

WHEN THE WORLD WENT INSIDE

Helping Kids Understand COVID-19



**To our angel Theo.
You don't get rainbows without a storm.**



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This is Theo.



These are Theo's **favourite** things.

Gardening with Granny

Going to the Playground

Camping

Playing Boardgames

Baking Yummy Cakes

Seeing Friends at School

Colouring in

Playing at his Friend's House

Having Sleepovers

Riding his Bike

Shopping

Eating Icecream

Going to the Beach

Watching TV

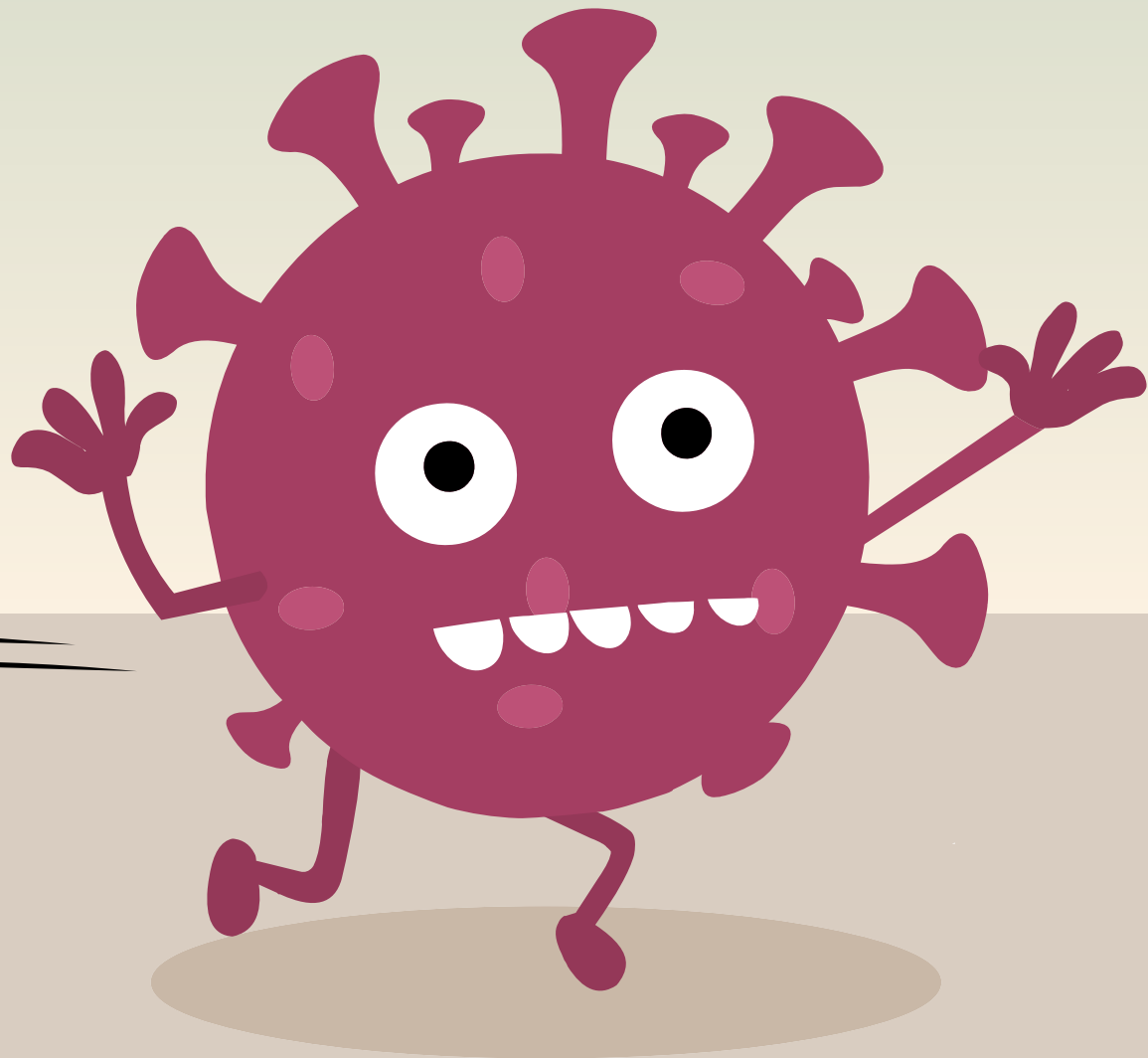


There were other things that Theo dreamed of doing,



but these were his favourite things that he could do whenever he wanted.

One day he was told that there was a new **virus**
making people very sick
but he wouldn't catch it if
he stayed at home.



There were still people out and about,
but they didn't come very close.

And sometimes they wore masks
on their faces.



Not funny masks.
Or Halloween masks.

But ones like **doctors** wear.

Theo's life was very **different** now.

The news was always on TV and the grownups sometimes looked worried.

They used words he'd never heard before.

"Restrictions"

"Coronavirus" "Pandemic"

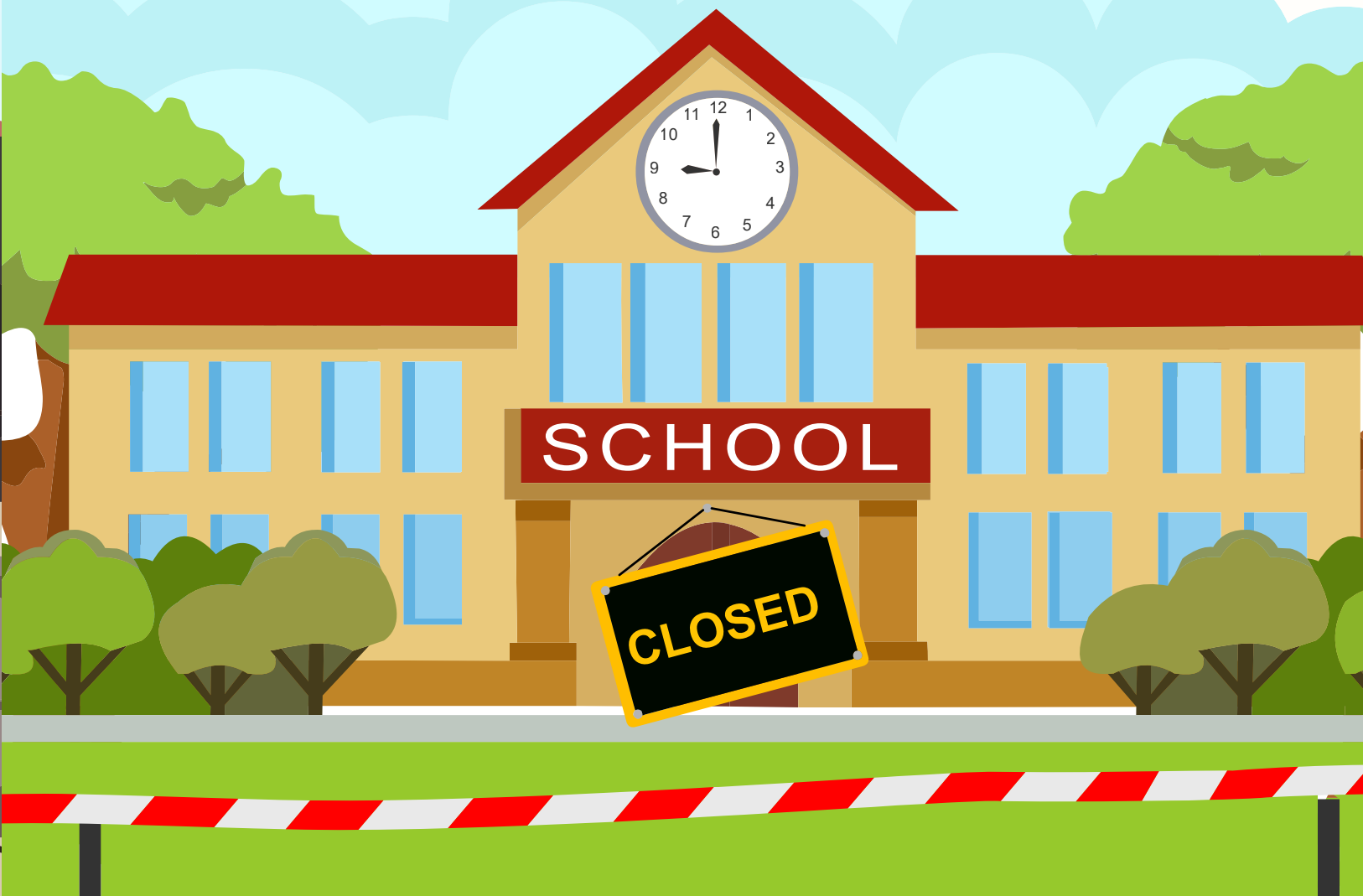
"Social Isolation"

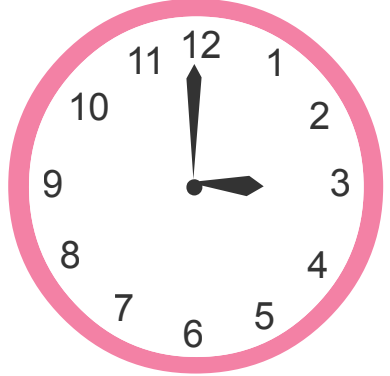
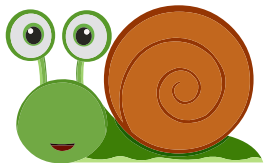




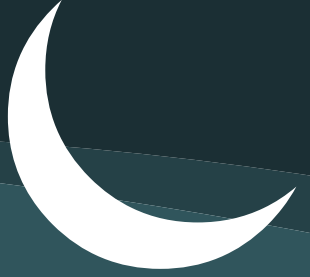
One day there was the **BEST NEWS EVER!!**

School was **CLOSED!!**

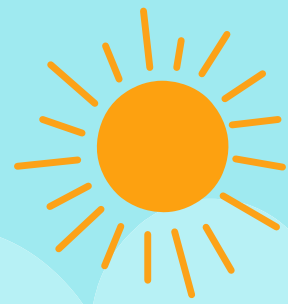




And so Theo stayed home... all day... every day...



Playgrounds were shut but Theo could go for walks and bike rides.



There were **teddy bears** to find and brightly coloured **rainbows** painted in windows.



people even chalked fun games on the footpath.



He could still do some of his **favourite** things.
But lots of them were **banned**.

~~Gardening with Granny~~

~~Going to the Playground~~

~~Camping~~

Playing Boardgames

Baking Yummy Cakes

~~Seeing Friends at School~~

~~Playing at his Friend's House~~

~~Having Sleepovers~~

Riding his Bike

~~Shopping~~

Eating Icecream

~~Going to the Beach~~

Watching TV

Colouring in



He really missed his
grandparents
and seeing his **friends**.

He even missed his
SCHOOL!



So Theo found new ways for them to see each other
...video calls and posting letters stopped them getting lonely.

Every day he did some craft,
.....and ate **sooooo many** snacks!

Even the teacher was in his computer now!

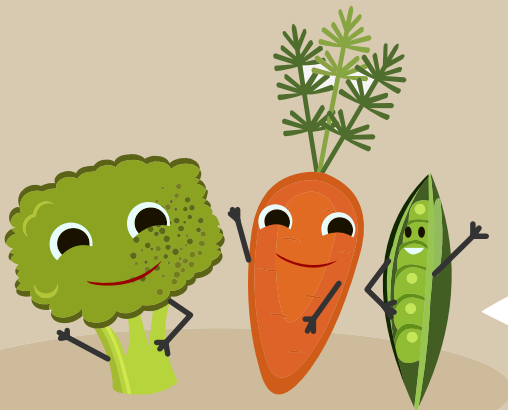


Some things never changed at all.

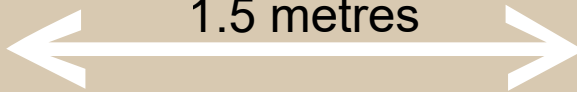
He still had to brush his teeth.

Twice a day. **Every day.**

And no one ever told those
veggies to stay away!

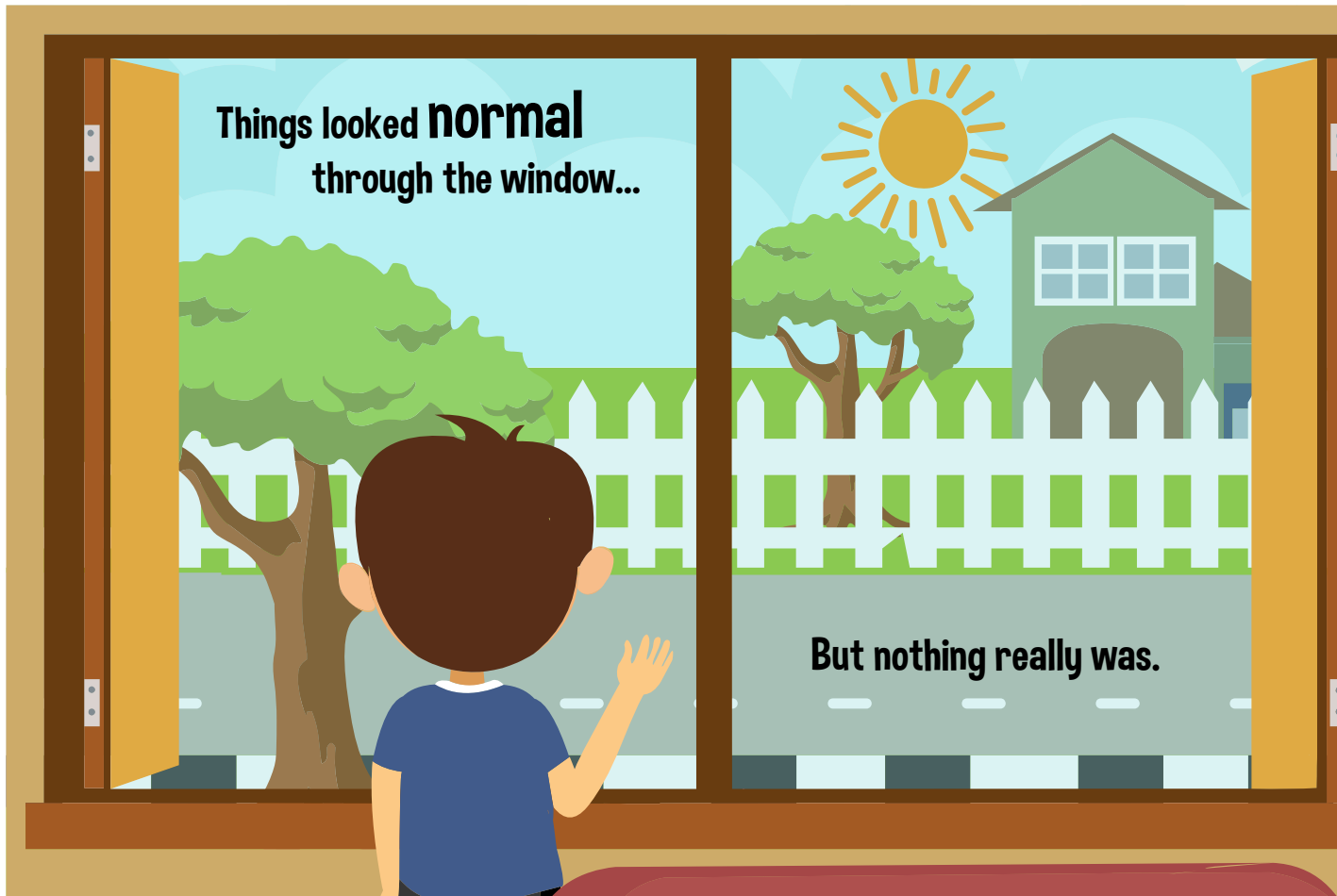
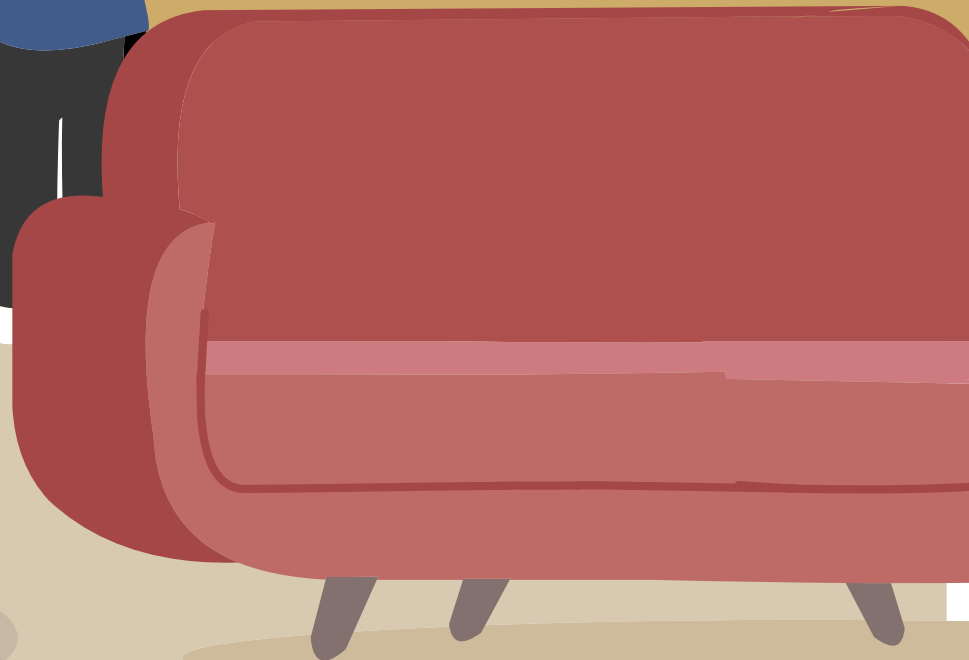


1.5 metres



Things looked **normal**
through the window...

But nothing really was.



There was **NO** footy.

There were so many **rules!**

No Camping!!

Stay Home!!

No Holidays!!

Don't See Friends!!

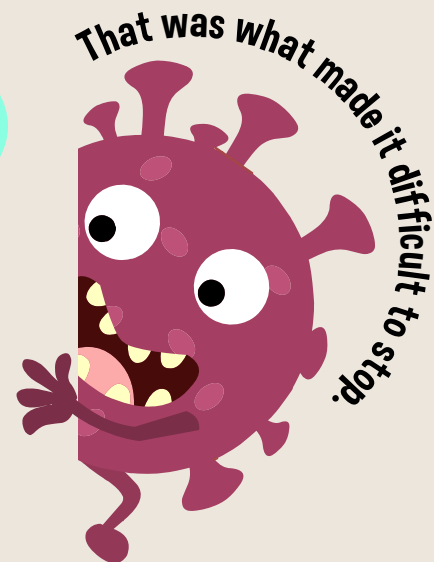
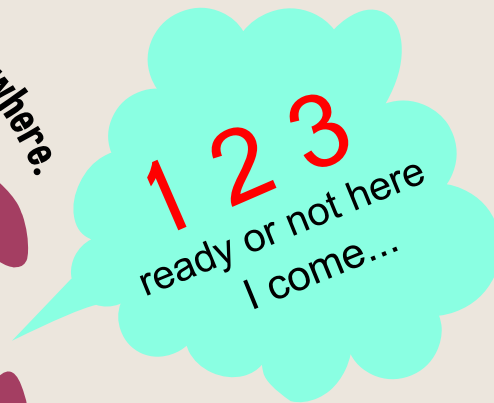
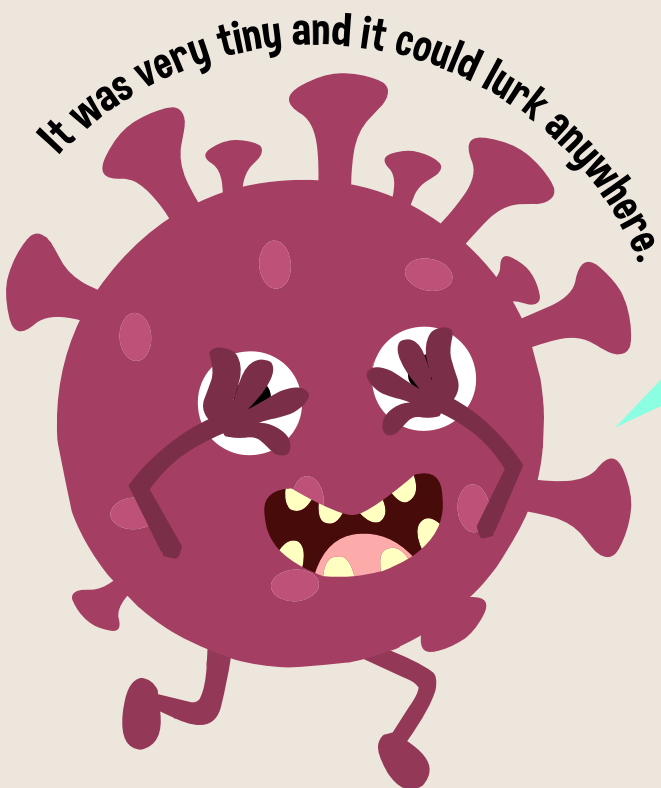
Wash Your Hands!!



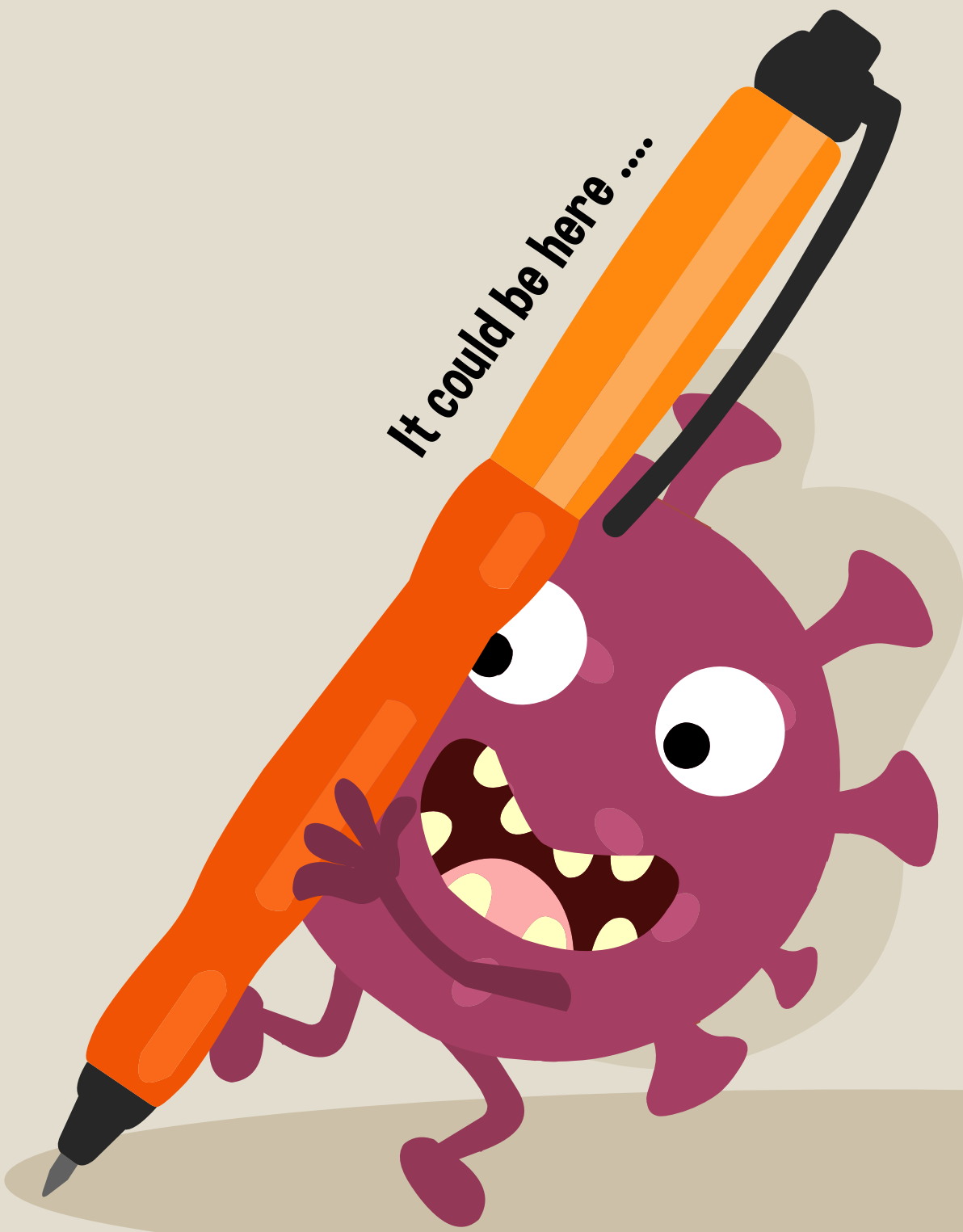
Grown ups even **argued** over **toilet paper!!!**

The virus wasn't big and scary like a **monster**.
But people were still frightened.

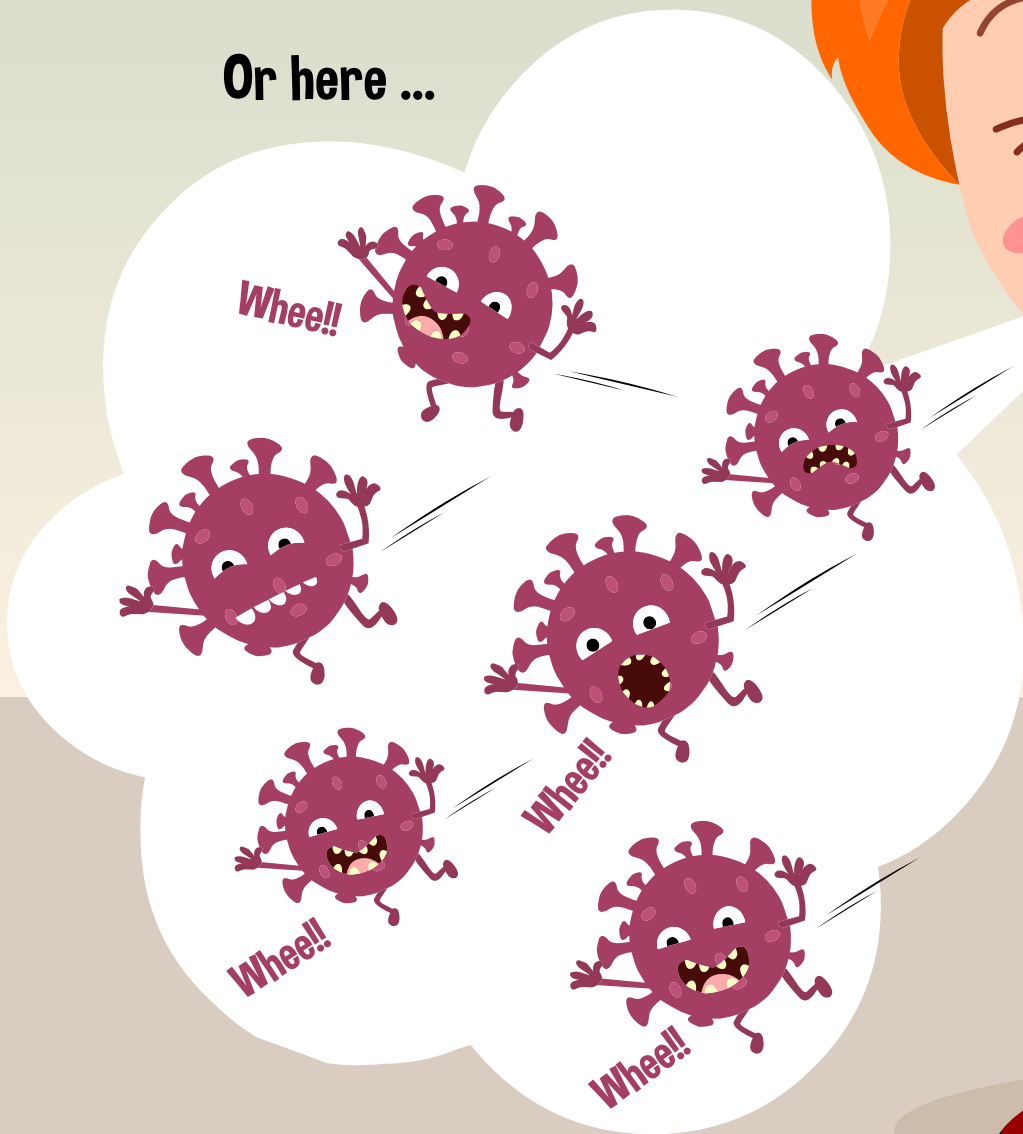
The virus was actually really small and you needed
a special **microscope** to see it.



It could be here



Or here ...



Or even here



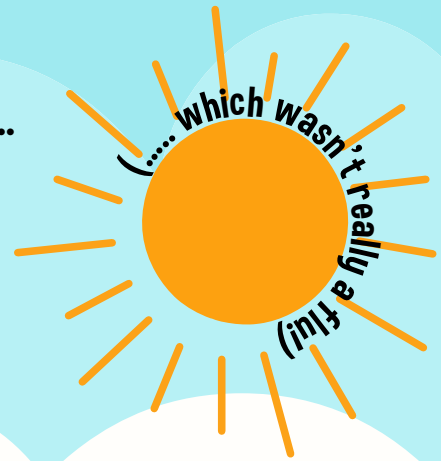
If you got sick with the virus
it could make you
really,
really
ill.



Although most people would soon get better.

Theo couldn't see his **Granny**, or play with **Ruby** at the zoo.

Instead he had to stay at home
so no one caught the flu...



How long would it go on for?
No one really knew.

But the **smartest** people in all the lands
were working on a **cure**.



We'll all remember COVID-19 as it has changed our lives.

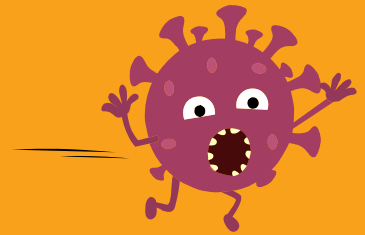
Not just because we washed our hands and sneezed into our sleeves!

It was a time when people came together to change the world for good.

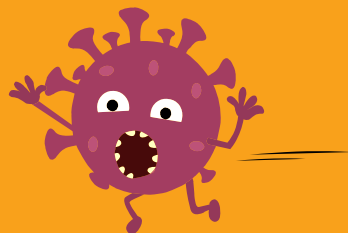
We fought an unseen enemy, and chased it from our 'hood!!!



What Do We Know About COVID-19?



- **COVID-19 is a type of Coronavirus.**
- **COVID-19 is the name of the Coronavirus you hear people talking about now.**
- **An ordinary cold which makes you cough and sneeze is also a type of Coronavirus.**
- **It is a disease caused by a new virus. Like a germ.**
- **The viruses are so tiny you need a powerful microscope called an Electron Microscope to see them.**
- **You can catch COVID-19 by breathing it in (if someone who has it coughs or sneezes near you) or getting it on your hands (from something that a sick person has touched) and then touching your face.**
- **Most children don't get very sick if they do catch COVID-19. But they can easily give it to someone else and make them very sick. This is the reason we all have to take precautions.**
- **We call this a PANDEMIC. This is because COVID-19 is a disease which has spread quickly throughout the world. There have been many pandemics before but not in yours or your parent's lifetimes. None of us have lived through anything like this before.**
- **All pandemics end! And today's scientists and doctors have the skills to understand more about this disease than ever before. If we understand it, then it's easier to work out how to stop it.**



How To Stay Safe



The world is starting to ease its **COVID-19** restrictions. That means that everything is starting to slowly go back to normal but it will take some time.

- **Wash your hands! All through the day. Even if they don't look dirty. Use soap and wash for at least 20 seconds. Sing a song you like to make sure you wash for long enough.**
- **If there's no soap and water then use a hand sanitiser.**
- **When you sneeze, sneeze into a tissue or into your elbow if you don't have one.**
- **If you're sick, stay at home!**
- **We still need to remember to practice physical distancing when we leave the house - so try not to get too close to others. This helps us to protect ourselves and to look after other people.**
- **There are some people who are more likely to get very sick with COVID-19. This includes older people and those with compromised immune systems or chronic conditions as well as some people with a disability. Everyone will have to make their own decisions as to how to protect themselves - for some people this may mean staying in isolation for longer and taking extra precautions.**
- **A very small amount of people who get sick with COVID-19 will die. At the hospitals they have special equipment that they can use to save very sick people. But they don't have very much of it. That's why it's so important that not too many people get sick at the same time.**



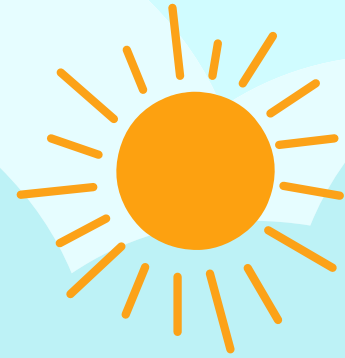
If you feel a bit frightened of **COVID-19**, that's very normal. Lots of people do and it's a great idea to talk about it with people you know.



Big Feelings in a Small Space

If staying inside gets a bit hard there are lots of safe ways to calm down and feel better.

- Do some exercise - jump around or do some yoga
- Sing a song or make some happy noises. Sometimes laughing for no reason at all can make you feel really happy!
- Do some craft - perhaps even paint how you feel
- See how much you can count backwards from 10 or 100
- Take deep breaths
- Close your eyes and pretend you're somewhere really fun
- Cuddle a teddy or a person
- Get outside, maybe go for a bike ride?
- There are lots of good things happening now too. Try to list as many of them as you can.
- Create a calm down space at home
- Talk to a grown up, write them a letter or draw a picture of how you're feeling
- If you're missing family and friends give them a video call or write them a card and post it!



“Stay Home With Theo”

Theo loves his life just the way it is.

He loves.....

Camping

Hanging out at the beach

Riding his Bike

Having sleepovers at his friends' houses

Gardening with Granny

Suddenly Theo can't do what he loves (and he is not at all happy about it!)

When the World Went Inside is there to help kids understand why their lives have been so altered by COVID-19. The story acts as a conversation starter between adults and children whilst reassuring everyone that this will not be forever.

This gently written book doesn't shy away from a difficult subject. It attempts to find the fun without making fun of this profound and sensitive topic.

1.5 metres



RRP \$20.00