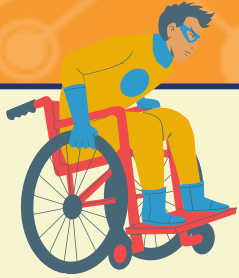


ms

Multiple Sclerosis  
New Zealand



# MY MULTIPLE SCLEROSIS SUPERHERO



## ACTIVITY BOOK



An activity book for kids  
to learn about MS, the  
mysterious villain affecting  
some superheroes powers!



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**COLOURING-IN**



MS?

# WHAT IS MS?

Multiple means 'many'  
sclerosis means 'scars'

So multiple sclerosis  
means 'many scars'

**We call it MS, which is easier to say!**

MS leaves **scars** on the **brain** which a specialist doctor, a **neurologist**, can see on an **MRI** which is like a picture of the inside of your body!

In the superhero world inside you, your **brain** acts like a computer, sending **messages** through the **spinal cord** to your muscles and body parts. These messages may get lost, stuck or sent to the wrong body part.

The **immune system** is like a superhero team that works inside your body to keep you healthy and protects you from germs and other harmful invaders.



**Myelin** covers and protects the **nerves** allowing messages to reach parts of the body.

MS affects everyone differently. Symptoms can include changes to: **vision, memory, mobility** and **speech**.

When MS strikes, the protective shield called **myelin** gets hurt, causing messages to slow down or get stuck, like a sneaky villain trying to cause trouble.

MS can also cause: **Pain** and **Fatigue**. Fatigue is being so tired you can hardly move.

When symptoms get temporarily worse it's called a **relapse**.

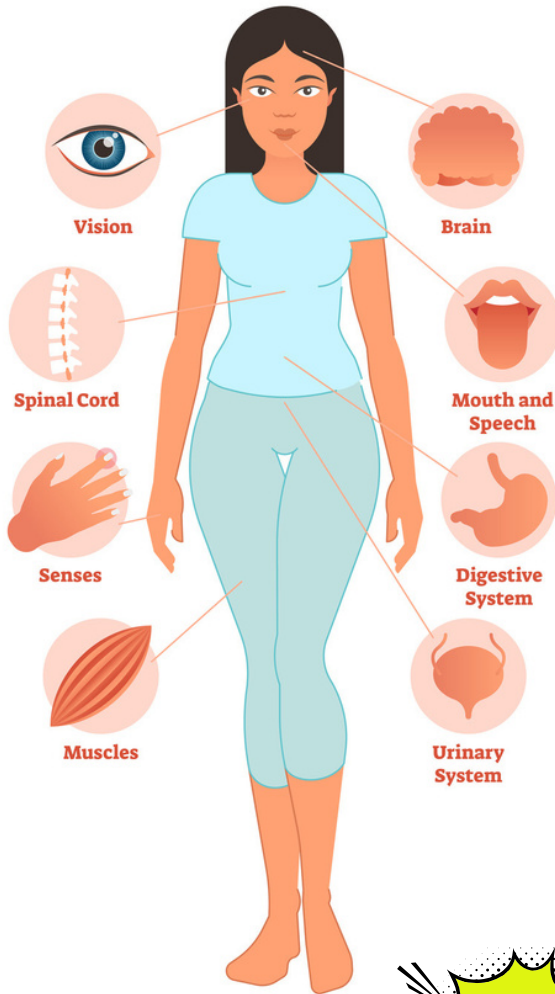
In the battle against MS, the protective **myelin** guarding the **nerves** gets damaged, and this is called **demyelination**, posing a great challenge for our superheroes within.

Symptoms usually improve in time. Some may require medication or assistance from doctors or physio's.

# How MS might affect someone you know

MS symptoms come and go  
MS can affect the **whole body**  
MS affects everyone **differently**

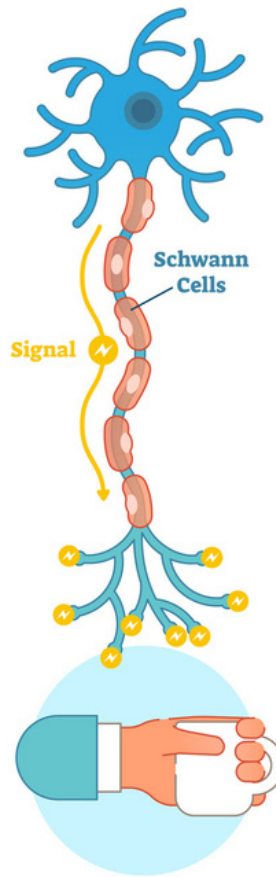
## MULTIPLE SCLEROSIS



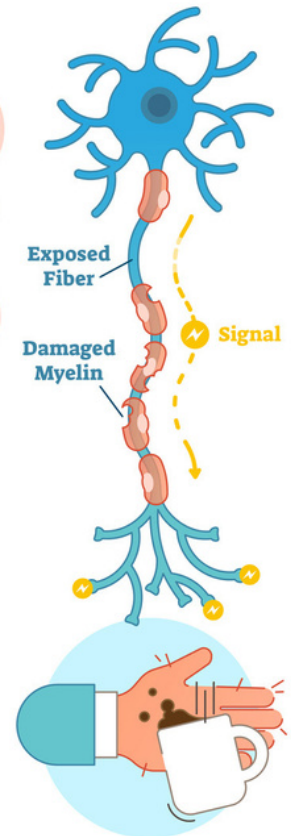
**Affected Areas**

Wow.....  
MS can affect the **WHOLE** body!

### Healthy Neuron



### Damaged Neuron



Damage to the **myelin** sheath can expose **neurons** which can interrupt **messages** sent to parts of the body.

MS might make you, or someone you love, feel:



Happy



Scared



In Pain



Loved



Sad



Worried



Proud

it's okay to feel your feelings

All of these emotions are very normal for you or someone you love with MS to be feeling.



# CROSSWORD

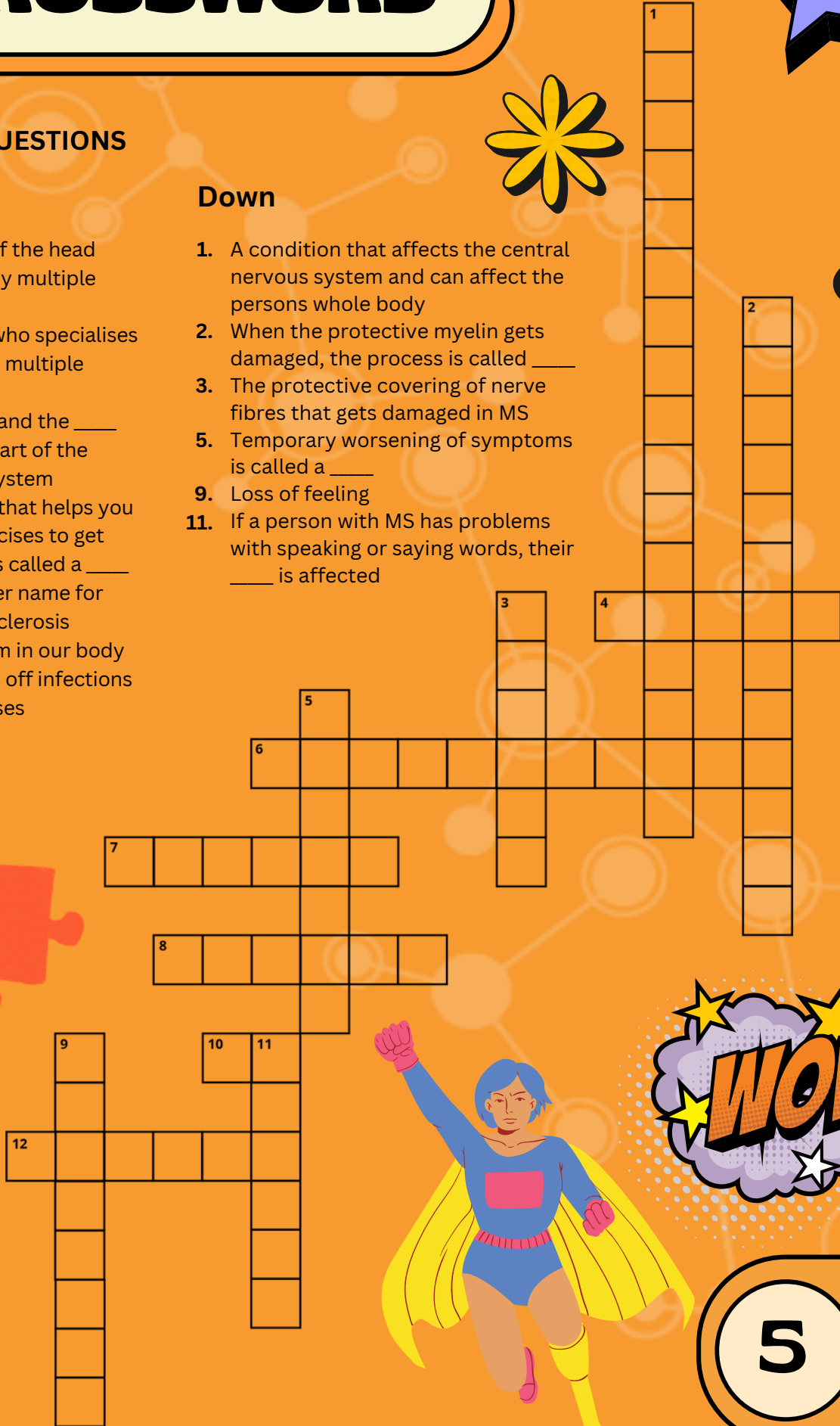
## LIST OF QUESTIONS

### Across

4. The part of the head affected by multiple sclerosis
6. A doctor who specialises in treating multiple sclerosis
7. The brain and the \_\_\_\_\_ cord are part of the nervous system
8. Someone that helps you learn exercises to get stronger is called a \_\_\_\_\_
10. The shorter name for multiple sclerosis
12. The system in our body that fights off infections and diseases

### Down

1. A condition that affects the central nervous system and can affect the persons whole body
2. When the protective myelin gets damaged, the process is called \_\_\_\_\_
3. The protective covering of nerve fibres that gets damaged in MS
5. Temporary worsening of symptoms is called a \_\_\_\_\_
9. Loss of feeling
11. If a person with MS has problems with speaking or saying words, their \_\_\_\_\_ is affected



ACROSS  
 4: BRAIN, 6: NEUROLOGIST, 7: SPINAL, 8: PHYSIO, 10: MS, 12: IMMUNE  
 DOWN  
 1: MULTIPLE SCLEROSIS, 2: DEMYELINATION, 3: MYELIN, 5: RELAPSE,  
 9: NUMBNESS, 11: SPEECH



# MS MAZE

Follow the maze to find three of the many body parts MS can affect

**GET STARTED**

MS can make your superheroes eyesight blurry or wobbly

MS can make your superheroes hands feel weak

**EXIT**

Who do you know with MS that is a-MAZE-ing!

MS can make your superheroes legs feel wobbly and heavy

**EXIT**

**6**

See back page for the answer!



# CREATE YOUR OWN SUPERHERO MASK

Flip the page to create your very own superhero mask!!

## What you'll need:

- Scissors
- Elastic or String
- Sellotape or Glue



# INSTRUCTIONS

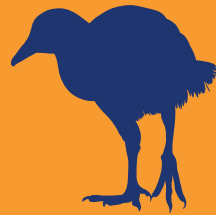
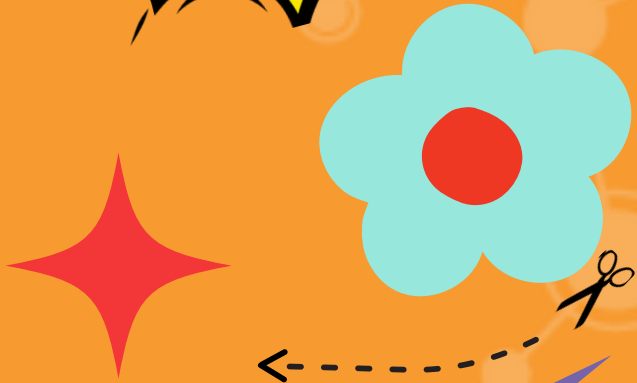
With an adults help:

- Use the mask as a template
- Or carefully pull the mask pages from the book
- Cut around the mask
- Cut out the eye holes
- Poke holes either side of the mask
- Tie string or elastic through the holes so it comfortably wraps around your head
- Cut out the decorations or add your own and get creative!



Use the template  
to make lots of  
masks!

Create your own  
superhero  
masks!



Or ask an adult to  
help you cut out  
this one!



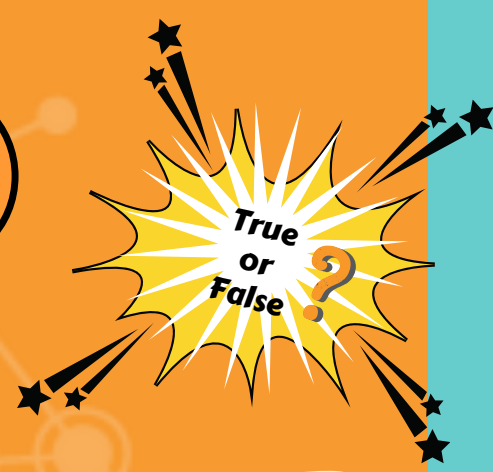


Cut these designs out or create your own to decorate your mask!



Send your photo to: [info@msnz.org.nz](mailto:info@msnz.org.nz)

# Myth Busters



ANSWER THE  
STATEMENTS  
WITH TRUE  
OR FALSE

- Only old people get MS. \_\_\_\_\_
- You can see all the symptoms of MS. \_\_\_\_\_
- Fatigue is just feeling tired. \_\_\_\_\_
- I'll get MS because my Mum or Dad has it. \_\_\_\_\_
- Multiple sclerosis can cause problems with balance and coordination. \_\_\_\_\_
- Some people with MS may have double or blurry vision. \_\_\_\_\_
- People with MS have shaky hands or arms. \_\_\_\_\_



ANSWERS:

False. People are usually diagnosed between 20 and 50 years old.

False. Many symptoms are unseen like brain fog, pain, and numbness.

False. Fatigue can make everyday tasks like showering take all their energy.

False. It is not a hereditary disease.

True. Your Mum or Dad may feel wobbly when they walk. They may use a walking stick or a wheelchair to help get around.

True. It may make reading, watching tv, driving or moving about difficult for them.

True. Some people with MS do have shaky arms or hands and may need help carrying things.

# SPOT THE DIFFERENCE

Can you  
spot 8  
differences?



See back page for the answers!



# WORDSEARCH



MS causes lots of symptoms, all over the body.

B	T	W	S	E	C	S	U	K	U	X	Y	J	P	P
N	I	V	E	U	C	W	B	R	B	R	T	V	K	F
K	N	N	L	G	O	N	F	O	O	Q	Z	D	J	E
S	G	G	D	I	O	A	U	M	E	T	V	X	F	V
Z	L	A	E	T	R	R	E	M	Z	B	P	V	W	G
G	I	K	E	A	D	M	A	T	B	I	L	E	U	O
I	N	C	N	F	I	G	E	I	N	N	A	S	Y	O
I	G	V	D	P	N	L	S	M	O	K	E	X	N	F
B	W	G	N	H	A	K	O	I	N	N	I	S	L	K
D	P	Q	A	O	T	R	D	E	U	C	D	F	S	H
H	E	P	S	C	I	Z	S	N	Y	O	M	M	U	V
G	F	R	N	J	O	S	T	A	E	H	R	E	V	O
V	G	S	I	H	N	W	N	W	S	X	D	Q	K	V
X	X	C	P	T	I	Q	C	Y	D	Q	X	X	T	U
T	K	C	O	N	C	E	N	T	R	A	T	I	N	G



Can you find these 10 **BOLDED** symptoms in the wordsearch:

- Superheroes with MS might struggle with **coordination**. It might be hard for them to control their arms or legs exactly how they want to.
- They might experience **weakness**, which makes things feel heavier at times, and their body feels less strong.
- People with MS often **overheat** in hot weather.
- They might often be **tired**. This is called **fatigue**.
- People with MS can have trouble with their **memory** or **concentrating**. You might have to remind them of things.
- People with MS often have **numbness** or **tingling** in their hands and feet. We call this pins and **needles**.





# DRAW YOUR MS SUPERHERO

My MS Superheroes name is \_\_\_\_\_

They are \_\_\_\_\_ years old

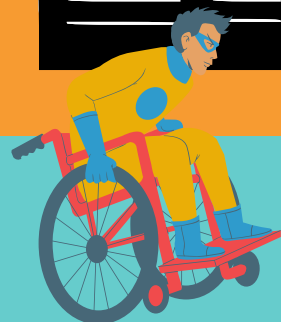
Their superpower is \_\_\_\_\_

What I love about my superhero is \_\_\_\_\_

Their kryptonite is \_\_\_\_\_

When their power is drained, my superheroes powers are restored by \_\_\_\_\_

Show us what your MS Superhero looks like



Download more MS Superhero colouring-in sheets from: <https://www.msnz.org.nz/get-involved/>

Email your drawing to [info@msnz.org.nz](mailto:info@msnz.org.nz)

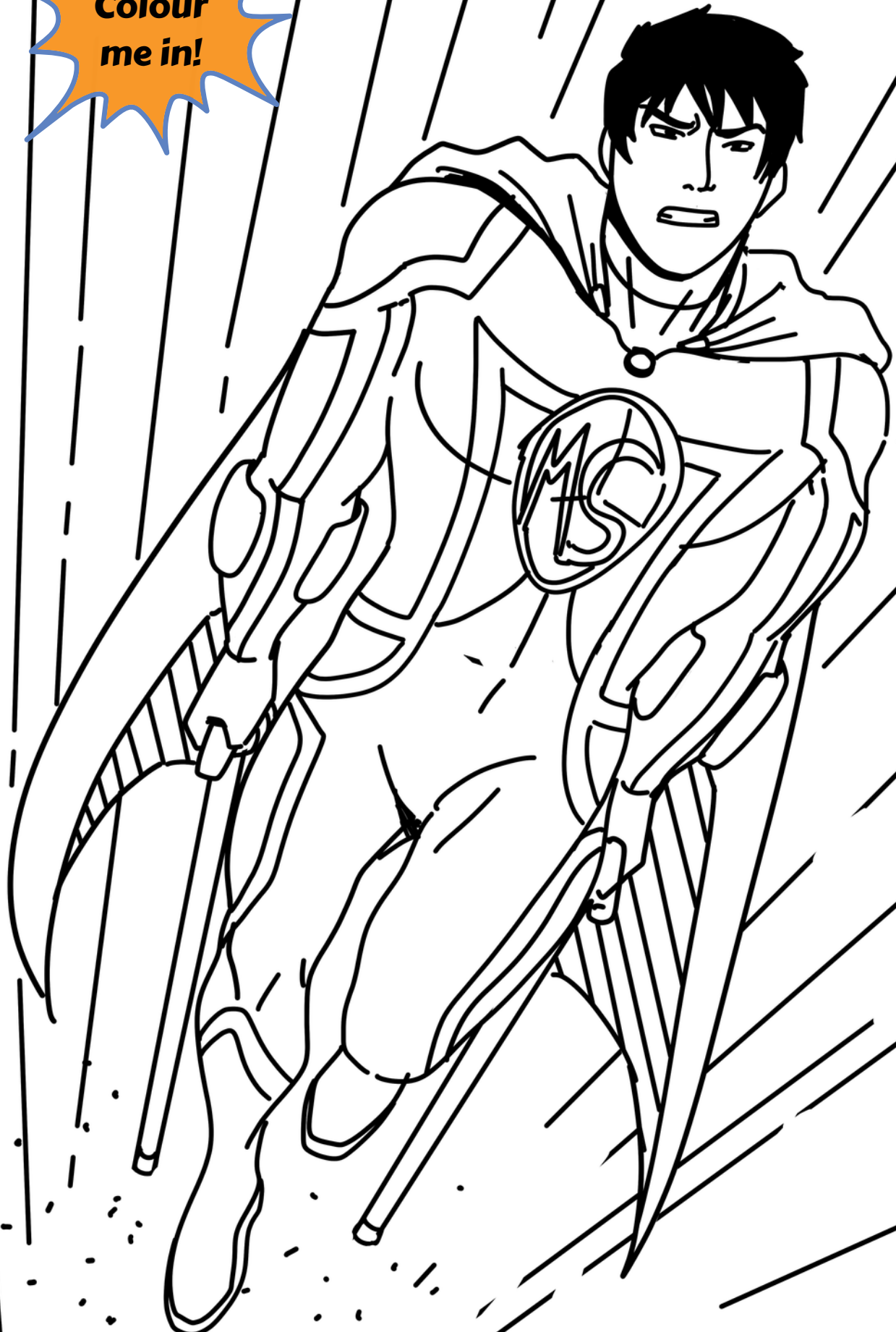
13



**Colour  
me in!**



**Colour  
me in!**



If you're feeling worried, have questions, or would like more information about MS, ask your parents to show you the information on our website, or ask to talk to their MS community advisor.

You can also call Youthline on 0800 376 633 or text 234 or call or text Need to talk? on 1737



info@msnz.org.nz



0800 MS LINE



msnz.org.nz

# ms

Multiple Sclerosis  
New Zealand

Spot the difference and maze answers:

