY HERO

STORY 10 – PEPINA'S SWIM SAFETY DAY

Swimming is super fun — as long as a grown-up is watching.



I love the pool! But I know the biggest rule of all: I never get in the water unless a grown-up is watching me. Today my swim teacher, Miss Rosa, is right here — so it is time to swim!



I splash and kick with my swim buddy. Miss Rosa stands at the edge with her whistle and never takes her eyes off us. Mami told her about my seizures and my plan, so Miss Rosa knows exactly what to do.



Then my sparks came while I was in the water. Because Miss Rosa was watching, she reached me right away. She held my head above the water and carried me out of the pool. That is why a grown-up must always be watching.

SEIZURE IN THE WATER PLAN

Tap each step as you learn it. Grown-ups do these steps — kids go get help!

- Yell for the grown-up — The first job for a kid is to shout for the lifeguard or teacher right away.
- Head above water — The grown-up supports the head so the face stays out of the water.
- Get out of the pool — The grown-up brings me to the pool deck as soon as they can.
- Lay me on my side — On dry ground, side-lying helps water and spit drain so I can breathe.
- Time it and call for help — Because it happened in water, a grown-up always calls 911 to be sure I am okay.
- Stay close until I wake — Someone stays with me, keeps me warm in a towel, and talks softly.

NEVER DO THIS

- Never swim without a grown-up watching
- Never leave someone alone in the water
- Never put anything in my mouth
- Never hold me down

QUICK WHAT TO DO

- Call the grown-up
- Head above water

- Out of the pool
- Side position
- Time it
- Call 911



Soon I woke up in a big warm towel. Miss Rosa said, "You did amazing." I still get to swim next week — with my grown-up watching, just like always. Swimming is safe and fun when someone is keeping an eye on you.

BADGE: WATER HERO

STORY 11 – PEPINA'S BIG PLANE TRIP

Flying is even better with medicine packed and a plan ready.



We are flying on an airplane! I am so excited. Before we leave for the airport, Mami and I make our travel plan together. Superheroes pack their capes — and I pack my medicine too.



My medicine goes in my carry-on backpack, not in the big suitcase we check at the airport — that way it is always with me on the plane. We pack extra days of medicine just in case, and a paper with my seizure plan and my doctors' phone numbers.

TRAVEL MEDICINE AND SAFETY PLAN

Tap each step to learn what goes in Pepina's trip plan.

- Medicine stays with me — Medicine rides in the carry-on bag we take on the plane, never in a checked suitcase that could get lost.
- Pack extra days — We bring a few extra days of medicine in case the trip gets longer or a bag goes missing.
- Keep the same medicine times — We set alarms so I take my medicine at the right time, even in a different time zone.
- Bring the seizure plan — A printed plan lists my medicines, what my seizures look like, and my doctors' phone numbers.
- Tell the flight crew — On the plane we tell the flight attendant about my plan, and we tell the grown-ups at our destination too.
- Find the closest hospital — Mami looks up the nearest hospital and saves the address before we start having fun.

NEVER DO THIS

- Never skip medicine because we are traveling
- Never pack all the medicine in a checked bag
- Never leave the plan at home
- Never keep my epilepsy a secret from the grown-ups watching me

QUICK WHAT TO DO

- Medicine in the carry-on
- Extra days packed
- Alarms set
- Plan printed
- Tell the flight crew
- Find the hospital



Up in the sky, Mami hands a copy of my plan to the flight attendant. "If Pepina has a seizure, keep her safe on her side, time it, and call us," says Mami. Now everybody on board knows what to do.



Our plane lands right by the beach, and the fun begins! Waves, boardwalk, ice cream at sunset — and my medicine alarm buzzing right on time, even in a new time zone. Epilepsy does not stop my trips. Being ready is what lets me enjoy every single one.

BADGE: TRIP PLANNER

STORY 12 – PEPINA'S PLAYGROUND RULES

Climb high, but not too high — safe fun is the best fun.



I love the playground! Swings, slides, and climbing frames. My rule is simple: I climb no higher than 2 metres — about as tall as a grown-up. That keeps my brain safe and the fun going.



My teacher, Mr. Luis, shows me the 2 metre line. Below it, I can climb, hang, and explore like everyone else. Above it? That's for another day, when a grown-up says it is extra safe.



One day my sparks came while I was on the low bars. Because I was supervised, Mr. Luis was right there. He lowered me gently to the soft ground, moved the other kids back, and timed it. I was safe because we had a plan.

PLAYGROUND SAFETY PLAN

Tap each step to learn how to play safe at the playground.

- Grown-up watches — A teacher or parent keeps their eyes on me while I play.
- Stay under 2 metres — I climb only on equipment that is 2 metres tall or less.
- Soft ground below — Wood chips or rubber mats cushion a fall.
- Time the seizure — If sparks come, a grown-up starts a timer right away.
- Give me space — Other kids step back so I do not bump anything.
- Call for help if needed — If it lasts more than 5 minutes, a grown-up calls for emergency help.

NEVER DO THIS

- Never climb higher than 2 metres alone
- Never jump off high equipment
- Never put anything in my mouth
- Never hold me down

QUICK WHAT TO DO

- Grown-up watching
- Under 2 metres
- Soft ground

- Time it
- Space
- Call 911 if over 5 minutes



After a rest, I was back on the swings. I still climb, slide, and laugh — I just follow my 2 metre rule and keep a grown-up nearby. Playground fun is for everyone!

BADGE: PLAYGROUND HERO

THE END



You read every story with Pepina. Epilepsy is nothing to be scared of when we know what to do — stay calm, stay close, and be a good friend.

Pepina is an educational character. This book is not medical advice — always follow the care plan given by your child's doctor or epilepsy nurse.