



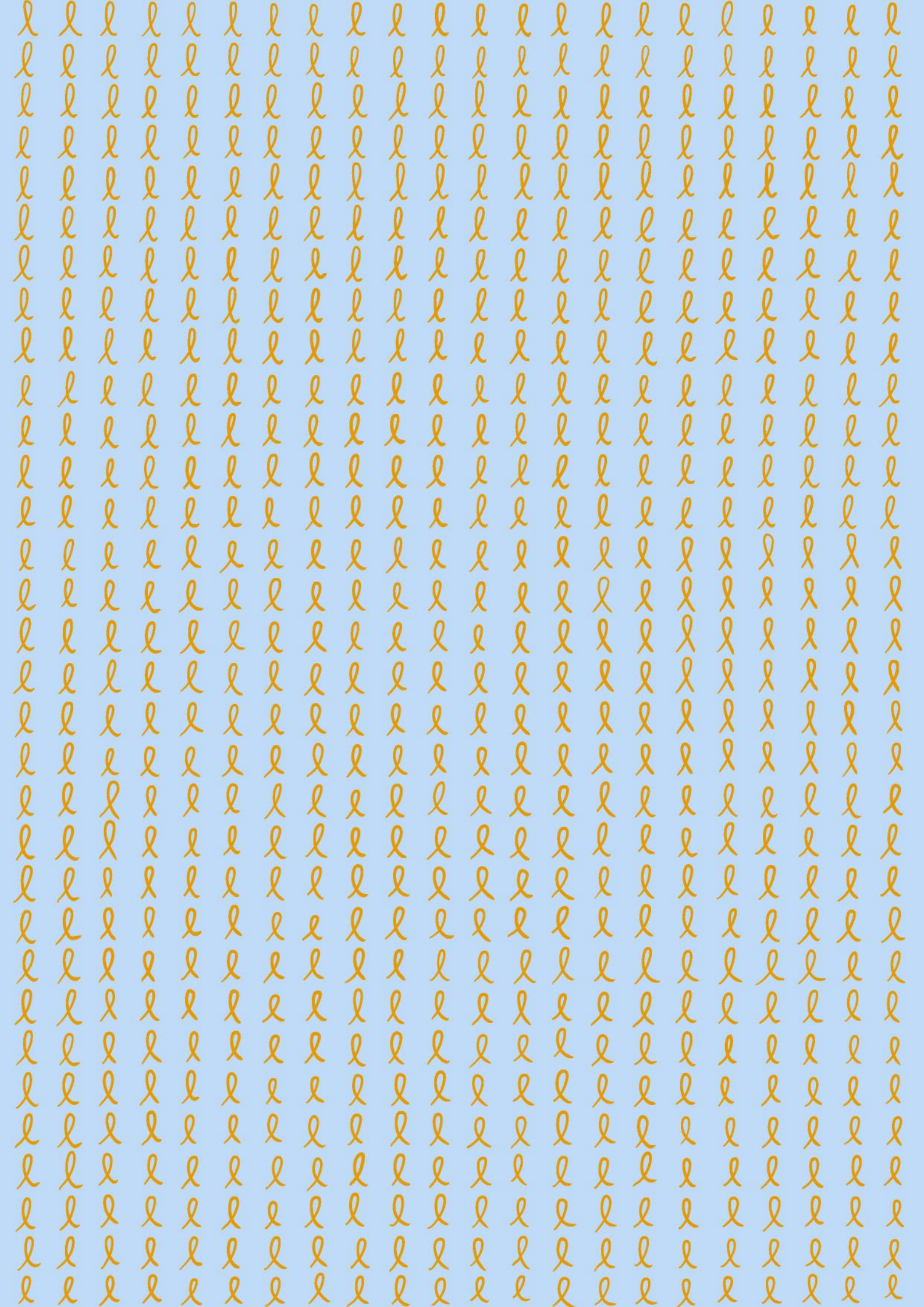
Therapeutic and
Fun Activities for
people with
Multiple Sclerosis

Created by
Christina Collis

Published by

 brevio

This book is
dedicated to my Dad,
Quentin Collis,
and to anyone
living with MS.





There is plenty of scientific evidence that suggests that art therapy can benefit people with MS. Studies have found that through the arts, we can engage people with positive emotions, enabling them to do more than they thought possible. The enjoyment of creating something can play a great role in the relief of stress.

This activity booklet was born from my personal efforts to support and engage my Dad who lives with MS. I wanted to find activities he could enjoy, despite his disabilities. I hope other people with MS and their loved ones will enjoy it also.

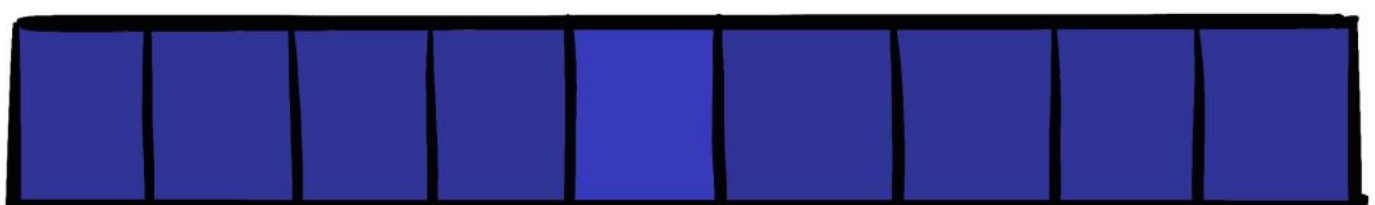
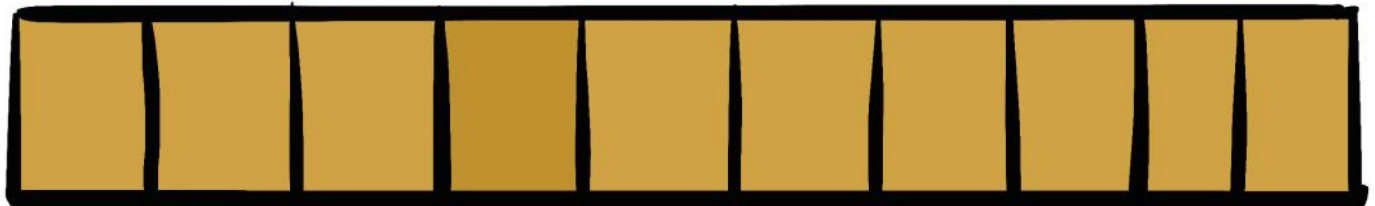
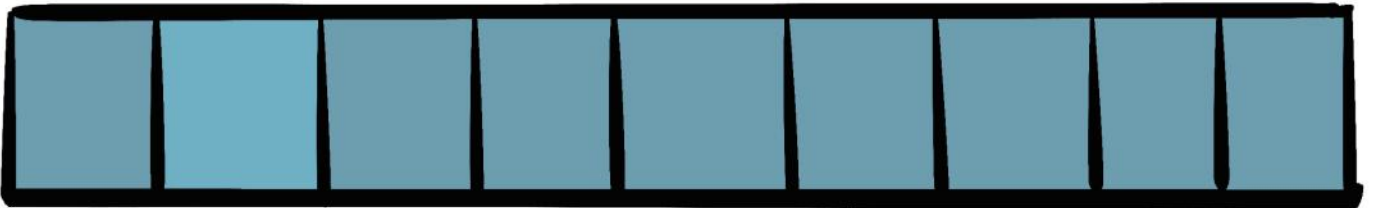




BE
KIND
TO
YOURSELF

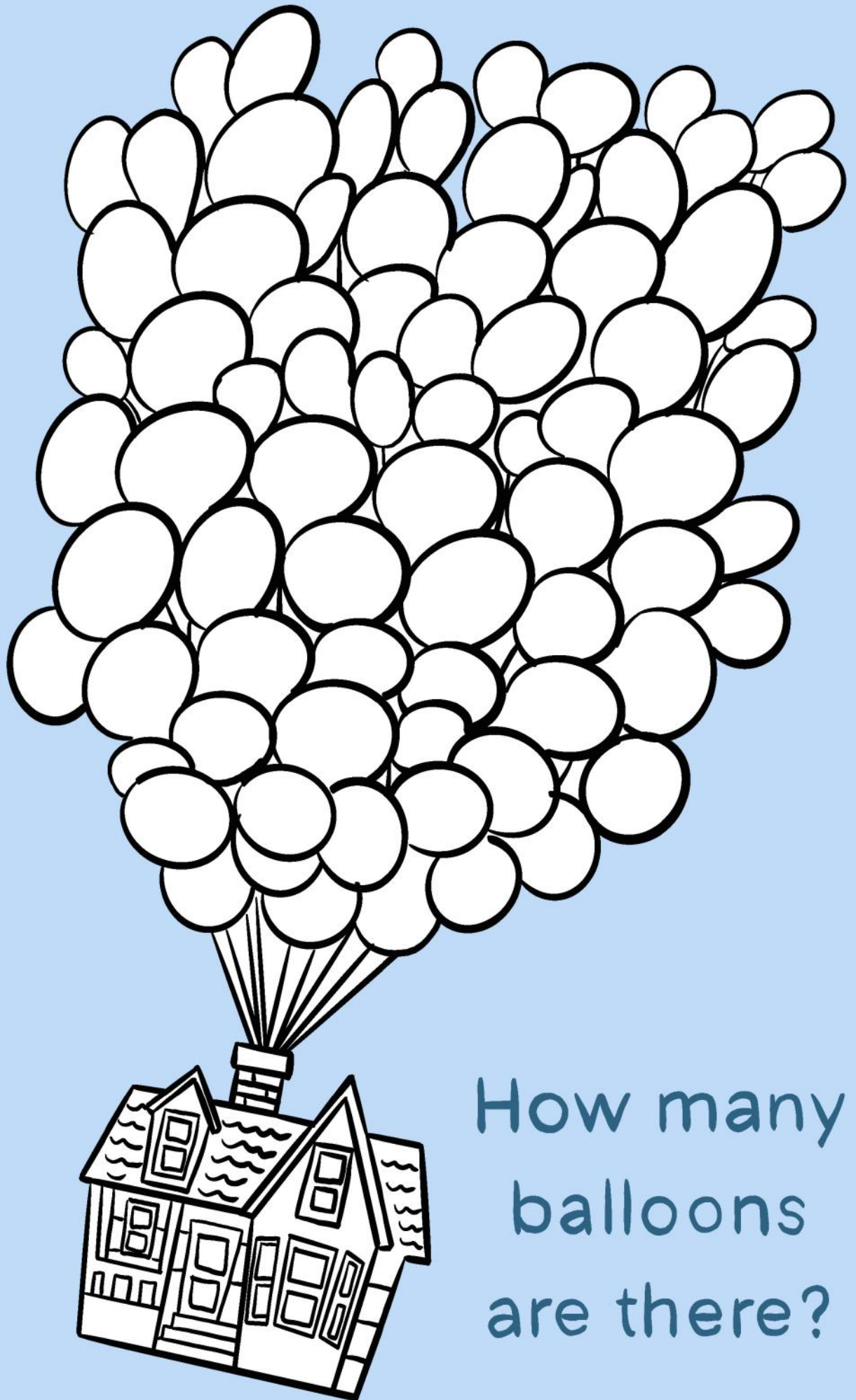


Find the different colour on each row

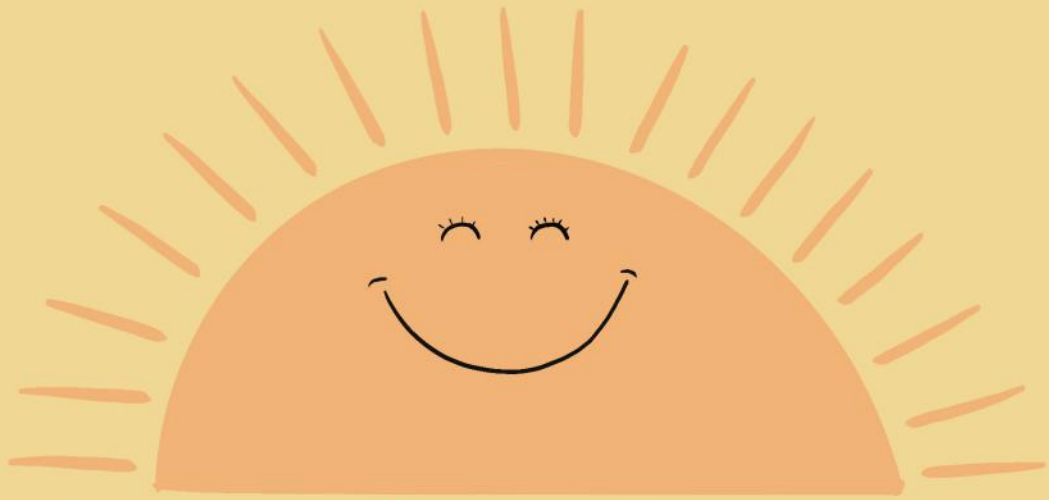


Make
someone
smile
everyday,
but never
forget
you're
someone
too.



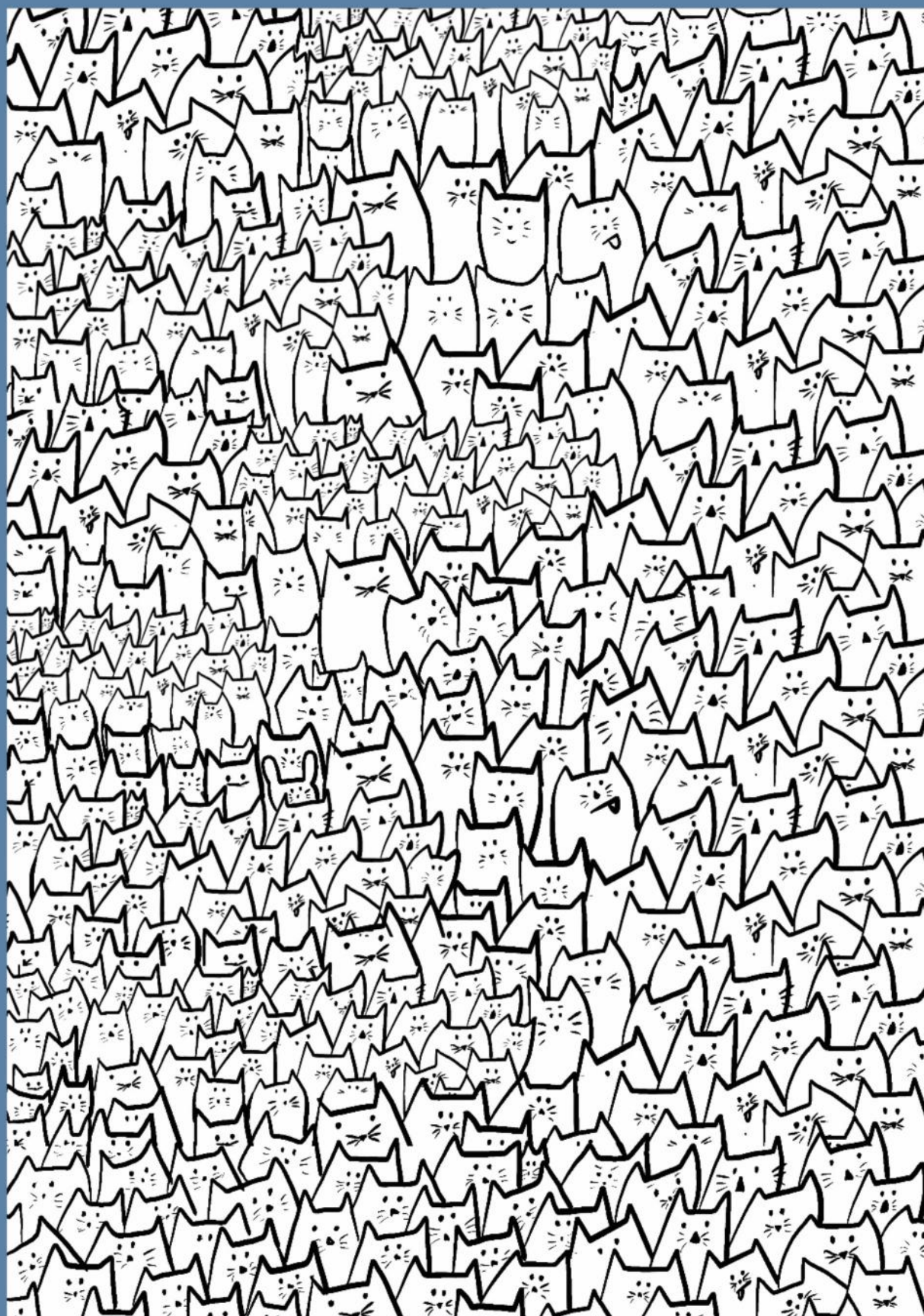


How many
balloons
are there?



Life is tough, but so are you!

Can you find the bunny ?





*Wake up with
determination,
Go to bed with
satisfaction*




Relaxation Reminders

- Stop what you are doing
 - Close your eyes
 - Breathe
 - Take deep, conscious breaths
 - Relax
 - Stretch slowly
- Listen to your favourite song
- Get lost in a good book
 - Call a friend

YOU
INSPIRE
ME

GUESS THE RIDDLES!

- The more you take, the more you leave behind. What am I?
- What has a head, a tail, is brown, and has no legs?
- David's father has three sons:
Snap, Crackle, and?
- What room do ghosts avoid?
- What belongs to you but other people use it more than you?
- When does Christmas come before Thanksgiving?
- What has many keys, but can't open a single door?
- What is more useful when it is broken?
- I make two people out of one. What am I?
- Why is Europe like a frying pan?
- What runs around the whole yard without moving?
- I am white when I am dirty, and black when I am clean. What am I?

The image features a solid blue background with several stylized white clouds scattered throughout. The text is centered and reads: "A little progress each day adds up to big results".

A little
progress each
day adds up
to big results

More Riddles!

- What can you catch but never throw?
- The more you take, the more I become, what am I?
- What do you call two witches who live together?
- What goes up but never comes down?
- What are the smartest creatures?
- What is the centre of gravity?
- What has a ring but no finger?
- I have no life, but I can die. What am I?
- What's the best kind of fruit to sit on?
- What is a plastic surgeon's favourite holiday?

POSITIVITY.

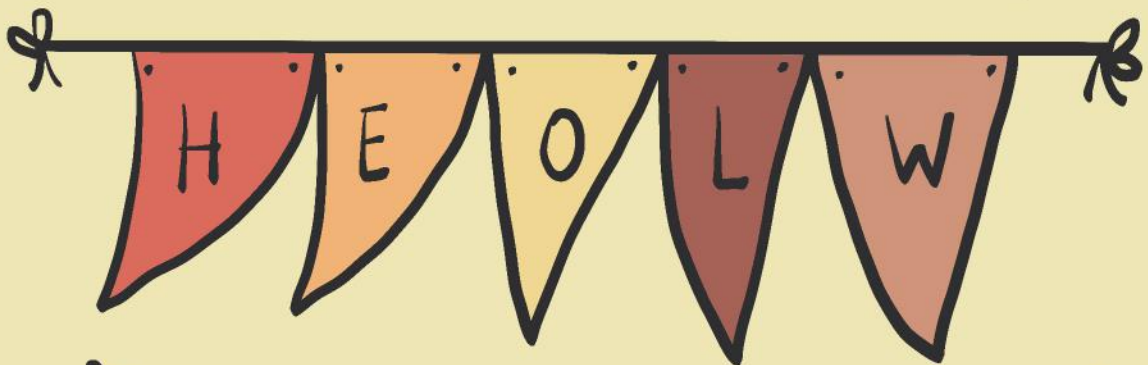




Spot
the
10
differences



Form as many words as you can think of,
using the letters in each row.



Hint: You don't have to use all
of the letters.



Take
each
day
at
a
time.

The background of the entire page is a repeating pattern of stylized snails. Each snail has a yellow shell with a dark brown spiral pattern and a grey body with two antennae. The snails are scattered across the page in various orientations and sizes. In the center of the page, the text "How many snails are there?" is written in a simple, dark green font.

How many snails are there?



You got this.

General Knowledge Quiz

1. What is a group of giraffes known as?
2. Which country has the most islands in the world?
3. Who discovered penicillin?
4. What is the longest river in the world?
5. Which famous graffiti artist comes from Bristol?
6. What is the national dish of Spain?
7. What colour are the seats in the House of Commons?
8. Which part of the atom has no electric charge?
9. Which city do The Beatles come from ?
10. In which state was Barack Obama born?

1. Tower 2. Sweden 3. Alexander Fleming 4. The Nile 5. Banksy
6. Paella 7. Green 8. Neutron 9. Liverpool 10. Hawaii



IF YOU GET TIRED,
LEARN TO REST
NOT TO QUIT

Word Search

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

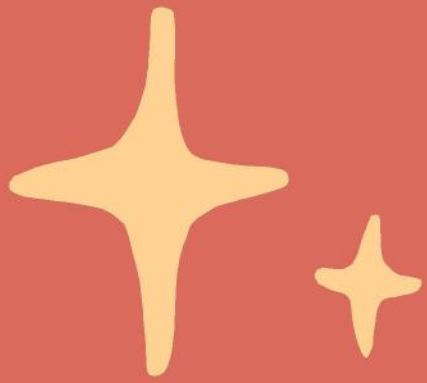
Rooster, Shampoo, Dark, Dragon, Fun, Tooth, Game,
Bed, Moon, Shower, Puzzle, Circle, Nice, School,
Desk, Rain, Cool, Moon, Cat



You
did
great
today

Can you find the frog?





Your life is as
good as your
mindset.

How many bees are there?



You are strong
enough to face it
all. Even if it
doesn't feel like it
right now.



Fun Facts about Hedgehogs

- There are 17 different species of Hedgehog
- They rely on hearing and smell because they have poor eyesight
- A group is called an Array
- Their earliest relatives lived about 125 million years ago
- They roll into a ball to protect themselves
- Hedgehogs are naturally immune to snake venom
- A hedgehog has 3,000 to 5,000 quills on its body



Do you know any interesting facts about Hedgehogs?

The background of the image consists of several thick, wavy, horizontal bands of a light pink color, creating a soft, abstract pattern. The text is centered within these bands.

Life is
better when
you're
LAUGHING!

How many avocados can you see?





I hope something
makes you
smile today

Riddle answers

First page:

Footsteps

A penny

David

The living room

Your name

In the dictionary

A piano

An egg

A mirror

Because it has Greece at the bottom

A fence

A blackboard

Second page:

A cold

A hole

Broomates

Age

Bookworms

The letter "v"

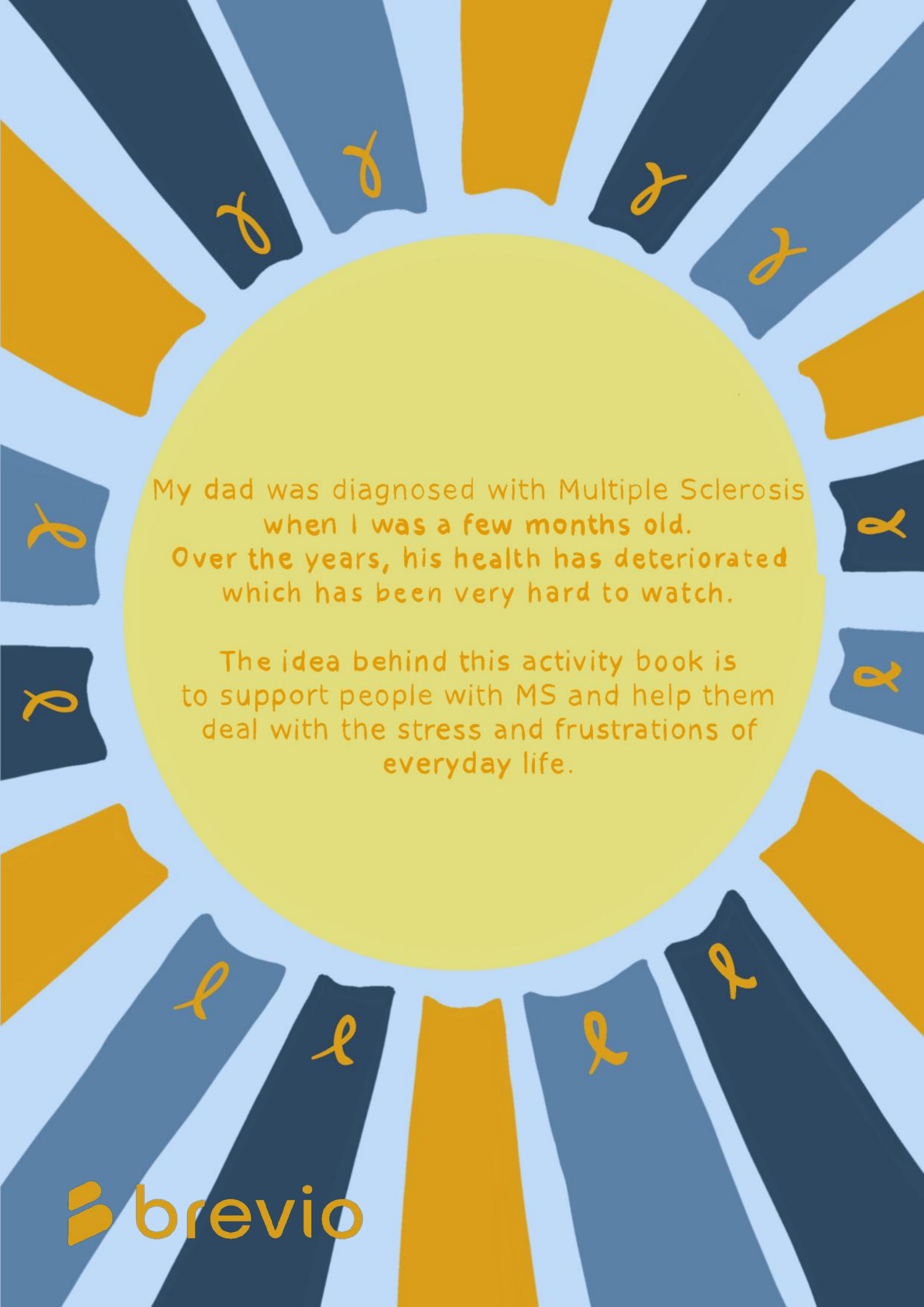
A telephone or alarm

A battery

New Ears!

As an illustration student, I wanted to combine my love for design with the passion I have for helping others. I have been very fortunate to work with Brevio, a UK social enterprise who helps connect funders and charities, and who have helped me make this book possible.

If you'd like to order any of my designs found in this book as prints for fundraising or personal use, please contact me at christina.collis@gmail.com



My dad was diagnosed with Multiple Sclerosis when I was a few months old. Over the years, his health has deteriorated which has been very hard to watch.

The idea behind this activity book is to support people with MS and help them deal with the stress and frustrations of everyday life.