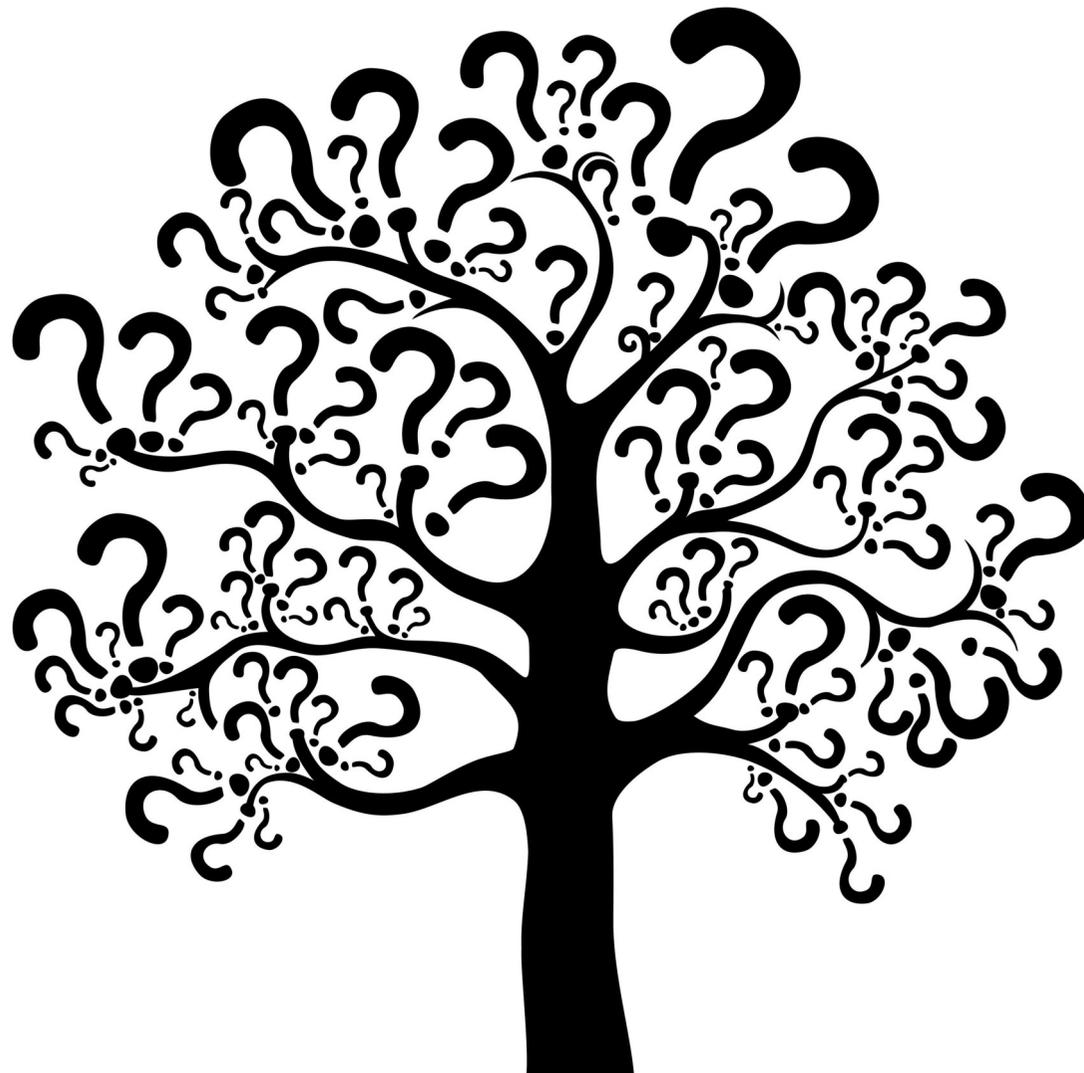


What's going on?

Explaining Covid-19 to younger children



All I keep hearing
From friends and on the news,
Are coronavirus 'updates'
And I feel pretty confused.

School has been closed
And I can't see my friends.
It all feels quite scary.
Who knows where it ends?



So, let me think...
What's going on?
We're shut in the house
Having to make our own fun.

No football, no sport!
No McDonald's and more.
No parties, no park time.
It all seems such a bore.



But, it's so very important
To keep people well,
That we follow what's said
Even for a short spell.

I see people worried
And people are scared,
But this might just be
Because it seems so unfair.



It's natural to worry.
There's no problem with that.
If I talk to my loved ones
It will help me relax.

If there's no-one around
When I'm feeling quite scared,
Or nobody to talk to
I can cuddle my bears.

I can tell them my worries
And they'll keep them all safe.
If I've said them out loud
I feel in a good place.



If it's filling my brain
I must find things to do.
I could colour or draw
And try puzzles out too.

I could find a good board game
Or learn to play cards,
Design my own comic
Or play in the yard.



There are so many videos
People have put on YouTube,
To help all us children
While we can't be at school.

There are exercise classes,
Dancing and ballet.
Maths, science and English,
Music to learn how to play!

These people are awesome
And will keep me busy for weeks.
Time will pass quickly
And won't feel quite so bleak.

Despite all of these efforts
We must keep ourselves well.
We must learn about the virus
But try not to dwell.

Some people show no symptoms.
Some just have a cough.
Some can get quite poorly,
This is why we're standing off.

No mixing with people
To stop germs from spreading.
Not seeing my old relatives
Is just what I'm dreading.

If we do have to shop
And we see people we know,
We can wave from afar
And just say a distant "hello".



I must wash my hands well
Especially before food.
When I've played in the garden,
And definitely when I've pooped!

It may seem hard
And really quite sad.
But if we do this right now
It will stop being so bad.



It won't last forever,
There will be an end.
Lots of busy scientists
Working on a vaccine blend.

It's just a few weeks.
It might feel like a lifetime!
But if we do this right now,
We'll be out again in no time.



This booklet was brought to you by
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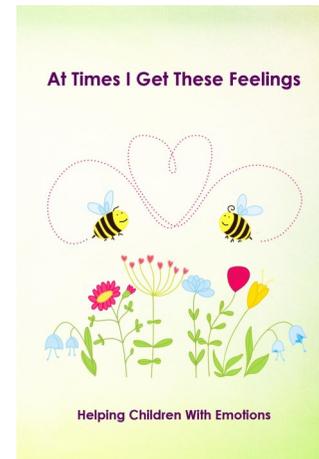
We hope that it answers some of your
children's questions and alleviates their fears.

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