

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!



CONTENTS



3

WHAT IS MS?

4

**HOW MS MIGHT AFFECT
SOMEONE YOU KNOW**

5

CROSSWORD

6

MS MAZE

7

MASK INSTRUCTIONS

8

CUT OUT MASK

9

CUT OUT MASK

10

MYTH BUSTERS

11

**SPOT THE
DIFFERENCE**

12

WORDSEARCH

13

**DRAW YOUR MS
SUPERHERO**

14

COLOURING-IN

15

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!

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.

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.

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.

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.

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

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**.

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

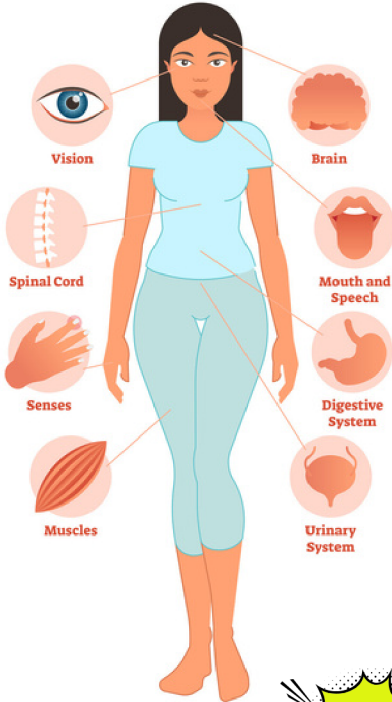


How MS might affect someone you know

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



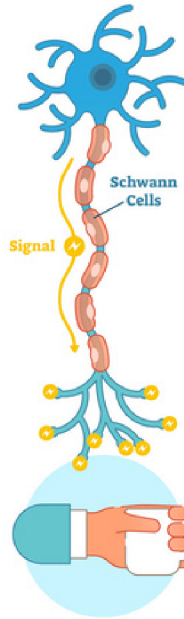
MULTIPLE SCLEROSIS



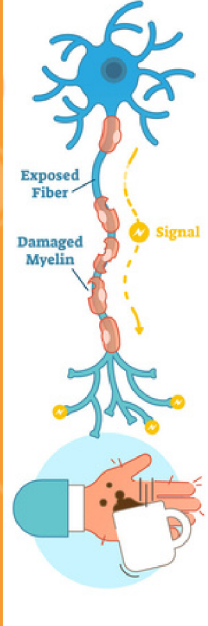
Affected Areas

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

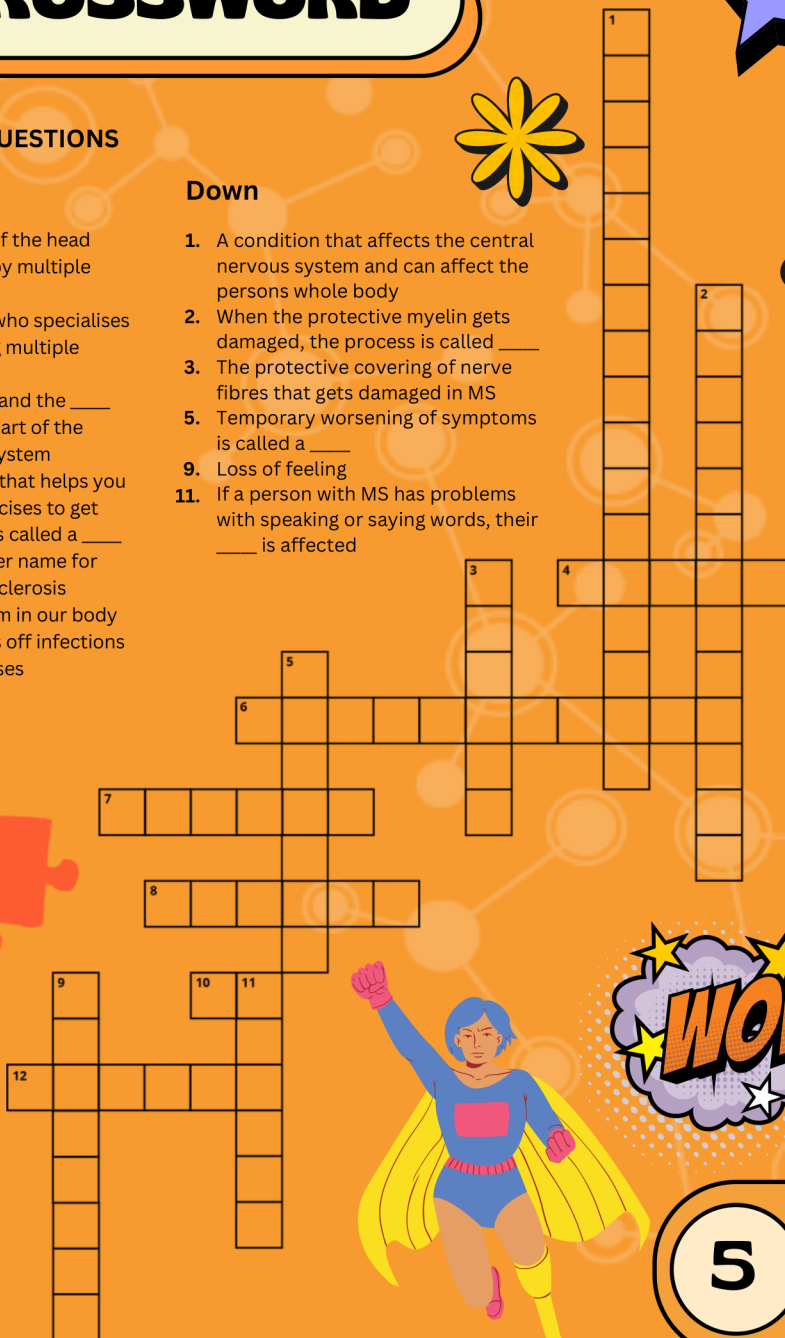
LIST OF QUESTIONS

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



5

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



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

MS can make your superheroes legs feel wobbly and heavy



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

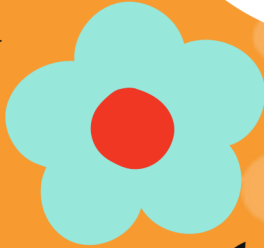
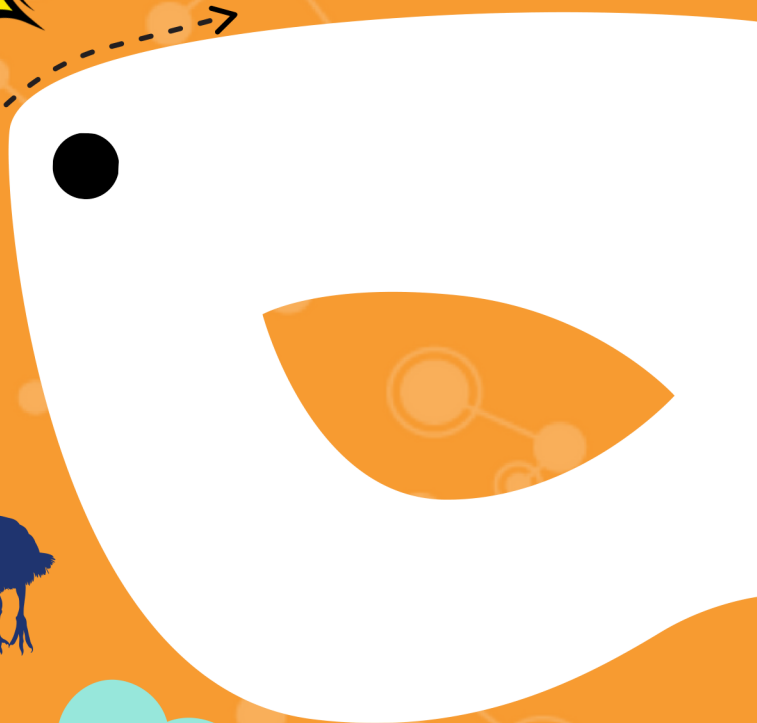
With an adults help:

- 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!

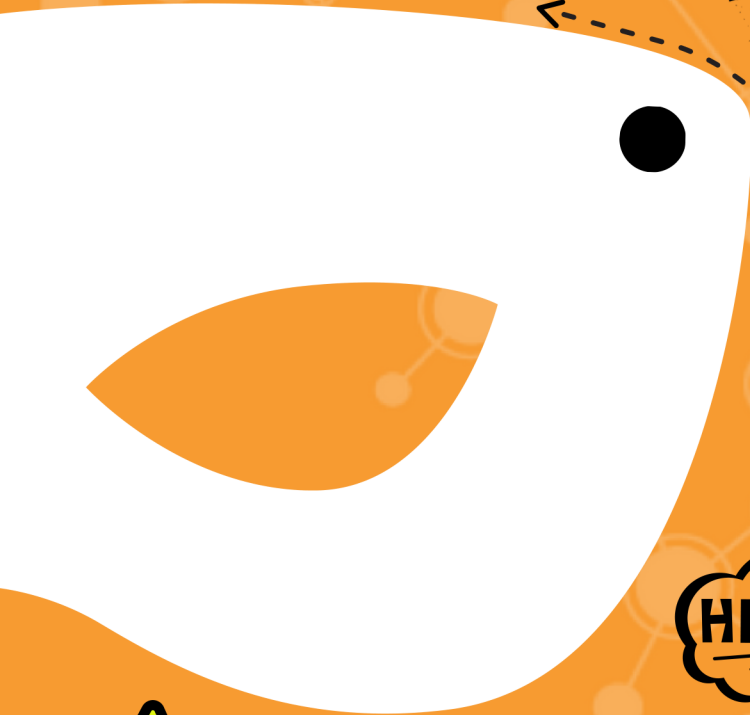


Use as a template to make lots of masks!

Create your own superhero mask!



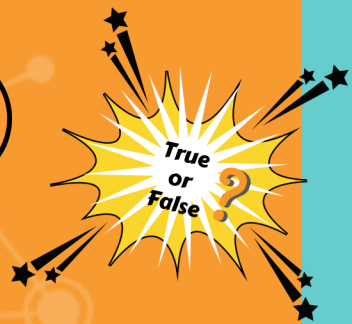
Or ask an adult to help
you cut out this one!



Cut it out,
decorate it
and send us a photo
of you wearing it!!

Send your photo to: 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. _____



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

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

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

False. It is not a hereditary disease.

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

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

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

ANSWERS:

SPOT THE DIFFERENCE

Can you spot 8 differences?



11

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

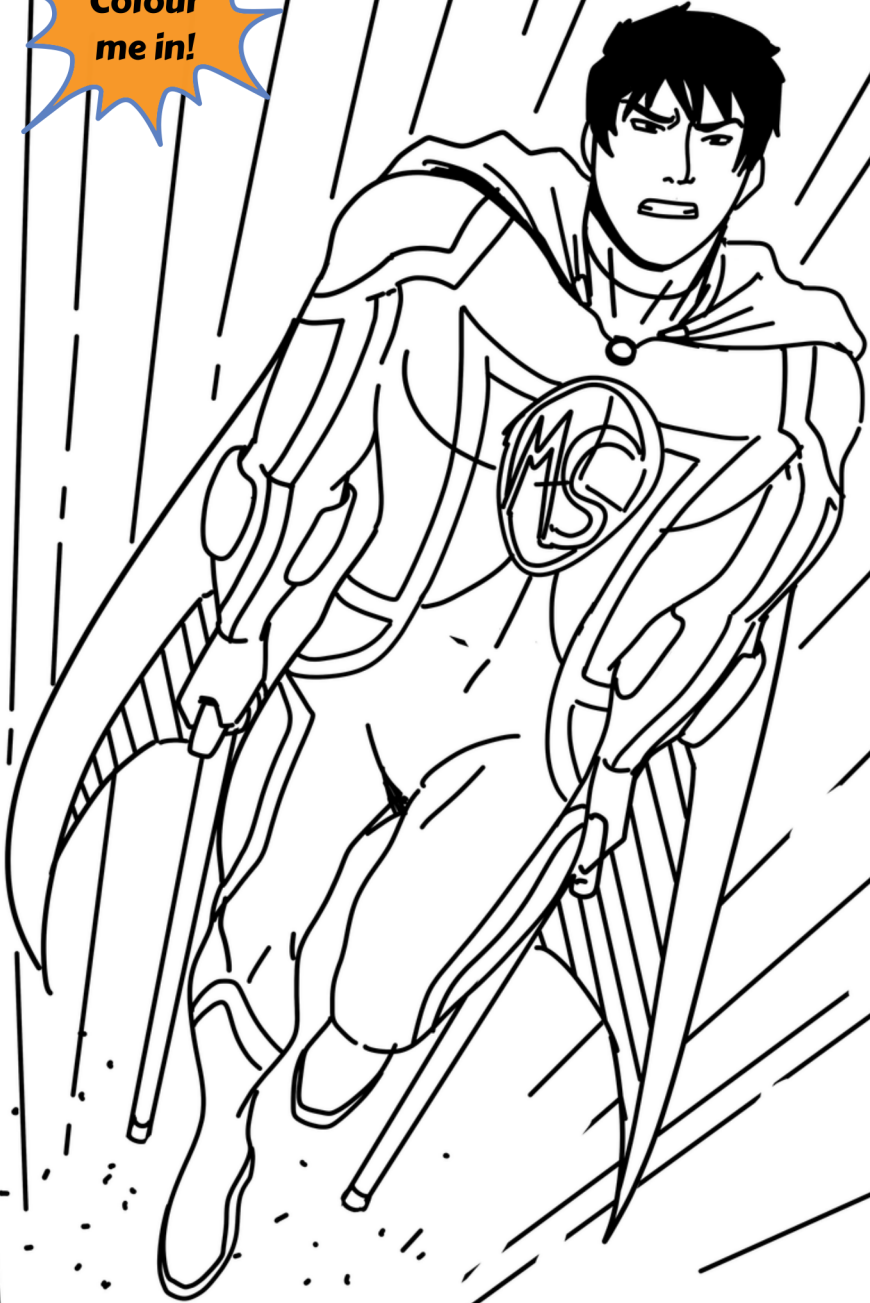
13



**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:

