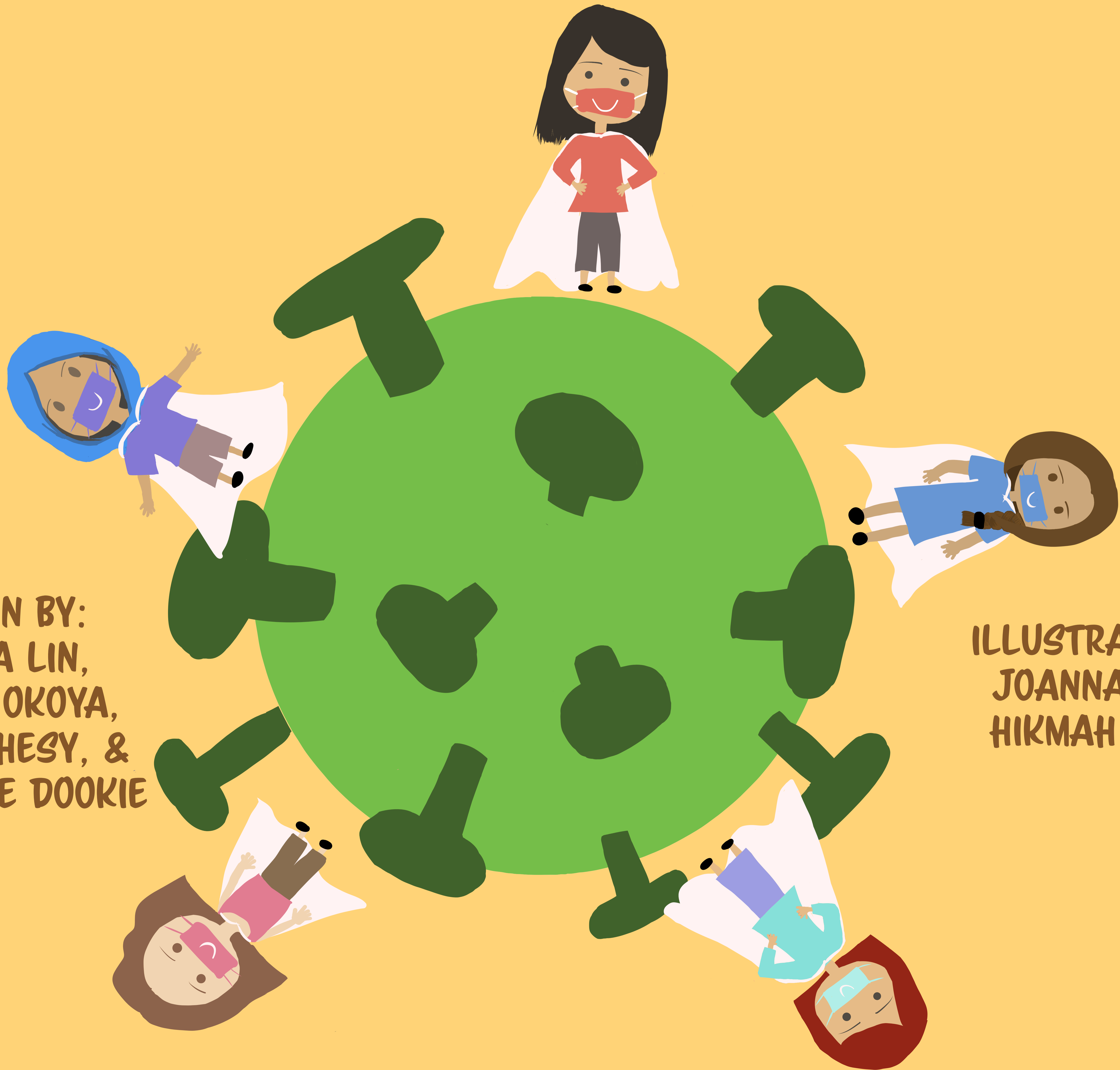


CORONAVIRUS HEROES

LIFE DURING A PANDEMIC



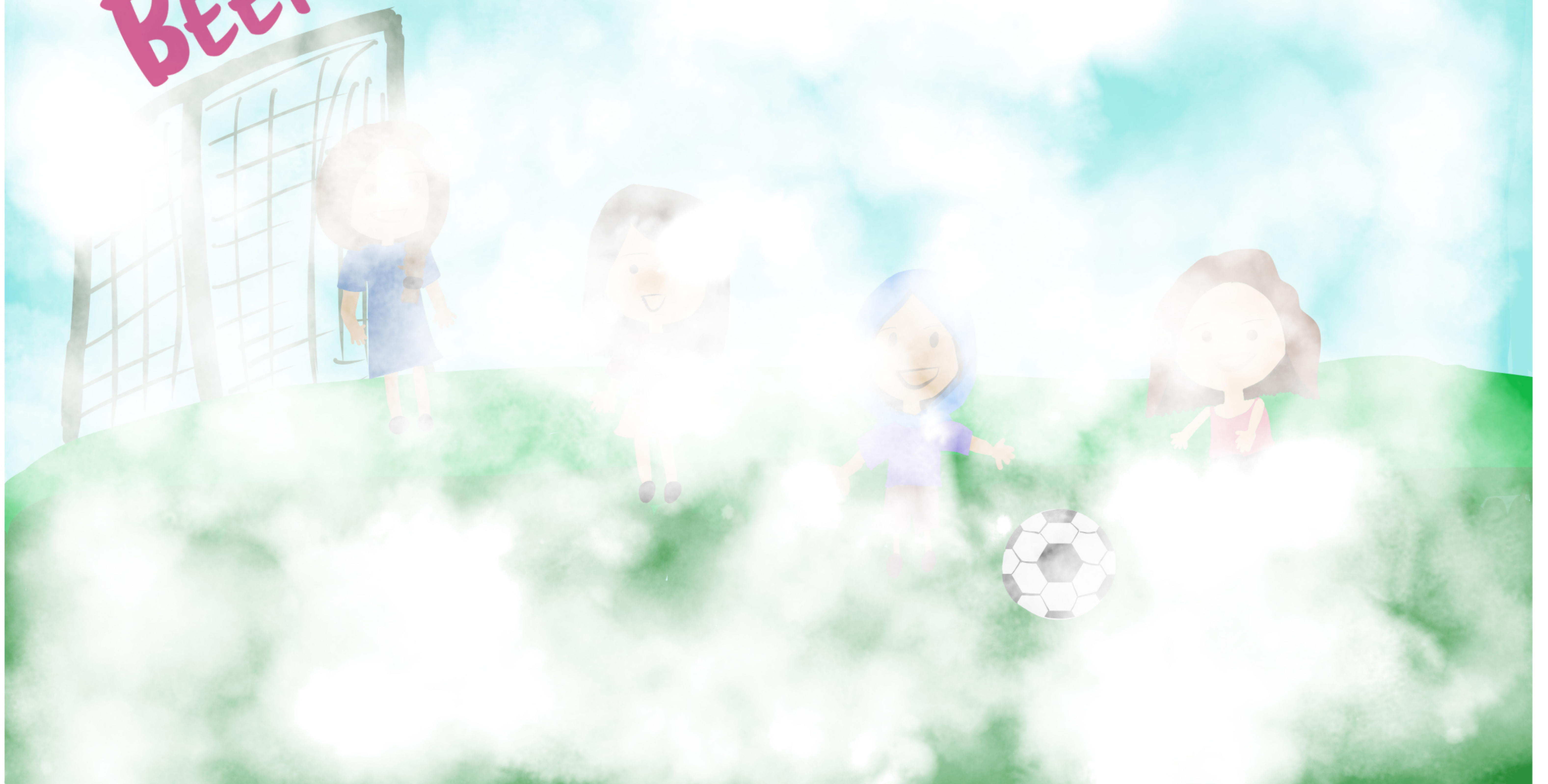
WRITTEN BY:
JOANNA LIN,
HIKMAH OKOYA,
EMMA HAHESY, &
BASMATTIE DOOKIE

ILLUSTRATED BY:
JOANNA LIN &
HIKMAH OKOYA





BEEP!
BEEP!
BEEP!





SAME DREAM AGAIN...



CHARLIE GOT OUT OF BED
AND LOOKED OUTSIDE. SHE
SAW THE SAME EMPTY
STREETS SHE HAD SEEN
FOR THE PAST FEW MONTHS.



SHE KNEW THAT IT WAS GOING TO BE JUST ANOTHER DAY OF:

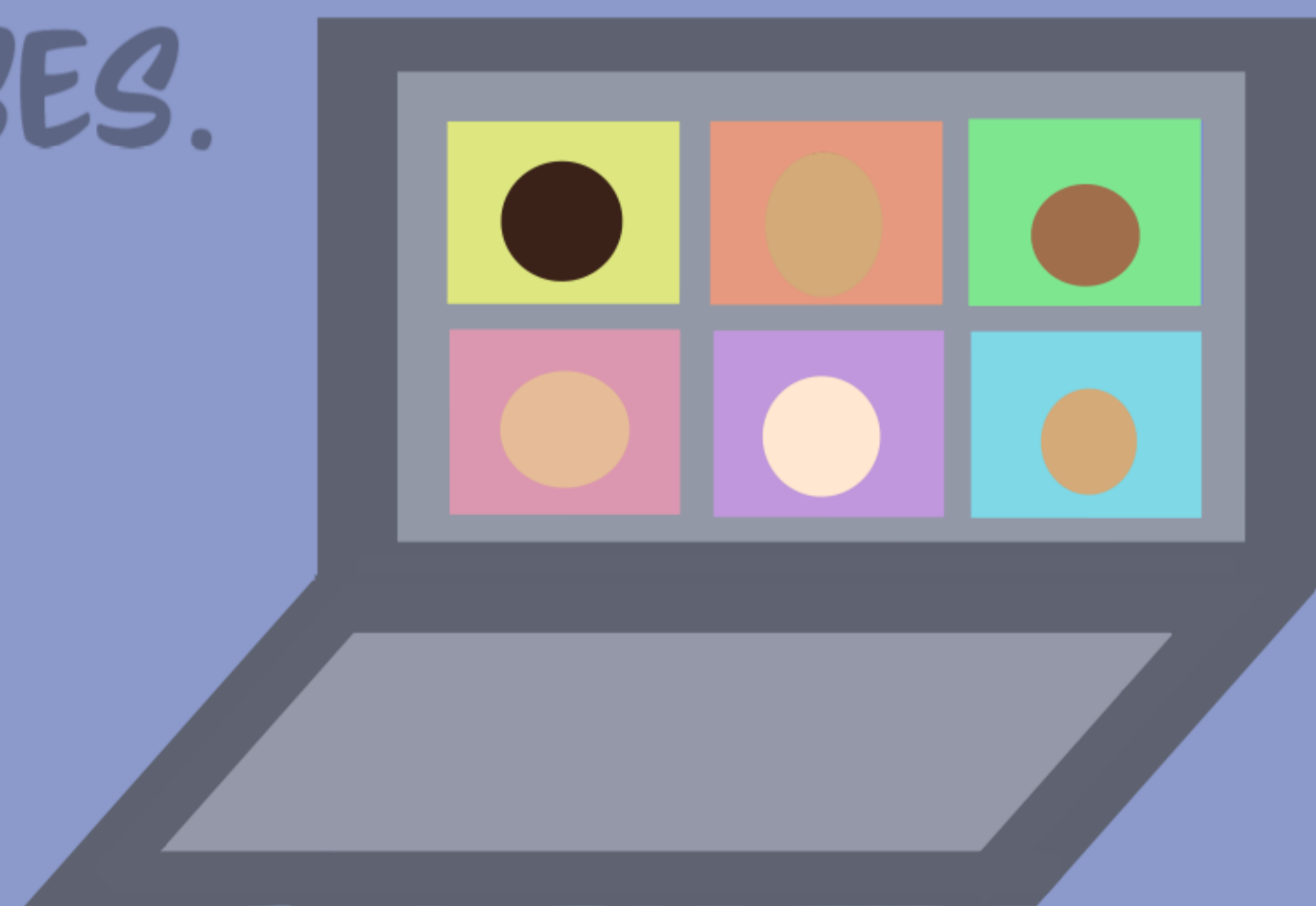
NOT GOING TO THE PARK,



ITCHY FACE MASKS,



AND ONLINE CLASSES.



THE ONLINE CLASSES THAT SHE DREADED SITTING THROUGH WERE ESPECIALLY EXHAUSTING THAT DAY.

I'M SICK OF ONLINE SCHOOL!



CHARLIE, WHAT'S WRONG?
YOU STILL HAVE CLASS FOR
ANOTHER 20 MINUTES!



SLAM!



SHE DID NOT MEAN TO YELL, BUT SHE COULD NOT KEEP THE WORDS FROM EXPLODING OUT OF HER MOUTH.

I MISS PLAYING OUTSIDE AT RECESS!

ALL I DO IS SIT AND STARE AT MY LAPTOP!

NO ONE TALKS IN THESE BREAKOUT ROOMS!

WHY ARE WE STILL STUCK AT HOME?

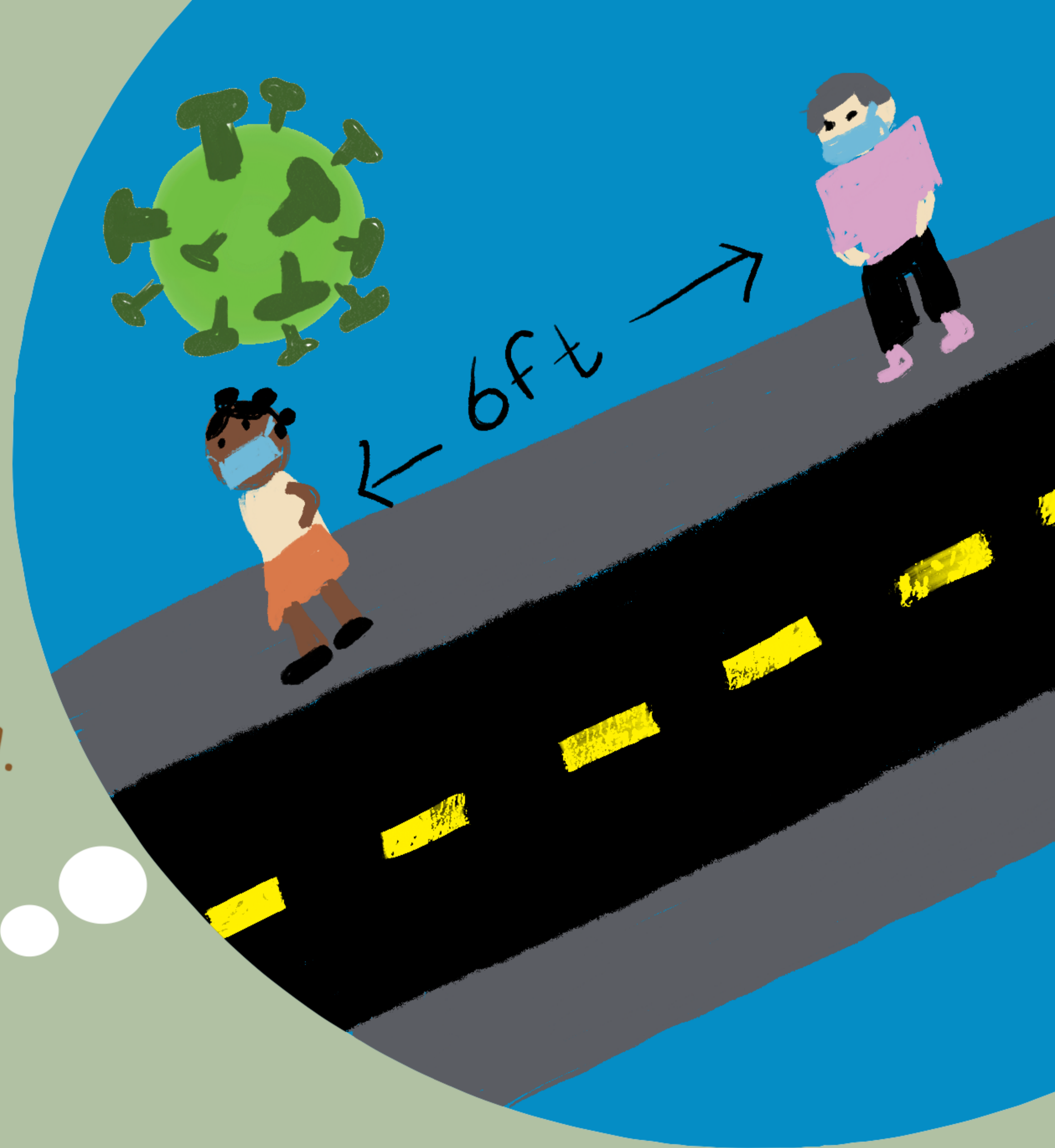


I HAVEN'T HUNG OUT WITH MY FRIENDS FOR MONTHS!

I WISH THINGS WERE NORMAL!

CHARLIE HAD EVERY RIGHT TO BE FRUSTRATED. STILL, HER MOM TRIED HER BEST TO CALM HER DOWN BY EXPLAINING WHY THEY STILL HAD TO STAY HOME.

I HEAR YOU CHARLIE. I ALSO MISS MY FRIENDS. BUT, REMEMBER WHAT I TOLD YOU? THERE'S A SCARY VIRUS, A CORONAVIRUS, THAT IS MAKING A LOT OF PEOPLE SICK RIGHT NOW.

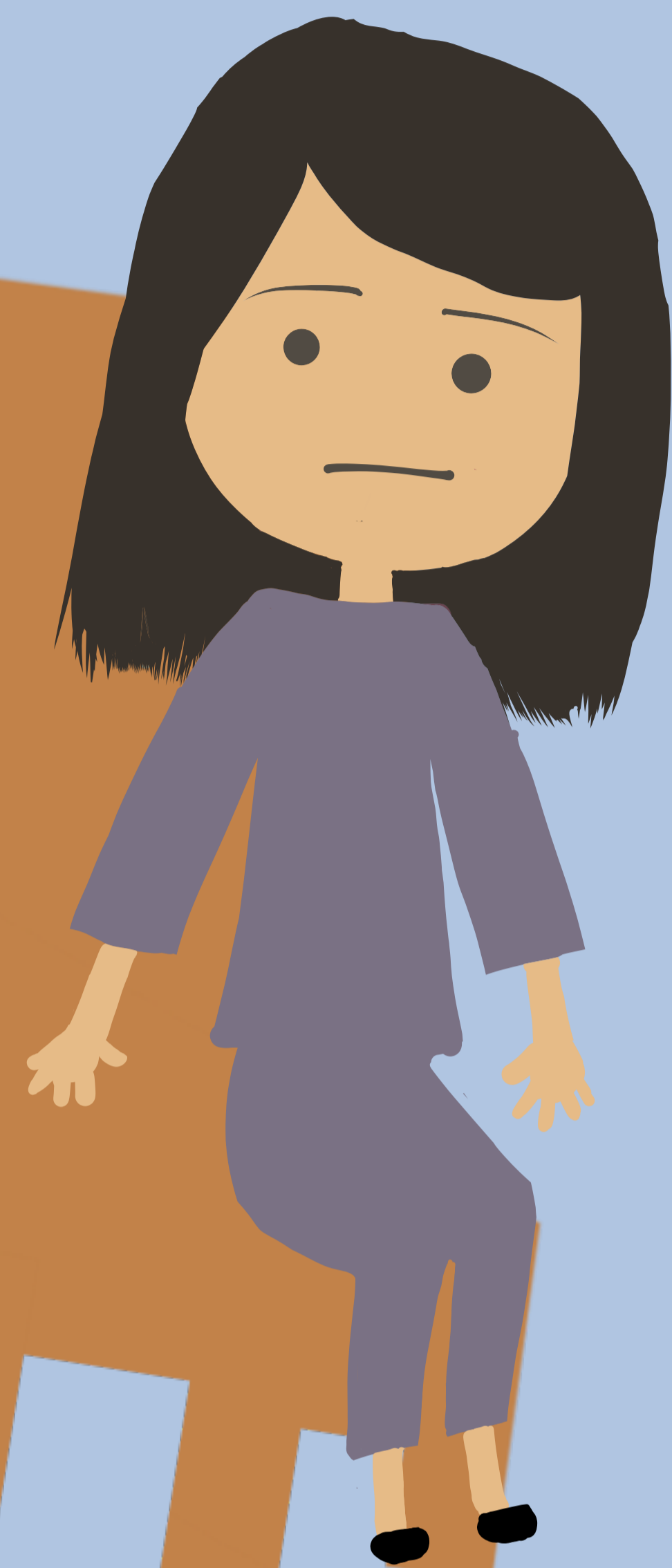


WE DO NOT WANT TO GET SICK OR SPREAD THE VIRUS SO WE TRY TO STAY AT HOME. IF WE DO GO OUT, WE WEAR MASKS AND TRY TO STAND AT LEAST 6 FEET APART.



BUT MY FRIEND'S DAD IS A NURSE AND HE LEAVES THEIR HOME ALL THE TIME!

WELL, HE WORKS IN A HOSPITAL WHERE HE HELPS THE PEOPLE THAT GOT SICK FEEL BETTER. JUST LIKE A HERO, HE PUTS HIMSELF AT RISK JUST TO HELP OTHERS.



CHARLIE WONDERED HOW SHE COULD ALSO BE A HERO.



IF I CATCH THE VIRUS, OTHER
PEOPLE WON'T GET SICK ANYMORE!



YAY!

WE ARE SAFE!

CHEER!!

WOOHOO!!



LITTLE DID CHARLIE KNOW,
SHE WAS ALREADY BEING A HERO.



WE ACTUALLY DON'T WANT TO CATCH
THE VIRUS! WE'RE PROTECTING OTHERS
BY STAYING AT HOME AND LIMITING THE
SPREAD OF THE VIRUS, WHICH CAN BE
VERY DIFFICULT AND FRUSTRATING.



YAY

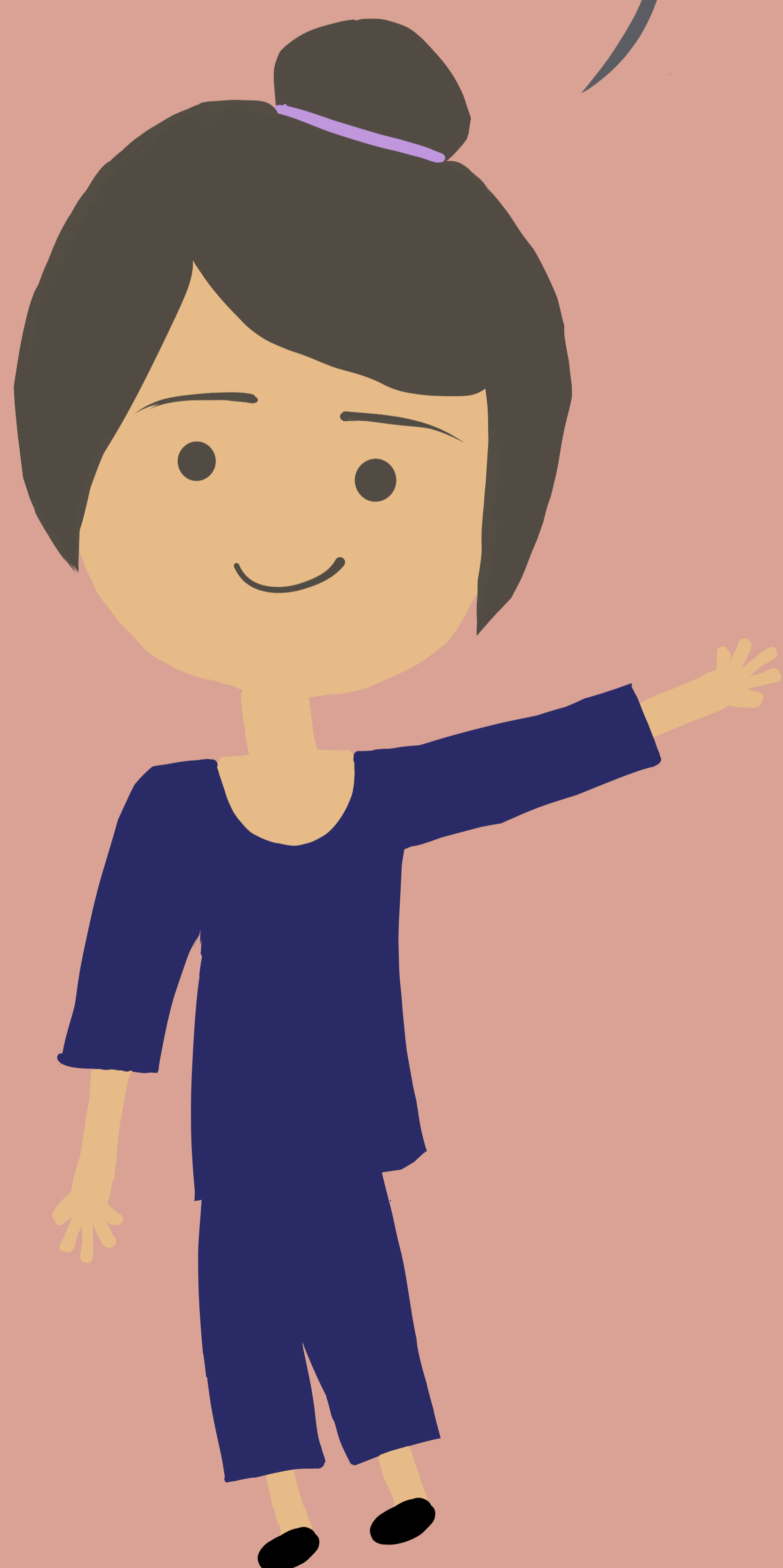
WE ARE SAFE!



BUT EVEN HEROES CAN FEEL CRANKY AND CRAZY. EXPRESSING OUR EMOTIONS, TALKING TO EACH OTHER, AND HELPING EACH OTHER OUT MAKES GETTING THROUGH THESE TOUGH TIMES A LITTLE EASIER.

HOW ABOUT YOU AND I COME UP WITH WAYS TO SHOW HOW WE ARE FEELING?

OK!



WAYS TO EXPRESS OURSELVES

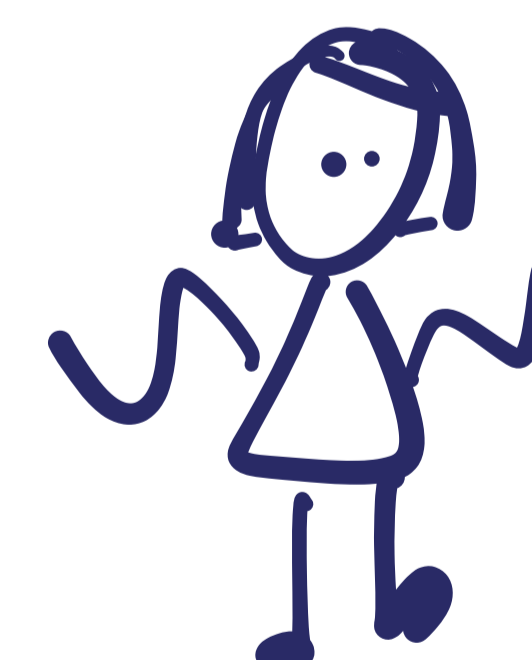
- DRAWING



- MUSIC



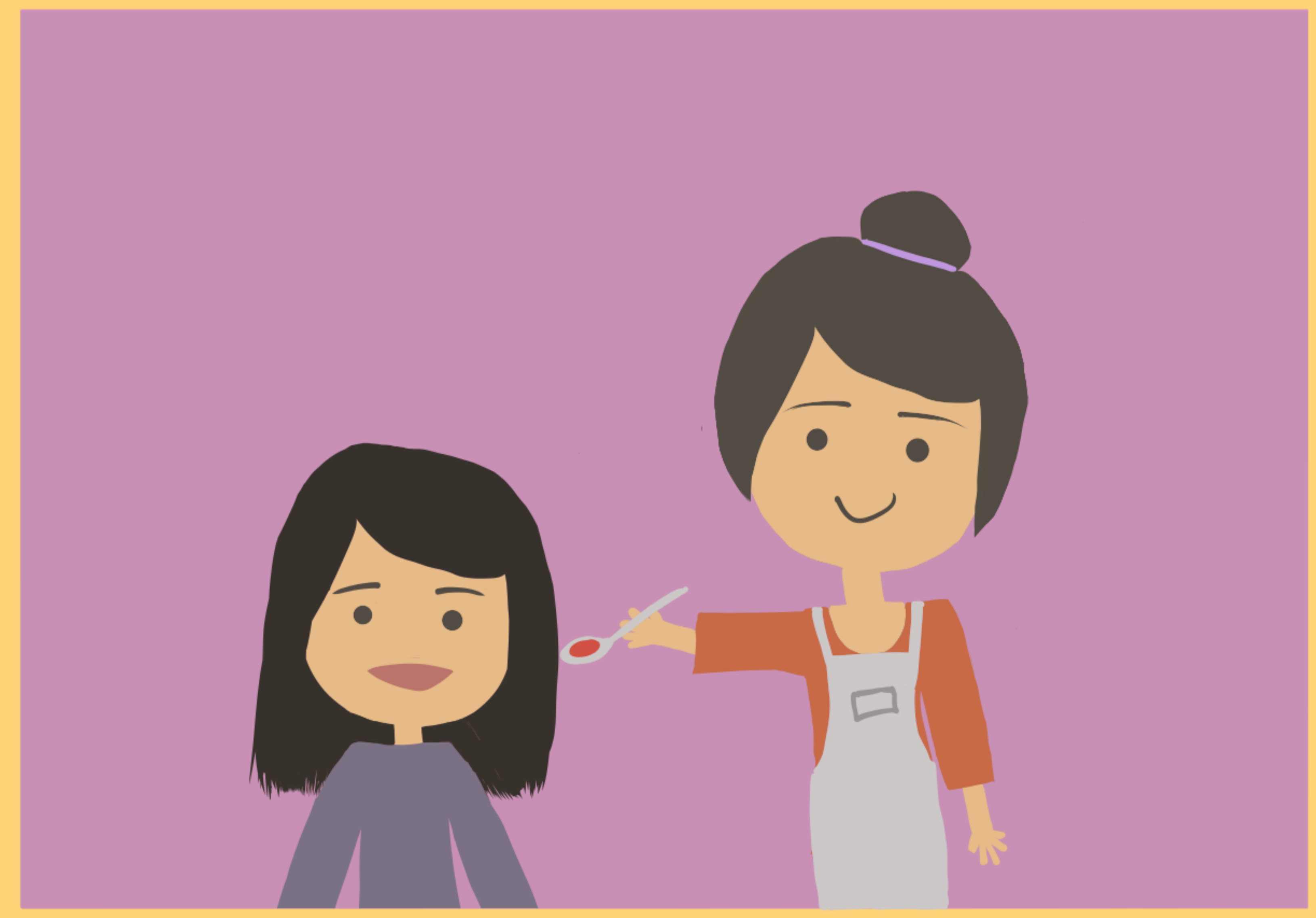
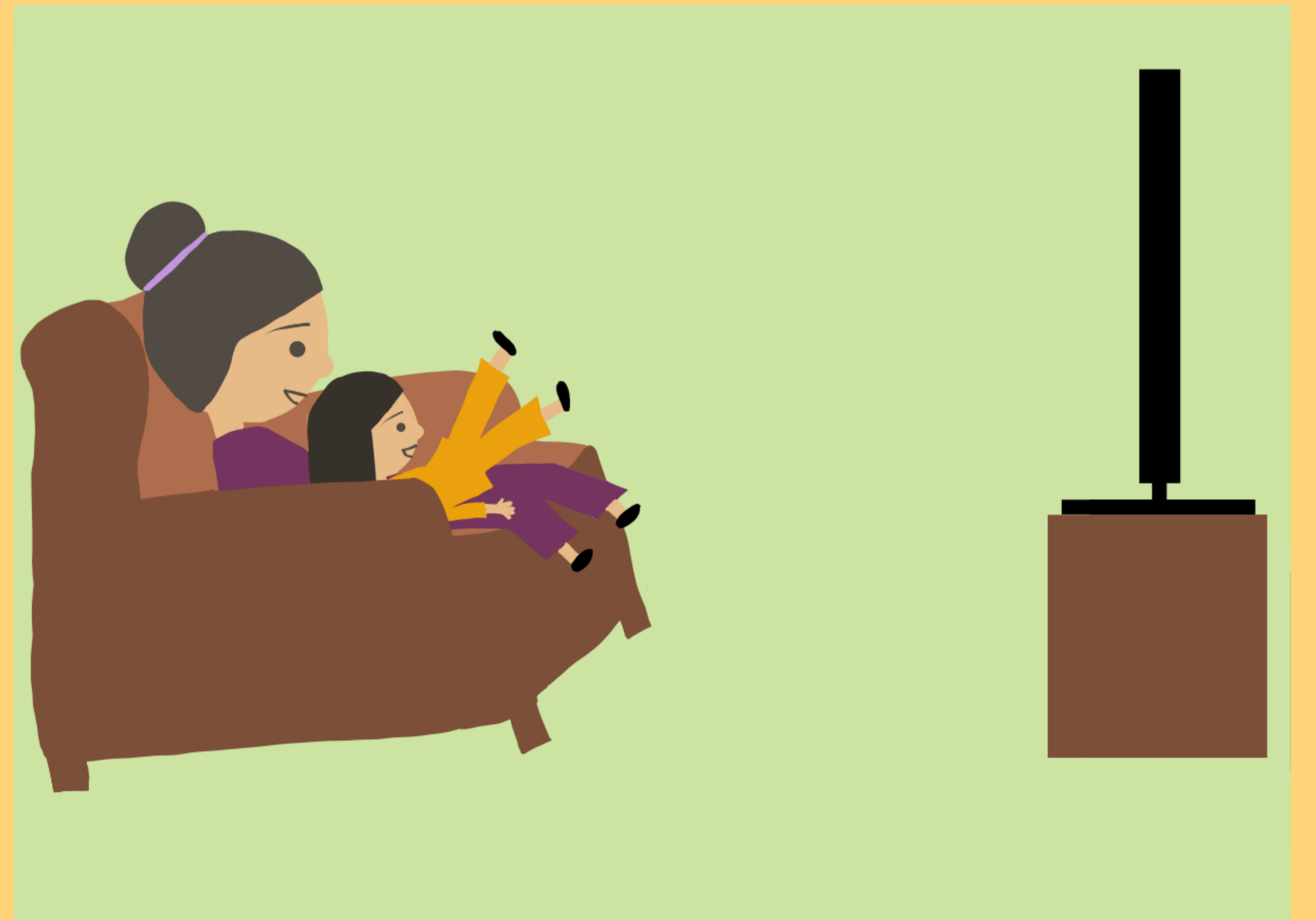
- DANCING



- Writing



**ALTHOUGH LIVING THROUGH THE PANDEMIC CAN BE DIFFICULT,
WE CAN STILL FIND WAYS TO COPE – TOGETHER.**



DURING THESE TRYING TIMES, OUR SUPERPOWER LIES IN HOW WE CARE FOR OURSELVES AND EACH OTHER.



POST READING ACTIVITY

1. WHY DOES CHARLIE FEEL BETTER AFTER TALKING TO HER MOM?
2. WHY IS IT IMPORTANT THAT WE STAY AT HOME, WEAR MASKS AND PRACTICE SOCIAL DISTANCING?
3. WHY IS IT IMPORTANT TO TALK ABOUT AND EXPRESS HOW WE FEEL?
4. HOW ARE YOU FEELING? WHO CAN YOU TALK TO ABOUT YOUR DAY?
5. WHAT ARE WAYS TO EXPRESS YOURSELF? HOW DO YOU ALREADY EXPRESS YOURSELF?
6. WHAT ARE SOME THINGS YOU CAN DO TO KEEP YOU CALM? HAPPY?

OTHER RESOURCES

CDC CORONAVIRUS INFORMATION

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/INDEX.HTML](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

PBS CORONAVIRUS RESOURCES FOR PARENTS

[HTTPS://WWW.PBS.ORG/PARENTS/CORONAVIRUS-RESOURCES-FOR-PARENTS](https://www.pbs.org/parents/coronavirus-resources-for-parents)

AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY

[HTTPS://WWW.AACAP.ORG/AACAP/FAMILIES_AND_YOUTH/RESOURCE_LIBRARIES/COVID-19/RESOURCES_HELPING_KIDS_PARENTS_COPE.ASPX](https://www.aacap.org/aacap/families_and_youth/resource_libraries/covid-19/resources_helping_kids_parents_cope.aspx)

BRAINPOP CORONAVIRUS LESSONS

[HTTPS://WWW.BRAINPOP.COM/HEALTH/DISEASES/INJURIES/CONDITIONS/CORONAVIRUS/](https://www.brainpop.com/health/diseases/injuries/conditions/coronavirus/)

JOHN HOPKINS CHILDREN'S CENTER

[HTTPS://WWW.HOPKINSMEDICINE.ORG/JOHNS-HOPKINS-CHILDRENS-CENTER/COVID-19/COVID-19-RESOURCES-FOR-KIDS.HTML](https://www.hopkinsmedicine.org/JOHNS-HOPKINS-CHILDRENS-CENTER/COVID-19/COVID-19-RESOURCES-FOR-KIDS.HTML)

#CORONAVIRUSSYLLABUS

[HTTPS://DOCS.GOOGLE.COM/DOCUMENT/D/IDTKJMHWQ8NCXHMJELP6YBTI_YOPHFLX9HZ43JIS7DJE/EDIT#](https://docs.google.com/document/d/IDTKJMHWQ8NCXHMJELP6YBTI_YOPHFLX9HZ43JIS7DJE/edit#)

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