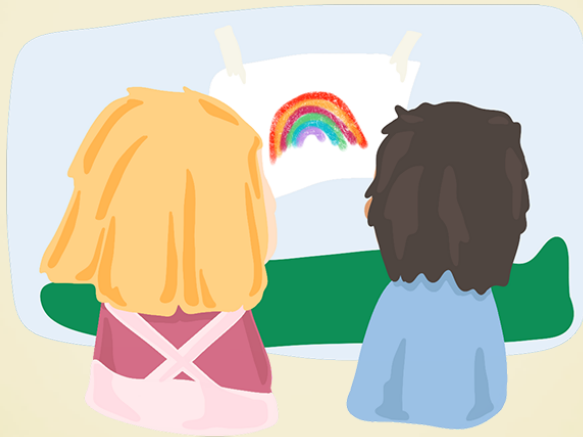


the rainbow in the window

A GENTLE GUIDE TO CORONAVIRUS
FOR CHILDREN



Simran
hanuwa

rachael
anderson

paula
mourad

Did you know?
That fancy word "Coronavirus" gets
its name from the word "Crown"



Mr. Dog didn't know that either!!!



March 2020

For Violet & Rupert
so that you understand and
for the amazing
National Health Service

At the moment everyone must stay at home.
You may have heard grown-ups use the word
“isolation”, this means that we must stay in our own
homes and not go out.

Not even to visit Granny or Grandad.



This is because a nasty virus - a germ (a sort of bad cold) - is going around that can make some people very poorly.



Staying at home means that we are not
allowed to go out to school or to
dancing classes or even to the park to
meet our friends.

We are allowed to go out once a day to go
for a walk or to go on our bikes or
scooters, but we must keep our distance
from other people.

This is so that we do not spread any germs.



Grown-ups are allowed to go out and
exercise too.

They are also allowed to go out to the shops
to buy food, to look after someone who
needs looking after or to go to appointments
to keep themselves healthy.

If they are somebody called a 'key-worker'
they are allowed to go out to work.

Key-workers' are very important people.

There are lots of different key-workers –the list is very long - they include lorry drivers, supermarket workers, teachers and people who work for something called the ‘NHS’.

The NHS stands for 'The National Health Service' and is a service in our country that helps to keep our nation healthy!



Working for the NHS are doctors, nurses, cleaners, porters and lots, of other different people.

These people are very brave as they go to work all day and sometimes all night! Looking after all the people who are sick.

You may have been allowed to lean out of your windows or stand on your door- steps and give all of the keyworkers a big clap to say thank-you to them.



Some children have drawn beautiful pictures of rainbows and placed them on their windows to show all of these important people that we think they are doing a really good job.

At first, staying at home was exciting for a lot of children as they didn't have to go to school.

They could lay in bed in the morning and play games all day but sometimes staying at home can be hard and a bit sad.

Sometimes the adults that we live with
have to do something called 'working
from home'.

Working from home means that the adults
have to do their important jobs at home
with their family.

This can mean that sometimes you have to be very quiet, especially when they are talking on the phone.

You may have to work at home also,
maybe the adults that look after you have
made a timetable for you.

Doing your learning at home will help to
keep your brain active and the routine will
make the days go faster.

The people that you live with at home may get a little bit cross and sad at times and you may get a little cross with them also.

This may happen if you have brothers or sisters staying at home with you. This is normal and it can happen when people spend a lot of time together.

You may also be really missing your friends and aunties and uncles and grand-parents.

They may be really missing you too, but we
have to remember that we are staying at
home so that we can keep everybody safe.

Maybe you have been allowed to video call or phone them up so that you can still see their faces and hear their voice.

There is a very important man who helps the Queen to run the country, his name is 'Boris Johnson' and he is our 'Prime-Minister'.



Boris Johnson is doing a very important job
in keeping our country safe

As soon as it is safe for us to come out of
our homes again, go back to school and
meet up with our family and friends, Mr
Johnson will let us know.

In the meantime, we must stay at home
to keep ourselves and other people safe.

And whilst we are at home, we can think about 'nature' which is really enjoying having its planet back at the moment.

There are not many cars on the roads and
very few airplanes in the sky and so ...

Whilst we are safely inside, foxes are playing with
their cubs in the parks, birds are swooping in the
clear blue skies and fishes are jumping in
the streams.



Even though it is really hard at this moment,
we can make the most of this time.

We can enjoy spending time with those that
we live with and think about those that we
love but can not see.

Maybe you could learn new things, have indoor picnics, write, draw pictures and get lost in books.

You could make plans of what you want to do when the virus has gone away, who you want to visit, where you want to go and who you want to hug.

The coronavirus WILL go away, we just
have to be patient, wait and ...

STAY AY HOME.

please
donate to
the NHS

Three hand-drawn blue arrows are positioned around the text 'the NHS'. One arrow is located to the upper right of the text, pointing towards the 'S'. A second arrow is positioned below the 'H' and 'S', pointing upwards towards the 'S'. A third arrow is located to the lower left of the 'H' and 'S', pointing upwards towards the 'H'.