

MG-Friendly Activities to Do as a Family



Keeping up with the energy level of kids may be tough—and doing so while you’re managing myasthenia gravis (MG) symptoms may be even tougher. But there are several MG-friendly options to help you maximize that quality time while doing what’s necessary to care for yourself.

Refer to this guide to help find MG-friendly activities for you and the kids in your life—and remember you can modify/adjust as needed, depending on your level of symptoms.

Use the blank rows to add any other ideas you come across!



Tips to consider before choosing an activity

- Check the weather for outdoor gatherings and plan accordingly (e.g., bring an ice pack or water bottle if it’s hot out)
- Ensure there are places for you to sit or take a break as needed
- Assess your energy level—both mentally and physically (consider using the [MG-ADL scale](#) to do so!)
- Have an open conversation about pre-activity planning/needs with adults who may be joining you (e.g., plan to take turns on “being the lead” for the activity)
- Have an open conversation with the kids to set expectations for your energy level
- Ensure you have restful days leading up to the day of the activity
- Assemble/pack the items you’ll need a day or two ahead of time

Indoor activities

- Cooking/baking (try these [MG-friendly recipes](#))
- Playing card games, like Go Fish
- Board games (consider Candy Land for younger kids or Monopoly for older ones)
- Watching movies or TV shows
- Playing with toys, like building blocks, puzzles or action figures (based on the age range)

Outdoor activities

- Gardening (try letting the kids do the watering while you supervise from a lawn chair)
 - Picnics with those MG-friendly meals
 - Walks—take a short stroll around the neighborhood or find a scenic trail
 - Swimming (lounging in the shallow end while watching the kids play)
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Indoor or outdoor activities

- Scavenger hunts —make a list of items to search for and sit back while they look!
 - Arts and crafts (use a pre-made kit or search for inspiration online)
 - Playing with pets, even it's just playing fetch with underhand tosses
 - Encouraging kid-friendly exercises (e.g., jumping jacks, crab walks, skipping, etc.)
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Places to visit

- Museums, which may have wheelchairs or other mobility assistance options available
- Farmers markets (some may have activities for kids)
- Zoos, which may have wheelchairs or other mobility assistance options available
- Pools
- Libraries (see if they have programs for children)
- Painting classes
- Movie theaters (pick one where you can reserve seats ahead of time that don't require climbing stairs)
- Parks

Tip: America the Beautiful-The National Parks and Federal Recreational Lands [offers a free access pass](#) to residents with disabilities at their locations across the U.S.



*** Remember** to consult your healthcare team if you have questions about how your symptoms may affect doing these activities, which activities are best for you or modifications you could make.