

Beating the Virus and Winning for the World

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Images by Deirdre Groves

Our friends, Jake and Freya liked living in their small home town called Weston, it was a town where everyone knew everyone and people were always stopping to chat or say hello and often people greeted each other with a hug or kiss on the cheek. Days for Jake and Freya were made up of going to school, playing with friends, spending time with their family and eating. Life felt pretty 'normal' well as normal as normal can be.....normal can be different for each of us, including our friends and family. It usually means things that we see and do with others or by ourselves every day.

One day, something changed in the World. People were talking about this strange thing called Coronavirus that had appeared in China. For a little while, life continued pretty much as 'normal' with nothing in particular changing in

our friends' daily lives. Well, China was a long, long way away and everyone agreed it would probably stay over there.

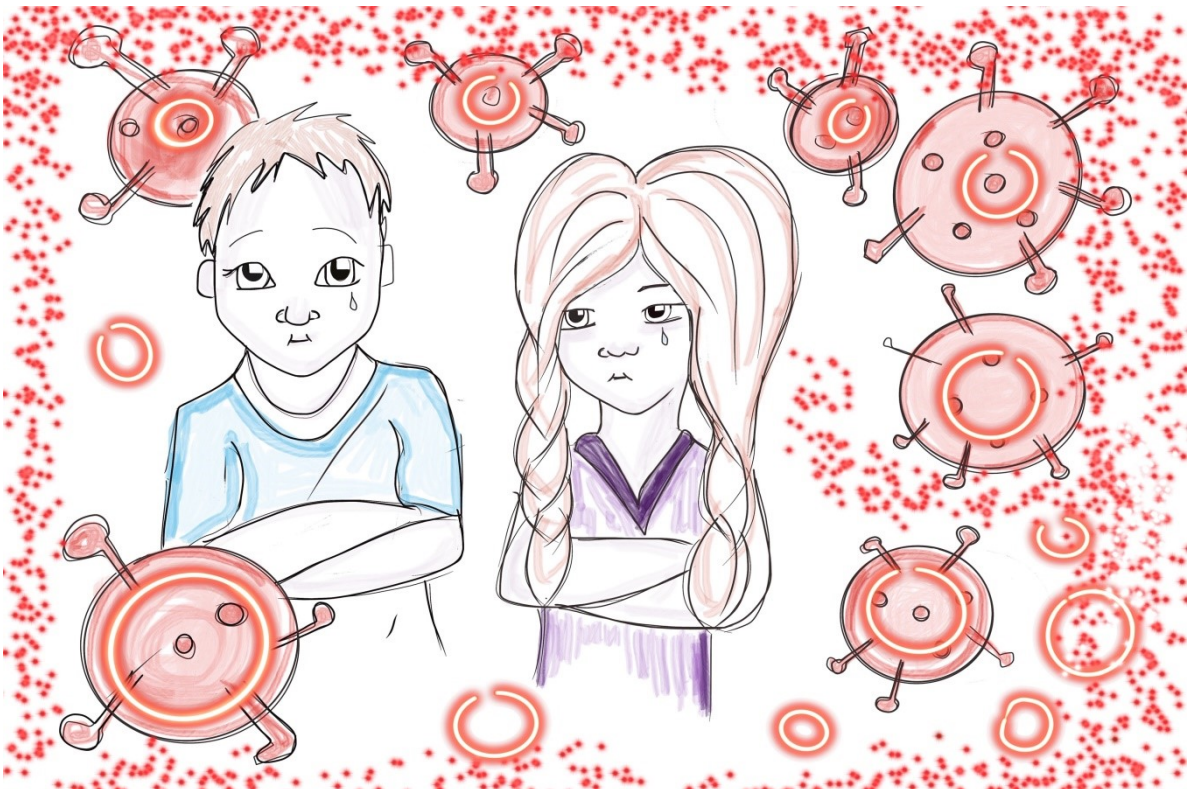
In our world, flying and travel is a very common thing, common means that it happens a lot. Our friends quickly realised that China wasn't so far away after all, because it turned out that a lot of people living this side of the world had business (that's another word for work) over there and some had family living there too. The next thing they knew Coronavirus began to slowly move; it began to spread from China and started appearing in other countries and on some big cruise ships. Grown-ups began talking about it a lot! Indeed, the news on the radio and T.V. seemed to talk about nothing else.

People began telling us how to wash our hands, and to sing "Happy Birthday" twice, making sure to wash with soap and water; they also told us that it was really important that we don't visit people, even people that we love very much like our Grandparents, cousins and other family members and even friends!! This felt very strange indeed.

Jake and Freya had a lot of feelings:

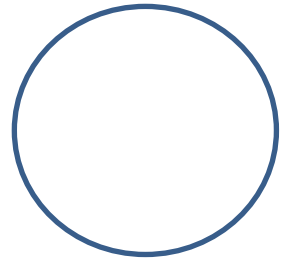
- Vulnerable – this is when we get a feeling that something could happen to us or someone we care about like our friend Tara that has asthma, that's a lung condition, or Daniel's Nanny that has just had a big operation. This virus is not very nice to older people or people who are already sick when it comes in to contact with them.
- Uncertainty – this is when we are not sure what is going to happen
- Hopeless – what can we do, can this ever be stopped!

- Anxious - butterflies in our tummies, and we are not talking of the good ones like when it's Christmas Eve!
- Happy – well, we are getting to play games, watch movies and spend time with people in our own houses
- Sad – We can't get to spend time with older family.....or can we???? If we do get to see them we aren't allowed to go close or hug.....air hugs are the new way
- Confused – how did this happen, when will it be gone, will it ever be gone???
- Afraid – we heard that children can pass this virus on to people that they love even when they don't have a cough or a sniffle! That feels very scary

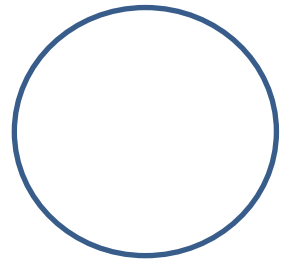


Let's think of some words that spell CORONA to help us share how we feel, then draw a face with how that feeling might look.

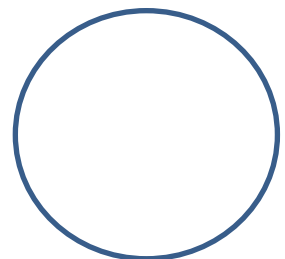
C.....c**o**nfused (lots of mixed up thoughts)



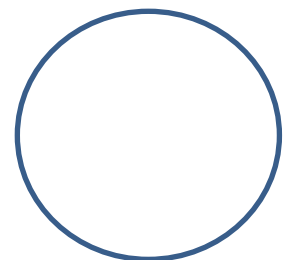
O.....o**o**verwhelmed (like when we have a lot to do)



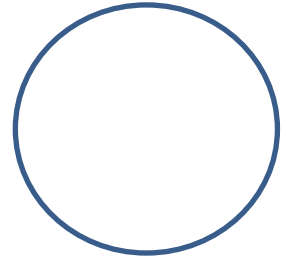
R.....r**e**stless



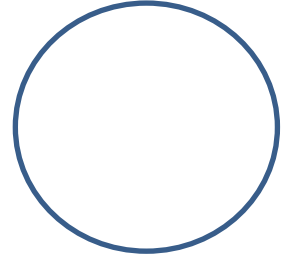
O.....o**o**bsessed (means thinking about something a lot)



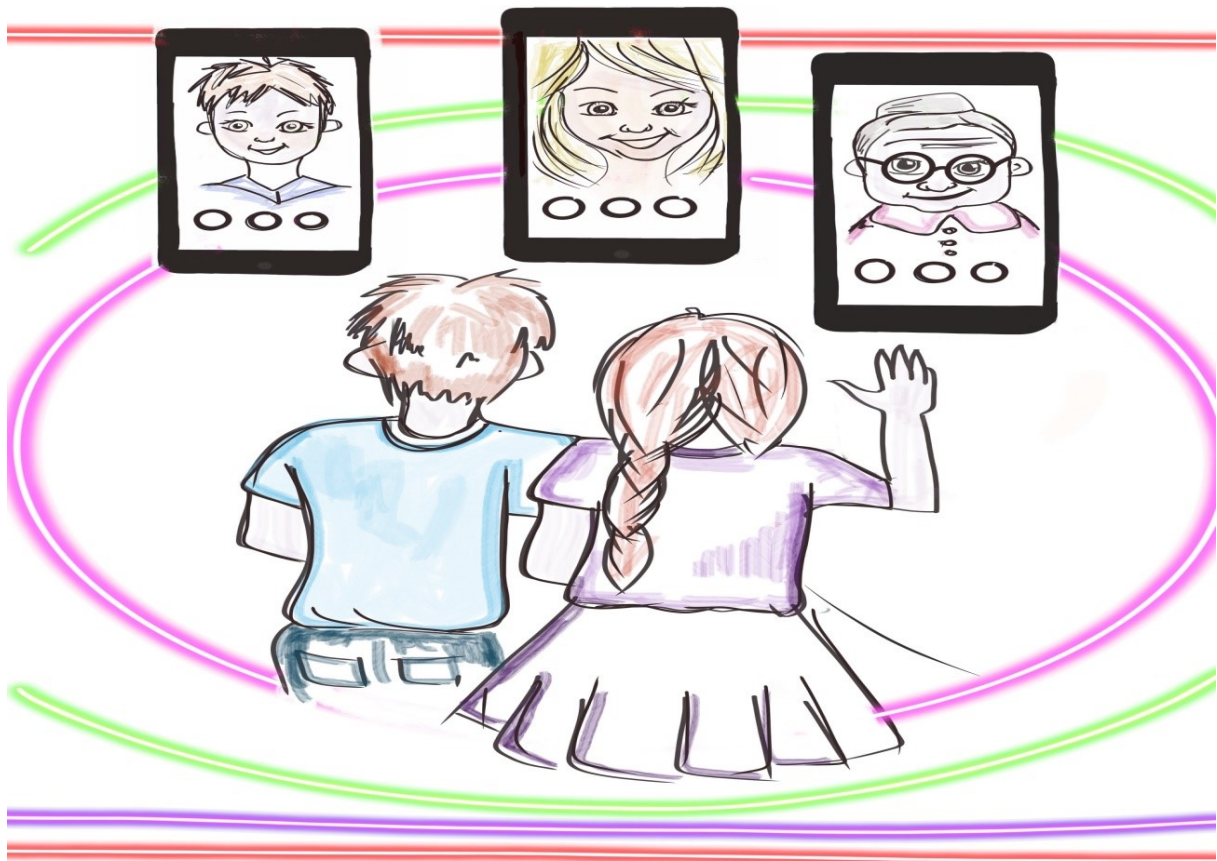
N.....nervous (not sure what might happen)



A.....anxious (afraid of the changes in our world)



Now our young friends liked to solve problems, especially the problem of not being able to meet each other! Their families made time for them to connect on their phones with video links like FaceTime, Skype and other similar ways of being able to see each other when we talk.

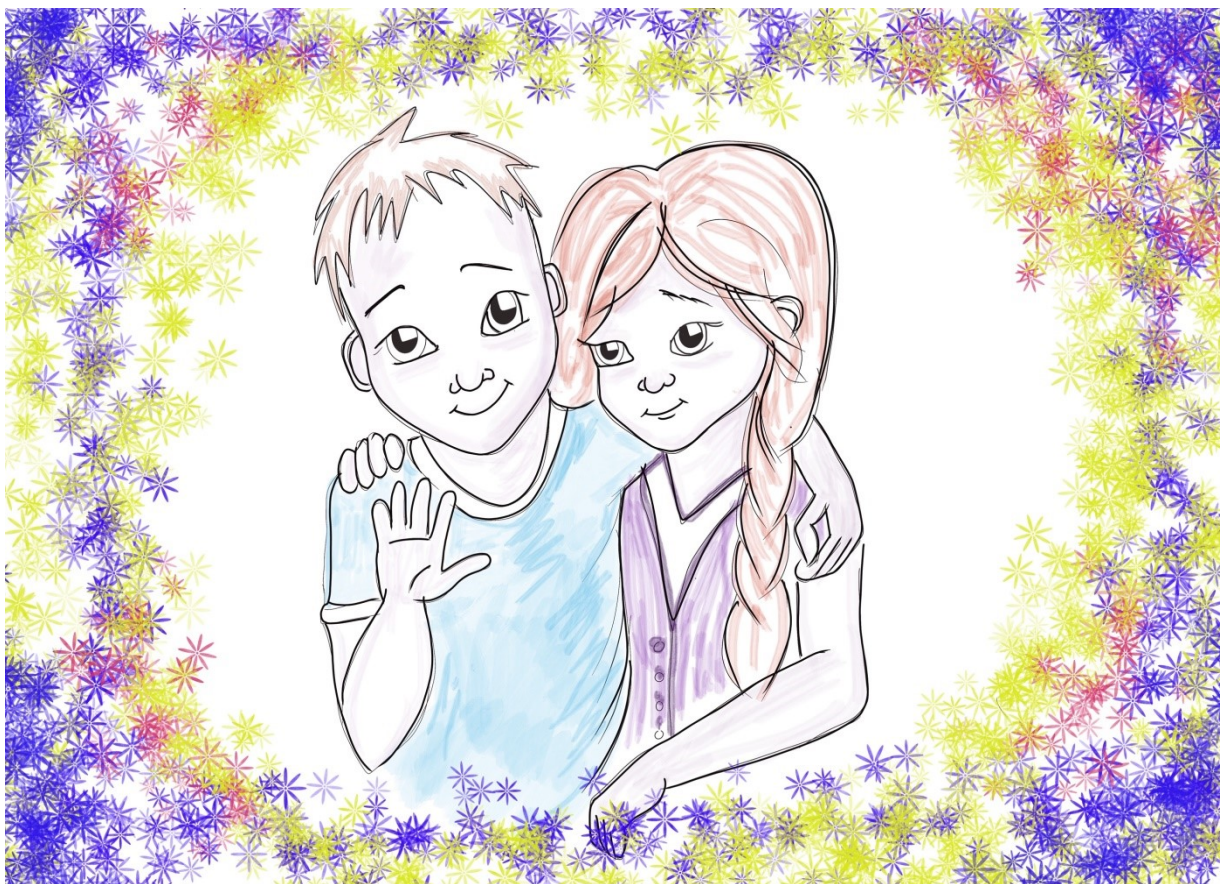


Next the friends came up with a plan! They knew that connecting on line is something a lot of young people understand very well; this is often how they speak with each other outside of school, sometimes even while playing on the Xbox. Together they made up a **song** about their **thoughts** and **feelings**; it was about how to stay safe during the virus! Then they shared this link with family and friends, before you knew it the song was shared many, many times. Singing the song helped everyone to let their thoughts and feelings out by telling one another how best to keep people they love safe!



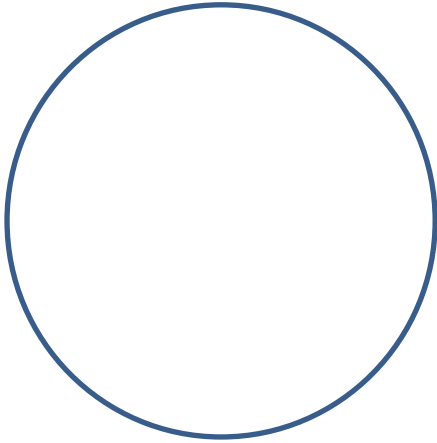
Whilst singing this our little friends banged a drum, left and right, left and right, left and right.....when they were finished they smiled and said goodnight, feeling deep in their hearts that young people are really super smart...they know how to keep people they love safe, and they also have great ideas for how to spend this unexpected time out of school.

Our young friends felt good as they thought how **they** were helping the grown-ups and that **together** they would send this horrible virus packing out of their town, and even the world. Because when working together children and adults are super strong! Let's listen now to their song, dance and/or sing along and make sure to share it, remembering that together we are strong.

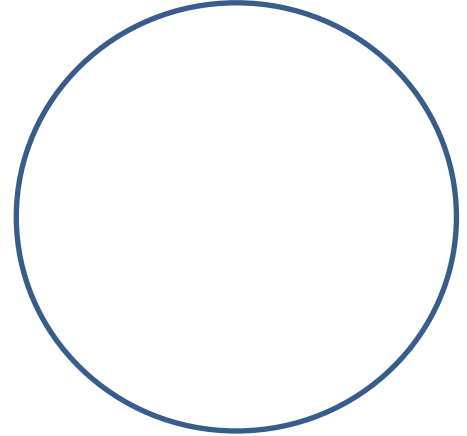


How did Jake and Freya feel at the end of our story?

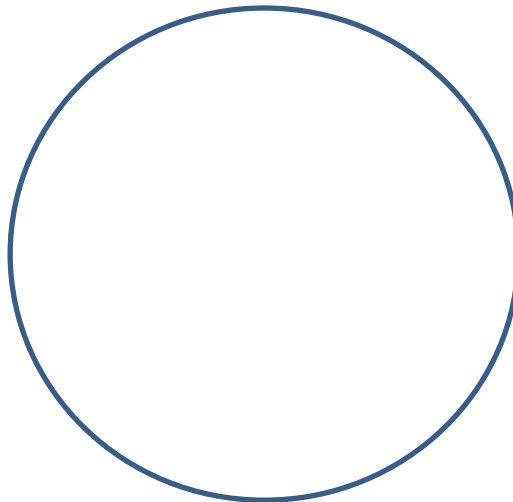
Jake



Freya



This is how I feel now



Beating the Virus and Winning for the World Song (hear it on the audio file)

“Oh Corona, where did you come from? Oh Corona, when will you be gone?

Oh Corona, why are you so mean? It really feels as if we are living in a dream

Oh Corona, you are powerless to clean

Oh Corona, we know ways to stamp you out

Oh Corona, very soon you will be made to turn about

Oh Corona we are united around the world, and together we are flattening the curve by

1. Keeping our distance, 2 meters apart.....doing this is good as a start!
2. Washing our hands with water and soap, sing a little song just like a skylark
3. Stay at home, play games, read and relax – visiting others is forbidden even when its dark

Oh Corona, the hardest thing since you came is staying away from loved ones and friends, this really causes so much pain

Oh Corona we humans are strong, we know more about you now, beating you won't take long!

Oh Corona, you have made us all slow down, that's given us time to figure out how to get you out of town

Oh Corona, together we are strong.....your days in our world are numbered and saying goodbye to you is our new favourite song!”

To Colour In



