

Celebrating the power of reading
...with Glitch!





Reading is a superpower!

Stories open new worlds, help us find our voices, and spark big questions that make sense of the world around us.

What makes a story powerful - the words, the pictures, or both?

The team at PANS PANDAS UK have been working hard this year to help people understand more about the medical conditions PANS and PANDAS.

Working with **our fabulous Youth Board**, and OCD advocates Taming Olivia, we have designed and created **our very own comic** to support conversations about living with these complex medical conditions.



Did you know that comic books and graphic novels have helped shine a light on important issues for many years?

They have told stories about fairness, discrimination, civil rights, and standing up for people who are treated unfairly. They have also introduced characters from different communities so more readers can see themselves as heroes.

Comics don't just entertain. They help us think about justice, empathy, and how we can make the world better.

What issues in our world do you wish someone would write a story about?

At the heart of our comic is **Glitch**.
A panda who is living with PANS.



PANS is a medical condition which causes difficult and at times overwhelming symptoms that impact both physical and mental health.

You can find out more about
PANS and PANDAS in this **video**.



Teachers - please check out our **accompanying guide**.



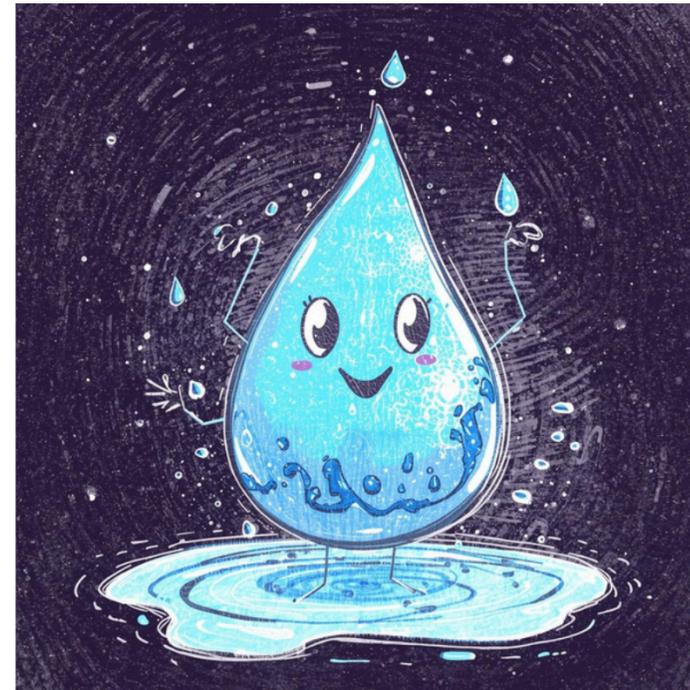
Can you come up with character ideas that represents a cause or issue that matters to you?

Use these examples as inspiration!



Puff the Pollution Fighter

A friendly dragon who cleans the air with magical puffs, representing fighting pollution and caring for the planet.



Drippy the Water Guardian

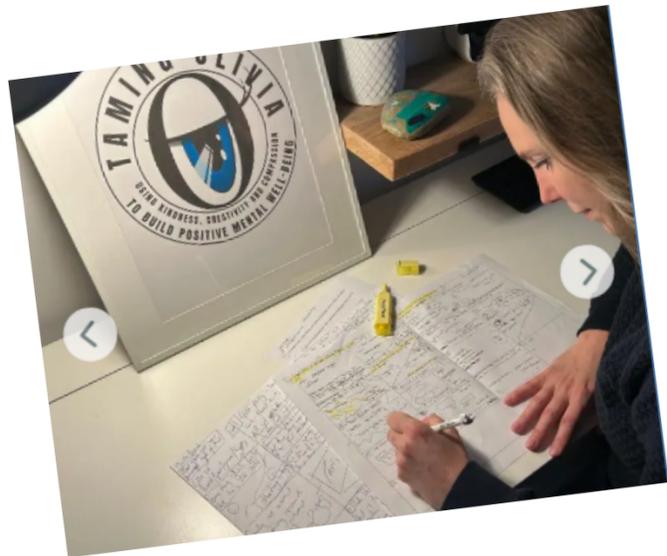
A magical water droplet who protects rivers, oceans, and drinking water, teaching kids about conservation.

From spark to story!



1 Our team began by writing a character bio that included all the key details about Glitch and his PANS story.

2 Our Youth Board then met online to discuss story lines ideas which represented their own experiences of PANS and PANDAS.



3 Taming Olivia sketched out a draft storyboard, which is a series of drawings that shows the order of events in the story.

4 Once the board members had given their feedback, this storyboard was transformed into an amazing comic.



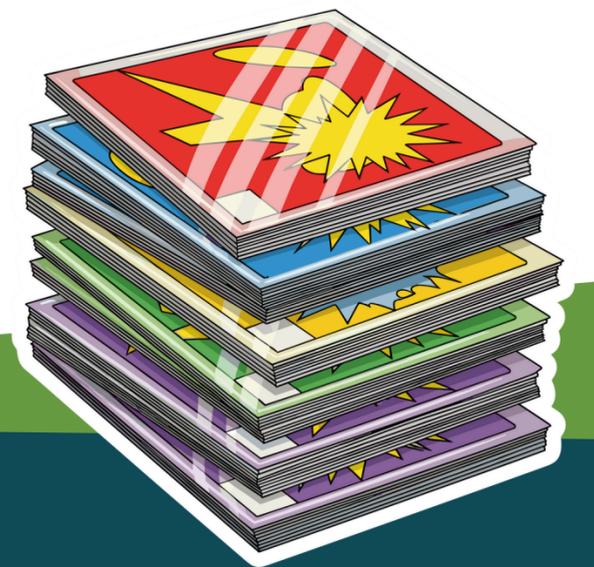
Quick learning check: True or False?

1. Comic books have often been used to highlight important social issues.
2. Creating a comic book usually starts with developing a strong main character.
3. You don't need to plan your comic book before you start drawing – you can just jump straight in.



Quick learning check: True or False?

1. **True** - Comic books have often highlighted important social issues.
2. **True** - Many comic stories begin by developing a strong main character.
3. **False** - Planning your comic (even a little!) helps make the story clearer and more exciting.



Creating a character bio

Use Taming Olivia's **write about a character** pack to start creating your very own comic book characters!

Top Tips:

- **Think Big:** Imagine your character's superpowers, hobbies, and personality.
- **Pick a Cause:** Decide if your character helps people, animals, or the planet.
- **Draw or Describe:** Sketch them or write down what they look like and how they act.
- **Give Them a Name:** Make it fun, memorable, and full of personality.
- **Tell a Story:** Think about one adventure or problem your character could solve.



Creating a storyboard

Use Taming Olivia's **create a comic** pack to start creating your very own comic book characters!

Top Tips:

- **Plan your story:** Decide what happens first, next, and last.
- **Draw your characters:** Show how your characters look and move in each scene.
- **Use speech bubbles:** Let your characters talk or think with easy-to-read bubbles.
- **Add action and emotion:** Show feelings and movements with fun expressions and gestures.
- **Keep it simple:** One idea per box keeps your story clear and fun to follow.



Other fabulous resources



Visit **Taming Olivia** for more comic-themed activities and ideas.



Read **Glitch's comic**: If you love Glitch like we do, you can grab a copy of the comic via our website.



For Teachers: **Learn more** about our training and resources for educational professionals



Created by PANS PANDAS UK
with thanks to Taming Olivia

