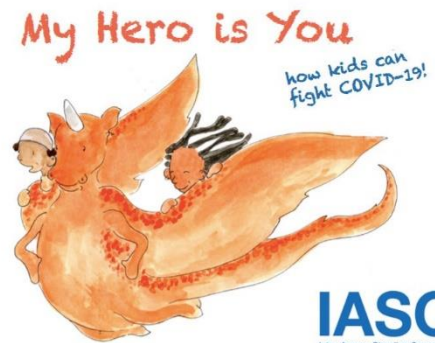


Action for Heroes

Guide for Heart-to-Heart Chats with Children to
Accompany Reading of *My Hero Is You*



In the absence of internationally agreed upon guidance on the production of easy-to-read documents, this version of the material has been adapted in consultation with organizations of persons with disabilities.

Introduction

Please read this Action for Heroes Guide before you begin to read the storybook with the children and continue to use its advice after you finish.

This 'Action for Heroes' Guide is designed to help guide adults on how to read the storybook, 'My Hero is You, How kids can fight Covid-19'.

It tells adults on how to read the storybook along with children.

It also guides adults on how to Chat with children.

The idea is to ensure that there are enough opportunities for adults to connect with children through the storybook.

The Chats provide specific points on how adults can enable children to feel comfortable and share their feelings, concerns, fears and needs.

It guides adults on how to really listen to the children and hear what they are feeling.

It also guides adults on what to do and what to say so that they can reassure the children. Adults can help children to let go off their fears and relax.

About The Storybook

The storybook, "**My Hero is You, How kids can fight COVID-19!**", explains how children can protect themselves, their families and friends from the coronavirus.


It explains how to manage difficult emotions when faced with our new and rapidly changing reality.

You can read and download this book for free on the IASC website.

It has been translated into 125+ languages and multi- media adaptations have been made.

Links to these resources are available at the end of this guide.

It is recommended that adults read the storybook 'With' the children.

As they read the storybook, this Guide directs adults about how to have Heart-to-Heart  CHATS with children and help them understand the coronavirus and COVID-19.

It explains how adults can create safe spaces for children.

In these safe spaces, children can openly share:

- Their feelings
- Their fears and worries about the coronavirus and
- Their frustrations that have arisen because of the changes in their daily lives.
- The Guide also directs adults about how to promote positive actions that children can take. These actions will help children protect themselves and others.

It is best when adults whom the child knows and trusts, like parents, caregivers, teachers sit with them and share:

- Information about the corona virus
- The risks posed by that the corona virus
- How to prevent the COVID-19 infectious disease

The language used to explain the facts can be simple and direct.

This can be modified according to the age of the children.

It is important that children have the correct information about the corona virus.

Children who are not well informed may not take precautions seriously.

They may put themselves and others at risk of infection.

Also, children who are not well informed may feel that adults are hiding the truth from them.

This can make them feel anxious or worried.

Even very young children are aware of changes around them.

Thus, it is important to speak with them and talk about what is going on.

The storybook encourages children to be heroes.

It encourages them to take an active role in prevention.

It is therefore important for adults to create a balance and explain both the problem and risks of coronavirus.

They also need to tell children about how to protect themselves.

Adults need to tell children:

- What adults will do to protect the children and
- What children can do to prevent infection and protect themselves and others.

The storybook encourages children to be heroes and take an active role in prevention.










The storybook contains many important messages for adults to CHAT about with the children.

As adults and children read the storybook, they will see 9 CHAT bubbles located throughout the book. These chat bubbles look like this:



CHAT Messages

The 9  CHAT messages are:

 CHAT 1:	Staying healthy	Page 10
 CHAT 2:	Children speak out	Page 13
 CHAT 3:	Coping with stress	Page 15
 CHAT 4:	Keeping each other safe	Page 19
 CHAT 5:	Solving problems	Page 22
 CHAT 6:	All people need to be protected	Page 25
 CHAT 7:	Living with heartache	Page 27
 CHAT 8:	Being a citizen of the world	Page 30
 CHAT 9:	My Hero is YOU	Page 33

Preparing To Read And CHAT

When Preparing To Read With Children, Please

Remember:

1. The story can be read with one or more children.
2. An adult or an older child can read page by page.
3. It is best to read slowly. Tell the story with a bit of drama.
4. The adults and children want to see the pictures, so sit close.
But do keep in mind, not to sit too close together.
Make sure to maintain proper physical distancing.
Arrange the seating in a way that the children can still easily see the pictures.
5. Try to sit in a quiet space, where you can avoid interruptions.
6. When reading with a group of children, adults need to ensure that all children have a chance to safely share their thoughts and feelings during the CHATs.
7. The CHATs are good opportunities for adults to teach children how to manage their fears and situations that cause them stress.

It is time to CHAT, when you see this image of a

CHAT bubble



Everyone who will read the storybook and chat with the children is referred to as “Adults” in this guide. They include:

- Parents
- Grandparents
- Caregivers
- Teachers
- Youth leaders

Adults know the special features of their cultures, environment and social norms.

It is recommended that the CHATs are honest discussions.

These should include positive actions that children can take.

These actions should be realistic and fit into their unique, real-life experiences.

CHATs and actions will depend upon many factors.

These CHATs will differ in many ways.

These differences depend upon the following factors:

1. CHATs and actions will be different depending on where the children live.

It will be different for children:

- living in cities or rural areas;
- for children living in different continents,
- living in their homes or
- in a camp in another country.

2. These will depend on economic, social, religious and cultural values.

3. These will depend on the relationship of the adults to the children.

While sharing information about COVID-19, parents reading the storybook with their children, need to include action points. Along with the chats, parents need to tell children what both of them can do.


These actions show:

- how parents will protect the children and
- how the children can participate in protecting the family.

When teachers or youth leaders read with the children, they need to remember some things.

They need to direct their CHATs and actions towards showing children, how they will participate in protecting the children.

They can also show how the children can be responsible and protect their friends and classmates.

In each  CHAT, adults have conversations with children about different messages.

The CHATS can go in two directions...

Sharing Information:



First, it is very important for adults to be well informed.

If adults have proper information, they can share accurate information with children during a CHAT.

Remember that children have some awareness about the coronavirus.

They are keen listeners and even very young children hear adults talking.

They also feel emotional cues that adults send out. Cues mean signals.

Adults need to answer children's questions, honestly or truthfully.


This will ensure that children have a clear understanding of the coronavirus and its risks.

The answers can be scary for children.

Adults can use the CHATs to reassure children and explain the actions that adults and children can take to keep safe.

Children feel safe when:

- They know that adults are there to take care of them
- When they learn ways and feel empowered and strong to be heroes.
They can take actions to protect themselves and those they love.

The **second** direction for  **CHATs** encourages adults to take the time to listen and hear what children feel and think about today's changed life.

Hearing Children:

To encourage children to chat freely adults will:

- Sincerely take the time to show their genuine interest in what the children think and feel.
- **Listen** and be patient as children talk.
- At the same time, it is also important to **hear** what children say and feel.
- Talk **with** the children. Do not talk **at** them or **to** them.



Talk **with** them.

- **Ask questions** to show interest. Understand the children's thoughts and feelings.
- Reflect on or think about what the children say.
This is important for having a **two-way discussion with them**.
- **Educate** children and honestly reassure them about the present situation.
- Offer **realistic protection** to children. Realistic means what is real or practically possible.
- Offer **support** and love to the children.
- In a group reading, give equal opportunity for all children to speak when they want.
- Encourage children to listen and respond to each other in **respectful** ways.

Example of a CHAT that HEARS the child:

A Dad and his 10 years old son, Salem are reading the storybook together.

In  **CHAT 2** Dad wants to talk with Salem about his feelings regarding the coronavirus.

Dad: In the story, Sara shares that she is scared of the virus.

What about you?

What about the coronavirus scares you?

Salem: I am afraid to die.

Some nights it is hard to fall asleep.

I worry I will not wake up.

Dad: I am sorry you worry at night.

I did not know you felt like this.

What makes you worry that you will not wake up?

Salem: I heard some children died from Corona.

I do not know why they died but I heard someone say this.

If I get the virus will I die?

Honest response to fact.

A very small number of children around the world got very sick from the virus and died. It is very rare.

You are healthy and most of these children had other health problems in addition to the virus.

Salem: So, I will not die if I get the virus?

Dad: It is very unlikely that you will die if you get the virus.

Most often children do not get seriously ill and die.

Salem: That is good to know.

Talk about feelings and protection.

Dad: I hope we can talk when you feel worried.
When you worry at night, let us agree on what we can do to help you feel safe and sleep.
What can we do?

Salem's Dad listened and encouraged Salem to share his feelings. He responded with kindness, support and accurate information. He offered to help Salem to find ways to feel safe at night. Salem responded in a positive way. He was encouraged to continue to CHAT.

Example of a CHAT where a child is NOT HEARD:

Let us imagine if Salem's Dad said the following:

Dad: In the story, Sara shares that she is scared of the virus.
What about you?
What about the coronavirus scares you?

Salem: I am afraid to die. Some nights it is hard to fall asleep.
I worry I will not wake up.

Unfortunately, Salem's Dad wants to quickly reassure Salem that he will not die in his sleep.

Dad: Do not worry, you will wake up.
Salem: Okay.

Salem ends the CHAT.

The CHAT was over quickly.

Clearly, this is not what we want.

Salem ended the CHAT because his feelings were turned off.

Salem's Dad did not hear his fear.

His Dad wanted him to quickly know he was safe.

He might have felt unsure how to discuss a difficult topic, so he gave Salem a quick answer.

If Salem's Dad wants to understand how Salem feels and encourage Salem to feel it is okay to share his feelings:

- His Dad needs to listen and
- Respond to his feelings as he did in the first example.

Focus on the key messages

Whether we are chatting with one child or a group of children, in each CHAT adults need to focus on the important messages.

They need to keep the CHATs brief.

This will help maintain the intensity of reading the story.

Asking an open question like, "What makes you sad?" can be challenging. Children could answer by talking about the coronavirus or about a bully at school.

Adults need to keep each CHAT focused only on the message of that CHAT.

Adults need to ask questions specific to that CHAT like, "What makes you sad about the coronavirus?"

Encourage children to share.

Adults listen and respond.

They share the message and lessons of each CHAT.

Adults can offer to CHAT about other issues after reading the storybook.

Length of CHAT

We want to give opportunities for all children to share their ideas and feelings.

However, some children like to talk, some rarely want to talk and some talk too much.

Adults will need to control the length of each CHAT.

If a child is talking a lot, adults listen and remind them, 'we want to go back to the story'.

Adults need to also arrange to talk more, after they finish reading the story.

Some children do not feel comfortable to speak.

It is best not to push them.

This is story time and children can listen and learn and not everyone needs to talk.

Unique CHATS

♡ CHATs vary by cultures and the personalities.

It also varies with the relationship of the adults and children.

A CHAT with a teacher will be different than a CHAT with a parent.

However, the purpose of the CHAT is always the same.

The CHAT is:

- A safe place for children to share their thoughts and feelings,
- To learn facts about the coronavirus, and
- Understand how children can take responsible action to protect themselves and others.

THE ARIO: Information for Adults

THE ARIO is a newspaper that offers adults advice about how to CHAT with children about how to cope with COVID-19.

Please read them before you CHAT to learn from their advice.

Then read them again after, as a reminder.




THE ARIO

Understanding the Guide

The adults will read the storybook with the children.



At each sign of a CHAT bubble,  adults will lead or start a CHAT about the lessons in that section of the storybook.

There are 4 tools that are available to assist the adult to lead each CHAT. These 4 tools are:

1. THE ARIO News

This newspaper offers guidance to all adults and tells them how to CHAT with the children.

2. Key CHAT messages

These are the overall themes or messages for each CHAT.

As an example:  **CHAT 1: Staying healthy.**

As you read the storybook, the messages in this Guide follow the themes in the story.

3. Let's CHAT

This is information for adults about what to share with children during this CHAT

4. ASK the children

These are specific questions adults ask the children to lead into this CHAT.

Throughout the storybook, children are encouraged to be heroes and citizens of the world.

Their actions form a global chain through which all people across the world protect each other.

During CHATs, adults promote this message of responsibility and action.

Children are engaged about how to make choices.

They are told how to keep themselves and those they love safe. This gives them feelings of hopefulness and possibility.

As you open the storybook, adults first say this:

Ready: It is time to start to read and CHAT

Adults CHAT with Children:

“I know you have heard lots of talk all around you about the coronavirus.

The coronavirus has changed our lives.

It is important for us to CHAT about it.

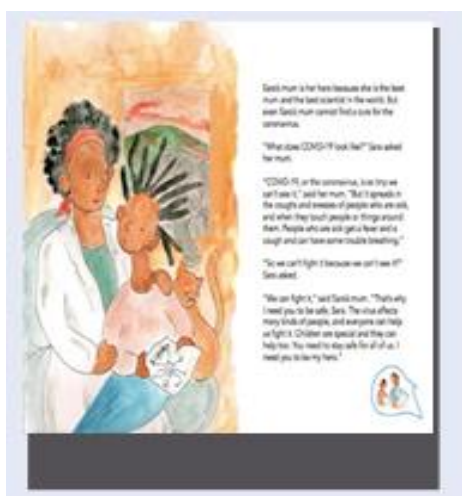
This storybook was written to help us CHAT. It will help us share our feelings about the coronavirus and how our world has changed.

It will give us ideas about how we can stay healthy.

It will give us ideas on how to be responsible to protect ourselves and others from the coronavirus.

Ready to listen and CHAT?”

[Read this page of My Hero is You](#)



INFORMATION FOR ADULTS:

Adults Benefit From Listening To Children

Benefits From Listening

Adults ask open questions to invite children to talk about what they know. As the children speak and they recognize the adult is listening, they can feel comfortable.

They can then continue to share their ideas, thoughts and feelings.

Adults can listen patiently to all that the children know about the virus.

Some of their information will be factual and some will not.

After the children respond, the adults praise the children for sharing what they know.

They repeat what the children said that is correct.

Without saying, “NO, that is wrong”, adults hear what is inaccurate or not correct information and explain the facts.

Importantly, when adults talk to groups, be sure the children are listening to each other.

CHATS need to be safe spaces to talk freely.

So, it is important that adults prevent children from teasing or bullying each other.

The adult is responsible for the chat.

The adult needs to be sure that all children can chat safely.



Child says No: “I do not need to talk about COVID-19!”

Let us imagine a child says No.

“I do not need to talk about COVID-19.

I know everything about it.

I am a kid.

I am not going to die from this virus.

I want to go and play.”

Some children present themselves as knowing about everything.

It is best not to upset them.

Remind them that at their young age it is unlikely that they know everything.

We want to encourage the self-esteem of all children. Self-esteem is a feeling of confidence and self worth.

However, we also want them to accept their limitations.

So that they know it is okay when they do not know something. They are not expected to know everything.

It is okay to sometimes feel unsure or feel anxious.

It is okay to ask for help.

We can tell them that even the most famous scientists are still learning about the coronavirus.



INFORMATION FOR ADULTS:

Children Need To Know The Facts

About COVID-19

Share The Facts

Start your CHATs with children by sharing clear facts and information about the coronavirus and COVID-19.

Children can only learn how to protect themselves if they fully understand the virus and its risks.

Adults ask open questions to invite children to talk about what they know. As the children speak, and they recognize adults are listening.

Children can feel comfortable to continue to share their ideas, thoughts and feelings.

How Far Is Far Enough?

Health systems in different countries, recommend 1 to 2 meters for “social” or “physical” distancing.

Please check what is recommended in your country and use this with the children. To be sure children understand how big the distance is, you can:

- Pace or walk the distance and mark it or
- Use a ruler or
- A piece of string or
- Have the children lie on the floor to measure 1 or 2 meters.



World Famous Scientists Still Learning About Coronavirus

We are all still learning about this new coronavirus.

Scientists do not have all the answers.

Adults do not have all the answers.

Yet, children are asking questions.



Adults must do their best to answer the questions. Adults must also let children know we are all still learning.

If children challenge the risks to them as children, adults can respond with, “You are right.

Children do not often get seriously sick from the virus. But some do and there are still risks.

Many people, including children, can have the virus inside them. They can pass it to others.

Your little sister has a heart problem.

If she gets the virus it can be serious because she has other health problems.

And, Grandma and Grandpa need to avoid getting the virus. This is because older people can become very sick. They can even die from the virus.”

Children need to be part of helping to protect people and prevent them from getting the virus.

If Sara asked, “I do not want to get anyone sick.

How do I know if I have the virus inside me?”

Sara’s Mum can answer, “Most often you do not know because you feel fine.

Let us keep reading the story since it will teach us how to protect ourselves”

Key Message 1: Staying Healthy

CHAT 1

Let's CHAT

Before we get into the story more, let us chat about the coronavirus. Let us chat about how you can protect yourselves and others from the virus.

Tell me what you already know about the virus.



ASK the children

Tell me what you already know about the virus

Children respond with the information about the coronavirus that they know.

Children might say...

- "The coronavirus crawls onto you from tables and chairs and even pieces of paper."
- "The coronavirus is fake."
- "The coronavirus kills people."

Let's CHAT

Thanks for sharing what you know.

Seems you have been listening well to all that is being said around you.

The coronavirus is causing a disease called COVID-19.

It is a new virus and the disease is contagious – that means it passes from one person to another. The disease became a global pandemic. That means that it is a disease that has spread to countries around the world.

The coronavirus moves from one person to another through droplets that come from the mouth or nose of an infected person. This happens when the person talks, laughs, cries, coughs or sneezes.

These droplets fly into the air.

These droplets can land in the mouths or noses of people close-by.

The droplets can also land on a table, chair or other surface and if we touch it and touch our eyes, nose or mouth we can get infected.

You need to tell me right away if you or anyone you know has any of the **virus symptoms** or **signs** like:

- Headache
- Cough
- Sneezing
- Body aches
- Fever and
- Loss of sense of smell and/or taste.

We need to be extra careful. Having even one symptom can mean you are infected and can pass the virus to others.

The good news is that most people only get mildly sick.

However, even if they feel better in a few days, they might still be contagious.

Contagious means that they can spread the infection to other people.

Therefore, they need to stay home.

They need to keep away from everyone until their doctors say they are no longer contagious and cannot pass any infection to other people.

It is a sneaky virus because many people have the virus but feel fine.

They can still give it to someone else even if they do not mean to do it.

I know it all sounds scary.

That is why we are talking and reading this book.

I am doing everything I can to keep us healthy.

I want to be sure you know how to protect yourself and not get the virus!

I know you want to go out to play with your friends. But, we must go out safely.

To avoid the droplets from someone who is infected, it is best to wear a mask.

We also need to maintain a physical distance.

To avoid the droplets, we must stay at least 1 meter away from another person.

The best protection is washing with soap and water. So we will clean our hands more than ever.

If we avoid touching our eyes, nose and mouth, even if we touch the virus we can avoid bringing it into our body.

All over the world, people, like us, are reading this



storybook.

They are learning how to prevent the spread of the virus.

ASK the children

Do you have any questions about the virus before we continue to read?

Children ask questions and the adults answer their questions.

Let's CHAT

The virus has turned our world upside down.

Let us continue to read about Sara and see what we can do to stay safe...

Read these pages of My Hero is You



THE ARIO

INFORMATION FOR ADULTS:

Children Speak Out

Child Says, “I Love Being At Home.”

Children have mixed feelings about how the virus has affected their lives.

Some say they hate the virus.

It has led them to be bored, lonely, angry and more.

Some children say they like being at home and spending time with their families.

Other children say, it is a relief to not attend school.

Every child has a unique set of feelings.

Avoid judgement. Experts say, “Listen”

Adults need to listen well.

They need to respond without judgement to what children share.

If we criticize the children and disagree and tell them how they should feel, then they might stop sharing.

If a child says, “I want the virus to stay forever and stay out of school”.

And the parent says, “School is important. With an attitude like that you will never get good grades.”

The child will stop chatting.

Children chat freely when adults listen and are not judgmental about what they say.

Children might also mention other reasons.

They may talk about not wanting to attend school or other unrelated problems.

If the children's chats are different than the messages of the book, adults can arrange to CHAT more after they read.

Children Speak Out With Important Messages

We live in a challenging time.

We can educate the children about how to be safe.

We can encourage them to use their voices to be heroes, who inform others and protect others.



Key Message 2: Children Speak Out

CHAT 2



Let's CHAT



We live in a challenging time.

We will educate the children about how to be safe.

We will encourage them to use their voices to be heroes, who inform others and protect others.

In the story, Sara feels miserable.

She feels the coronavirus has turned her world upside down. Upside down means changed it totally.

ASK the children

How do you feel about the coronavirus? What has it done to your life?



When you ask this, children will respond in different ways. They might say...

- "I am happy. I like that I do not have to go to school."
- "I miss my friends."
- "I hate the virus."
- "All day, every day, I am bored."

ASK the children

Right now, we do not know how to fight the coronavirus and make it go away.

Sara has a different idea about how to help. What does Sara want to do?

When you ask this, children might say:

"Sara wants to find a way to tell all the children in the world how to protect themselves.

This way, they can protect everyone else."

ASK the children

Yes, Sara has courage.

It is not easy for children to speak out and have their voices heard.

Can you share a time when you used your voice to speak out for what you believe?

Children can give examples.

If the children cannot think of examples, the adults can share examples that show a child speaking out.

Let's CHAT

Sara went to sleep wanting to be a hero.

In her dream, her imagination created Ario.

Ario would help her find a way to protect others against the virus.

Let us keep reading to hear how Sara speaks out.

And see how she makes her voice heard about how to protect others.

> Read these pages of My Hero is You



THE ARIO

Information For Adults: Managing Our Stress

Adults And Children Feel Stressed

Today's times are stressful for everyone-

- in every country,
- in every city,
- on every street across the world.

It is not realistic to imagine that adults or children can be fully free of all our stress.

Realistic means being practical.

It is more realistic to learn to manage or cope with our stress.

It is honest to acknowledge that all of us, adults and children, feel stressed.

CHAT with the children about realistic or practical ways in which they can cope with the stress.

These ways need to suit their age, their culture and their environment.

Of course, you as adults, also feel stress.

Your children will see and feel your stress and often copy you.

Be Honest And Share Your Stress

Finding ways to cope with your own stress is important.

It is important for your peace of mind.

And it is an example your children can copy for coping with their stress.



Understanding Children's Stress

Adults need to support children to find ways for coping with their feelings of stress.

It is important to be patient.

Try to understand their reasons for feeling this stress. It is good to praise the children for their efforts to cope.

Praise them for being patient since the stress is ongoing and will not just disappear.

Breathing Exercise Help

Adults can teach children how to use breathing exercises to help them relax.

It is good for adults to try the exercises themselves first.

They can feel the benefit of these breathing exercises first and then teach the children.

When adults teach the breathing exercises they should speak slowly and in a calm, low voice.

If children breathe too fast, it will not be helpful.

If children breathe too slowly, they will be uncomfortable.

Adults can encourage children to use the breathing exercises to help them relax, whenever they feel scared.

Some children might say, “The breathing did nothing.”

Adults can encourage these children to try it at times when they really feel scared and then check if it helps.

Adults can also encourage children to think of other ways to relax.

Key Message 3: Coping With Stress

CHAT 3

Let's CHAT

Ario is flying Sara and Salem across the world. It is hard to believe that everyone is having the same symptoms of the same COVID-19 disease. And they need to take the same protections. Sara and Salem are real heroes to go with Ario across the world.



They share information about the ways we can protect ourselves to avoid getting sick.

ASK the children

What is the advice Sara and Salem are sharing?

Children will say:

“They are warning everyone to avoid getting infected.

They need to stay home.

When they are outside, they should not shake hands. They should stay apart of another person. They should wash their hands with soap and water.

They should cough into their sleeves not into the air.”

Let's CHAT

Sara says again that she feels “scared”.

Even in her dream, she is still scared.

She feels stressed about the changes the coronavirus has made to her life.

Ario, is a giant dragon. But even he is scared of the coronavirus.

ASK the children

The big truth is that the coronavirus is scary.

What does your body do when you feel scared?

Children might say:

- “I sweat.”
- “I get a headache.”
- “My legs want to run.”
- “I feel jumpy.”
- “I want to vomit.”

Let's CHAT

Our bodies, our brains and our hearts talk together when we are scared.

In our brains, we keep thinking over and over about what scares us.

In our hearts, we feel scared.

In our bodies, ... (repeat what the children said).

We are all scared about the coronavirus.

It is hard to be a hero and protect yourself and others when you feel scared.

Even though the scary thing is still here, we can still take action to help us relax.

When we are relaxed, we less feel stress in our bodies.

When we feel less stress in our bodies, it slows down the thinking and worry in our brains. This relaxes our hearts and lessens our fears.

Relaxing can help us to live with our stress.

If we feel more relaxed, it is easier to think clearly. This helps us to find actions we can take.

ASK the children

What do you do to help yourselves relax when you feel scared about the coronavirus?

Children might say:

- "I ignore it."
- "I get angry."
- "I go and play."
- "I cry."

ASK the children

When you do these things do you feel better?

Children might say:

- "Yes, for a little while."
- "No, it does not matter."
- "I do not know."

Let's CHAT

All your ideas are good.

And, if they help you relax, great.

I have some more ideas about what to do when we get scared.

First, it is good to share and tell me or another adult when you feel scared.

We can always CHAT, not only today when we read the storybook.

I hope when you feel scared you tell me. Together, we can find ways to help you to relax. Chatting can help us to relax.

“A problem shared is a problem halved.”

This means that when you share or tell someone your problem, it is easier to cope with it.

There are lots of ways to relax.

To relax, we can play sports, run, dance, sing or pray.

Ario says when he wants to relax he breathes slowly and out comes fire.

The fire sounds scary, but the slow breathing helps Ario to relax.

We can do slow deep breathing from our belly, without the scary fire.

Let us try it together. Breathing slowly and deeply can help us to relax. We breathe in slowly.

As we breathe in, we count in our heads 1-2-3-4-5.

We hold our breathe and count 1-2-3.

And, slowly, we release the breath and count in our heads 1-2-3-4-5.

Let us try it together.

If you want, it is good to close your eyes.

I will count aloud for you while you count in your head.

We will do it 3 times.

Ready?



ASK the children

Adults say, “Let us feel a little scared so we see if breathing slowly helps. Let us think of that scary picture of a floating coronavirus. Keep the picture in your mind and let us breath slowly together.”

Ready to start.

Adults say, ‘Listen to my voice and please do what I say.

Slowly, as I count, take a deep breath 1...2...3...4...5.

Hold your breath 1...2...3...

Slowly, as I count, release your breath 1...2...3...4...5.

Let us continue a second time.

Slowly, as I count, take a deep breath 1...2...3...4...5.

Hold your breath 1...2...3...

Slowly, as I count, release your breath 1...2...3...4...5.

Let us continue a third time.

Slowly, as I count, take a deep breath 1...2...3...4...5.

Hold your breath 1...2...3...

Slowly, as I count, release your breath 1...2...3...4...5.

ASK the children

Adults ask, “How does your body feel?

What happened to the picture in your head of the coronavirus?”

Children say:

- “I felt my heart slow down.”
- “The coronavirus went bye bye.”
- “I felt calm.”
- “I wanted to sleep.”

Let's CHAT

Let us read what Sara does to feel calm and safe.

Read these pages of My Hero is You



Alex started high into the sky. Sara craned out in joy. Up there in the clouds a plane flew by and the passengers looked out at them in awe.

"People will have to stop traveling soon, at least for now," said Sara. "They are dropping the bombs across the world, and we should all stop what we are and wait people we love."

"So many things feel like they have changed," said Sara. "I get worried about it sometimes."

"I can feel scary and confusing when things are changing," Sara said Alex. "When I feel scared, I breathe very slowly and breathe out fast!"

Alex blew out a huge bubble!

"How do you relax when you feel scared?" Alex asked Sara.

"I like to think about someone who makes me feel safe," said Sara.

"Who do you think of?" Sara asked her friend.

"Oh, yes!" said Sara. "They call me Sara's hero and I will always protect all the things we are doing at home. It's called the Hero's Club and it's called Sara's Hero's Club!"

"It is normal to miss people we love that we can't see right now," said Alex. "It always feels much, but I know I will see you face better to those other heroes!"

"Yes please!" Sara and Alex cried back.

"Does my friend Sara have a very special superpower?" said Alex. "Sara got!"

THE ARIO

Information For Adults: Feeling

Safe Comes From The Heart

How Can Children Feel Safe?

With the challenges of COVID-19, all children need support.

For children, feelings of safety come from adults like moms, dads, grandparents, nannies, teachers and religious leaders.

Where children live or the amount of money, toys, food or clothes that adults give are not what helps children feel safe.

Feelings of safety come from the heart.

Children feel safe when adults offer sincere, compassionate support.

Compassionate means kind-hearted and gentle care and support.

Feeling safe will allow the children to cope with the challenges that now surround them.

Chatting With A Child With A Problem

Teachers or other adults who are reading the story to a group, need to take care. They must not speak with children about their problems in front of other children.

In case a child mentions a specific personal problem during the group reading.

It is best to ask the child to talk about it with you after the reading.

It is always best to sit with the child separately.

Talk about how this child can feel safe.

It is particularly important to listen when a child says, "I never feel safe."

It could take a long time to:

- discuss this and
- understand why the child does not feel safe and
- understand what to do.



Whether you are the child's parent or teacher, your response is almost the same.

Since you are in the middle of reading a storybook, it is probably best to say to the child, "I am sorry to hear this.

I would like to talk to you more about why you feel this way. And what I can do to help.

Let us read the story now. We can talk about it right after we have read the story."

Then, be sure, to make time to talk to this child.

Talk to the child about the fears.

Find ways for this child to feel safe.

Giving Hugs?

Depending on the relationship with the child, we have different way to physically show support.

Parents or caregivers can give their children lots of hugs during and after the story. This will help them feel safe.

At school, with children wearing masks it is hard to see their emotions. Since

we cannot rely on body language, so we need to ask how they feel.

Teachers cannot hug children freely.

So they need to find the ways that are best in their culture to show their support.

They can say to the children, "Let us all give ourselves a hug."

Teachers can hug themselves.

This way, they can teach the children how to wrap their arms around themselves and give themselves a hug.

Adults can remind children that they can give themselves a hug when they feel scared or sad.

It can be helpful at any time.

Key Message 4 : Keeping Each Other

Safe

CHAT 4



Let's CHAT

Sara and Salem talked about how their grandparents make them feel “safe”. Living with the coronavirus makes everyone feel a bit scared.

Feeling safe makes us take a big deep sigh of relief.

We can feel the comfort of being hugged.

Even if no one touched us, we can feel hugged when we are feeling safe.

There are many ways to feel safe :

- For some kids, seeing their Mum smile at them during a hard time might help them feel safe.
- For other kids, staying at home and playing games with their brothers and sisters. And not being teased helps them feel safe.
- Or, having their Dad join their kid games can make them feel safe.



ASK the children

Who makes you feel safe?

What is it they say or do that makes you feel safe?

Children might say:

- “My Dad has no work.
He stays at home all day now.
He always looks miserable.
Yesterday, we all put on masks and went outside.
We just ran and tried to catch each other but did not touch.
Playing with my Dad made me feel safe.”
- “Eating dinner with my family makes me feel safe.”
- “Sitting around a campfire with the family all together makes me feel safe.”

Let's CHAT

The coronavirus makes us worry about another kind of safety.

We worry about staying healthy.

We worry about keeping our bodies safe from catching COVID-19.

Ario praised Sasha because she is staying home.

Her Dad is sick with COVID-19.

He is contagious. That means that he could give COVID-19 to other people.

So he is self-isolating. That means that he is staying in his room away from other people.

Sasha is picking flowers.

She does not feel sick.

But she lived in the same house with her Dad before he got sick.

Sometimes people can have the virus inside their bodies.

They can feel fine but can still be contagious.

Sasha is a hero because she is staying home.

She is not taking any chances.

She might have the virus and could make someone else sick.

Sasha and her Dad are staying home and keeping other people safe from getting sick.

Being in self-isolation is lonely.

There are many things Sasha could do to bring a smile to her Dad.

It does not matter whether Sasha is in a wheelchair or walking; or from our same country or from another.

We all can bring a smile to someone we love.

This is especially important when the person we love has a problem.

As example, Sasha could sing outside her Dad's window.

ASK the children

What other ways can Sasha help her Dad smile while he is sick?

Children could say:

- "Sasha could draw pictures and push them under the door of his room."
- "Sasha could put flowers on the tray her Dad gets for his food."
- "She could chat to her Dad from outside his door."

ASK the children

Let us pretend we are Sasha's father.

Sasha sings a song for her father.

What does Sasha's father say to her to let her know how he feels about her singing?

Children might say that Sasha's father could say:

- "Your singing made me feel better."
- "Your singing made me happy. Thanks. I love you."

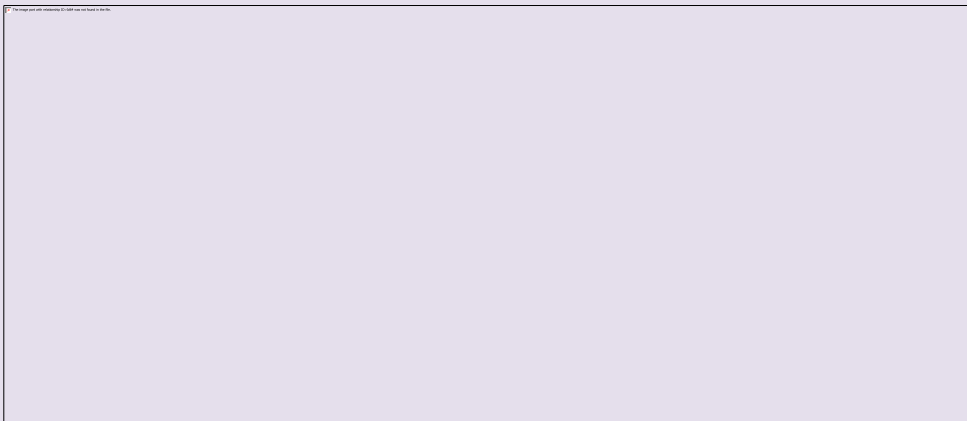
Let's CHAT

Feeling safe and closely connected to other people during COVID-19 is important.

We can feel hugged if we remember to do something for each other everyday.

Do something that brings a smile and makes us feel safe.

Read this page of My Hero is You



THE ARIO

Information For Adults: Families

Fight Covid-19 Together

Hour After Hour Families At Home

Before COVID-19, we wished for days when families could get extra time together.

We welcomed days when Dads and Mums had no work or other things to do. And when children had no school. We could spend our days together.

With COVID-19, too much of that wish came true.

Now, stuck together day after day, we often wish for more to do.

Yet, it seems we need to get used to being at home and surrounded by family more.

Rather than wake up every morning dreading the day, it is best to find new ways to improve being home.

Agree on a daily routine

Families need routines for a set time to wake up, to eat and to go to sleep.

It is good for everyone to have chores or things to do.

Everyone needs to share responsibilities for cooking and cleaning.

It is important to have clear plans for children to have space to do schoolwork and adults to work at home.

What to do for fun also needs to be planned by the family.

This is necessary because, usual home activities may have become boring.

It is also not healthy for families to just sit around.

Exercise and fresh air needs to be part of the plan.

And, like Sasha said, a bit of time alone and space for oneself, feels good.



Talk it out

Being together all the time, can lead to short tempers and disagreements in the family.

It is best for adults to agree with children on a few treasured ways to manage problems.

As an example, when a disagreement becomes tense and words and actions are making it worse.

It is best to separate or move away.

It is always best to avoid saying or doing things when you are very angry.

You will later regret it or feel bad about having said it.

Move away to a separate space or corner.

Relax by slow breathing and cool down.

This is helpful.

It can be useful to involve another person to help solve the issues.

Then, you can return to being together - after you agree that you are cool enough to talk.

Problems are best solved with talk!

Each person talks – one by one – and everyone listens.

The goal is to solve the problems.

So we need to stay positive.

We need to remember not to blame or accuse the other or hold a grudge.

Learn to compromise or reach an agreement.

This is possible when each person feels heard.

It leads to problems being solved together.

It also leads to giving all people some of what they want.



Key Message 5: Solving Problems

CHAT 5



Let's CHAT

Being home together all the time, is both wonderful and difficult.

First, let us talk about what is wonderful.

(Parents share first. They talk about what is wonderful for them.)



ASK the children

What is wonderful for you about us being home together more than ever?

Children might Say:

- "It is wonderful doing my schoolwork with you. It is only you and me, so I can understand everything."
- "It is wonderful to have Dad home and not at work all the time."
- "It is wonderful to stay up late together every night."

Salem and Sasha talked about family fights.

Sometimes families fight when they get angry or frustrated with each other.

Other times, they end up fighting when they get tired or bored. Or when they just need some time alone.

Sasha gave some good advice.

She said that the best way to solve problems in her family is to be “extra patient and extra understanding.

And even quicker to say I am sorry.”

I like Sasha’s advice for fixing family fights.

Family fights always feels bad.

We can think together about ways to fix family fights.

I have one idea.

When we feel angry or frustrated, we move away from each other.

We find a separate room or corner to be in.

We say, “Please, I need space” and everyone respects this.

After about 10 minutes, the fighters check, “Are you ready to talk?”

They wait enough time until both are cool and calm and ready to talk.

The fighters then sit together and talk.

Each person talks – one by one – and everyone listens.

The goal is to solve the problems.

So we need to stay positive and not blame or accuse each other.

Each person will have to give the other some of what they want.

Only then can you solve the problem.

If we stay calm and talk, maybe we can avoid the fight.

ASK the children

What other ideas do you have to fix our problems to avoid a fight?

Children might say:

- “I like your idea. No one listens to me when I get angry. It makes me angrier.”
- “My Teacher needs to listen to all sides of a fight. Not just listen to one kid”
- “My Mom needs to listen to me when I get angry.”

Let's CHAT

Sasha's advice is also good in school.

She said that the best way to solve problems is to be

“extra patient and extra understanding. And even quicker to say I'm sorry.”

Sometimes children fight in school.

It is best if we take Sasha's advice and avoid fights.

We can do this by being patient and understanding each other.

Let us remember to listen when someone is angry to understand why they are angry.

If it is your fault, say “I am sorry.”

Please tell me [parents or teachers], if the other person is being unkind or is teasing or bullying you.

Avoid the fight.

Tell me, so I can help you to solve it.”

Read this page of My Hero is You



THE ARIO

Information For Adults: Covid-19 Has No Boundaries

Staying Safe Has Extra Challenges When Living In A “Camp”

COVID-19 has no boundaries.

It has infected people across the world.

Ario has flown into a camp where many people are living close together.

Adults can teach children about why Leila and other children live in camps.

Children live in camps when:

- There is a dangerous situation where people are fighting
- There is not enough food.
- There was a flood or a fire or another disaster.



This can cause people to move into a camp.

Some people have to leave their homes.

They have to go to a camp in another country to live safely.

While others, can live safely in a camp in their own country.

Most hope to return to their own homes someday. This is not always possible.

In these camps, people have greater risks to get infected by Covid-19. It is difficult for children to follow the rules that can protect them. Especially if they live in crowded conditions with shortage of water and soap.

In these situations, children become heroes by finding creative ways to stay safe from the virus.

They can share information about practical ways to be safe.

Ways that are suitable to life in the camp, to help protect others.

We Are All Learning The Same New Rules

Every adult can explain that there are many people in one camp.

Life is difficult there.

It might not be easy to follow the rules that protect us from COVID-19.

Leila lives far way.

Her life is different than Sara and Salem.

Yet, Leila lets Ario, Salem and Sara know that she is doing her best to stay protected.

She follows the same rules that they follow to stay safe.



Key Message 6: All people need to be

protected

CHAT 6



Let's CHAT

Ario took Sara and Salem far away.

COVID-19 has no boundaries.

It has travelled the world infecting people wherever it goes.

It has travelled from one end of the world to the other.

It has crossed boundaries between countries.

It has infected people who live at home or in camps.

It finds people who are rich or poor with all colour, age and religion.

If we look closely at the picture, we can see that Ario landed in a camp.

There are many people living close together there.

Leila asked a question that I would rather not answer.

She asked, "Is it true people can die from coronavirus?"

I would prefer that your life does not include any heartache ever.

Let us read how Ario answers Leila's question...



Read these pages of My Hero is You



THE ARIO

Information For Adults: How To Deal With A Broken Heart?

Adults Can Prepare Children For Loss

This is the most challenging or difficult CHAT.

Adults have the responsibility to protect children.

To keep them safe.

To protect them the best they can from heartache.

Sadly, this is not always possible.

Life's realities force adults to prepare children for how to live even when their hearts ache.

Adults will leave children unprepared and alone if they skip this CHAT.

They will avoid leading them safely through reality.

“Is it true people can die from the coronavirus?” asks Leila

Leila asked the question, “Is it true people can die from coronavirus?”

The difficult answer to this is “Yes”.

Children hear the voices of adults talking about the coronavirus.

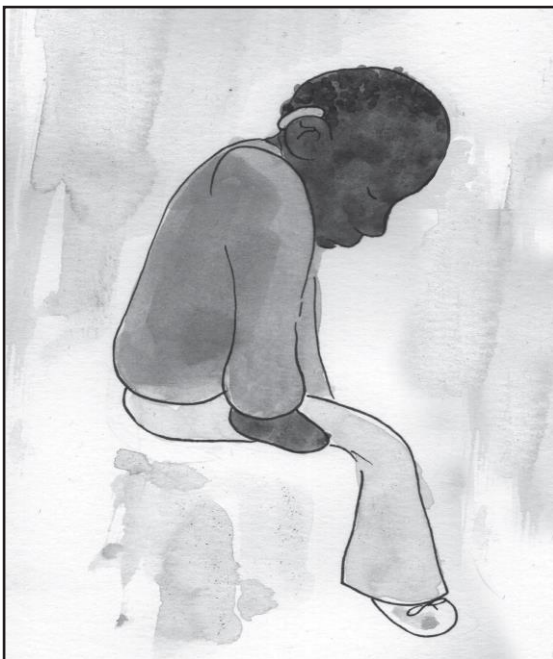
It is best for adults to be honest.

This way, children can trust adults to say the truth.

Though it is difficult, adults need to talk with children about living with death.

For some people, faith and spirituality is important to help children to live with death.

Adults can change this CHAT to include what is most important in their culture, traditions and religion.



Key Message 7: Living With Heartache

CHAT 7



Let's CHAT

Leila asked a question that is difficult to answer.

She asked, "Is it true some people die from the coronavirus."

Ario answered Leila's question. Ario said, "Yes, some people die from Covid-19."

I prefer that you never face any heartache in life.

I, along with your whole family and everyone who loves you, will do everything we can to protect you.

Sadly, death is a part of life. It affects all of us.

I am unable to protect you from experiencing death.

This is one of the realities in all our lives that causes us heartache.

Our lives take many twists and turns. I am here to help you to manage them.

Yes, some people do die from COVID-19.

Most often they are people who are older.

Or people who are already sick with another disease.

We must be extra careful and protect these people from getting infected.

Sometimes, mums, dads or big brothers, sisters or even children die from COVID-19.

It does not happen often, but it can happen.

Even when we are careful, sometimes people still get sick and die.

No one is to blame.

It is no one's fault.

Having people we love die, is something we will all experience at some time in our lives.

When someone dies, it really helps to talk about how we feel to someone who cares about us.

We can hug each other.

We can share the stories of our memories about the people who died.

When people die, we miss them.

By sharing memories when we were happy together, we can remember these people and keep them alive in our hearts.

Ario suggested ways to Sara, Salem and Leila to manage their feelings when they are sad, scared or feel unsafe.

Now we will learn the ways suggested by Ario.

Ario suggested that they imagine inside their minds :

- The look,
- The feel,
- The smell of a place that once made them happy.

Ario thought that imagining a guest to go with you to this place could help you feel better.

Your guest can be anyone you choose.

So, think of whom you want to take to that place with you.

I suggest that we add a few deep breaths to all this imagining.

Deep breathe, like we learned earlier. This will help you to relax.

This imagining can help us when we are sad or anxious.

Right now, we are enjoying a story and feeling good.

So, let me remind you of the creepy coronavirus with all its legs.

That makes all of us a little scared.



Let's CHAT

Now, we will try to manage our anxious feeling.

Please, close your eyes. Let us start with our breathing.

Slowly, as I count, take a deep breath 1...2...3...4...5.

Hold your breath 1...2...3...

Slowly, as I count, release your breath 1...2...3...4...5.

Remember a memory of a time when you felt safe.

Imagine a picture in your head of how it looked.

Remember how you felt in that place.

Remember how it smelled.

Now, imagine you bring your guest to that safe place with you.

Let yourself feel safe.

Now, imagine a happy time in that place with your guest.

Imagine that you smile at your guest.

Slowly, as I count, take a deep breath 1...2...3...4...5.

Hold your breath 1...2...3...

Slowly, as I count, release your breath 1...2...3...4...5.

Remember, I am here to help keep you safe.

Whenever you feel unhappy, scared or confused, remember we can always CHAT.

Let us open our eyes.

Let us come back from our imagining.

Let us come back to each other and Leila, Sara, Salem, and Ario.

In our storybook, Ario told Leila that he and many other people care about her and Sara and Salem.

Let us read what Leila says.

Read these pages of My Hero is You



Leila said, "We can all care for each other!"

"That's right, Leila," said Ario. "We can care for each other, wherever we are. Would you like to come with us on our last journey?"

Leila decided to travel with Ario and her new friends. Sara was glad Leila joined them because she knew that sometimes we need to support each other. They flew quietly, without words, but Leila knew her new friends cared a lot about her.



THE ARIO

Information For Adults: When Are We Safe From A Person Who Was Infected?

Welcome Back After Covid-19

Some people catch the coronavirus. They get sick and most get better. Once they are no longer contagious, they are no risk to anyone. Then they cannot pass the infection to anyone.

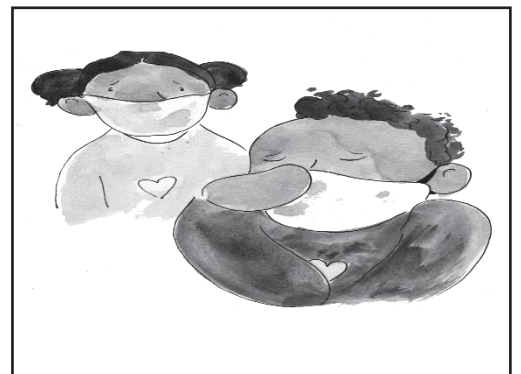
Logically, we should be happy to see them.

We can eat, socialize and play together like before they were sick.

Why does not it always happen like that?

Why are some people, who had the coronavirus rejected by their friends, family and communities?

Rejected means that their friends, family and members of the community do not want to come near them or meet them.



Fear Should Not Be Stronger Than Science

Even though science teaches us that a person is now safe many people do not want to take any chances. So they keep their distance.

Other people sometimes reject the people who were sick.

People do not want to be rejected.

So sometimes they pretend to be well.

They continue to work, go to school and socialize even when they are sick with COVID-19.

Others need to work to feed their families.

So they decide to work, even though they know they are sick.

Self-isolating when you are sick helps to stop the spread of the virus.

Children can be heroes.

They can learn to be responsible citizens by saying when they are sick.

This way they can get the care they need.

Children can learn to love and care for people at a distance when they are sick.

They can be ready to accept their friends and family back into their lives - just as soon as they are not contagious.



Key Message 8: Being A Responsible

Citizen Of The World

CHAT 8



Let's CHAT

Feeling safe and cared for- Sara, Salem and Leila circle the world with Ario. At the next stop, Ario introduces them to Kim. Kim explains all about how he felt when he was sick with COVID-19.

ASK the children

My first thought is, "I am glad I was not there when Kim got sick. Why would I think that?"

Children might respond:

- "The coronavirus can crawl from Kim to you. And you do not want to be sick and die."
- "I am also glad I am not there."
- "No one wants to be near anyone who was sick with COVID-19."

We know the coronavirus is sneaky.

We do not see it as it passes from one person to another so easily.

This virus does not infect all people in the same way.

Some people get very sick and some less sick.

Sometimes, we can not tell that people have the virus.

Not everyone who gets sick tells other people they are sick.

They keep it a secret.

Sometimes people are rejected after they were sick. That means that people stay away from them.

So they keep it a secret. This is because they do not want to lose their friends.

To keep everyone protected from the coronavirus it is important that everyone says, "I feel sick. I need your help," immediately when they are sick. They should not keep it a secret.

ASK children

What can we do to encourage everyone to speak out immediately when they are sick?

Children might respond:

- "We can let them know we will not reject them."
- "We can offer them help, like buying them food, when they are sick."

It is a big relief that the coronavirus does not stay in a person forever. When they are no longer contagious, we have nothing to worry about. Since we will not get the coronavirus from them.

They are the same person as before they got sick.

It is safe to talk and play and be together.

People will feel safe to say, "I am sick." - If they know they will get our support.

They are many kind, safe ways we can show our support.

Adults can help by delivering them food and medicine.

They can offer to run their errands.

Adults and children can call them on the phone and show them we care.

Children can copy Leila and sing at their windows.

Most important, is to remember to care for those who are sick. Especially if they are older people or live alone.

Back to our story, it is almost the end.

Ario puts Sara back into her bed.

Her journey around the world has ended.

When Sara began her journey, she was scared.

She felt the coronavirus had stolen her life.

She wanted to be a hero.

She wanted to protect herself and tell children all over the world how to be safe.

When she went to sleep, she did not know how to do this.

As Ario says goodbye, Sara tells him, "You are my hero."

I imagine Ario smiled when he said, "You are my hero too, Sara."

ASK the children

What did Ario and Sara do that makes them both heroes?

Children might say:

"They told children all over the world how to be safe and avoid catching the coronavirus"

Let's CHAT

They were heroes because they went around the world.

They made sure that all children knew how to protect themselves from being infected by the coronavirus.

ASK the children

What did all the children learn to do to be protected?

Children might say:

- To wash our hands with soap.”
- “Stay home.”
- “If I go outside to play, then do not touch my eyes or nose until I wash my hands.”
- “When I am outside of the house, wear a mask.”

Let's CHAT

It is important to remember all these rules of protection to avoid getting infected with the coronavirus:

- Wash your hands with soap many times a day
- Do not touch your eyes or nose until you wash your hands
- Stay home or close to home if you go out to play.
- Avoid big groups of people.
- Wear a mask outside of the house
- When outside of the house, keep a safe physical distance.
- When you return to school, follow school rules to stay safe.

If you do get the virus or you have symptoms and might have the coronavirus, be a hero.

Be responsible. Immediately, tell those people close to you.

This way you can keep them safe and not infect them.

When you know people are sick, offer your kind support.

Lastly, when they are healthy again, be there just as you were before they got sick.

ASK the children

Do you have any questions about any other thing we read or talked about?

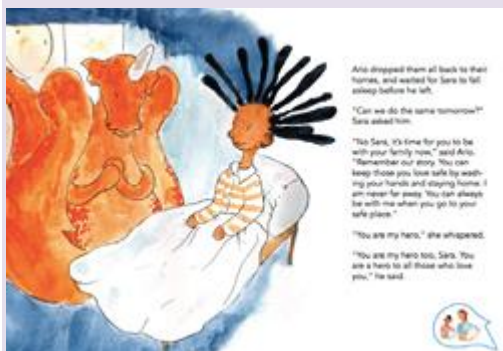
Let's CHAT

When we come together, we can keep each other safe.

So we are all protected.

Let us go back to Sara. She is now in her bed...

Read this page of My Hero is You



Information For Adults: You Are The Hero!

Thank You, Adults!

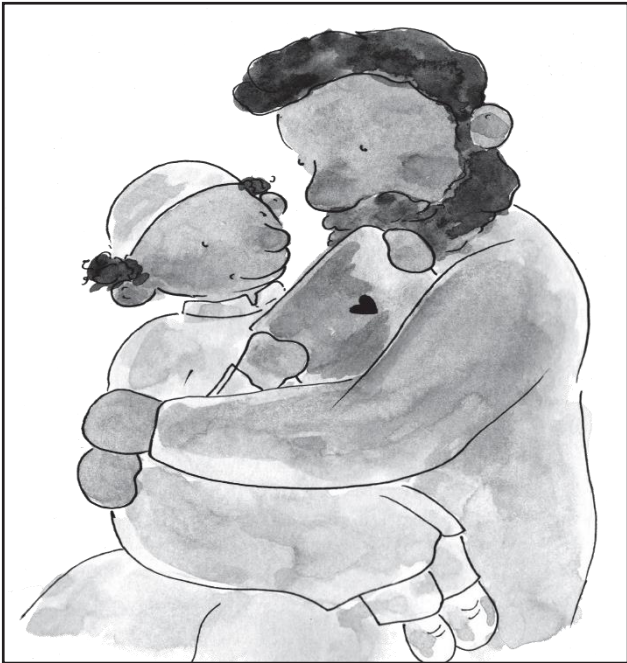
The storybook is finished.

You have shared a lot of important information with children.

This will teach them how to keep themselves and others safe from the coronavirus.

You can feel proud that your children can now be HEROES and help to protect others.

Please continue to chat with your children about the messages all of you learned from the storybook.



Key Message 9: My Hero is YOU

CHAT 9



Let's CHAT

I like this last picture in the storybook.

Sara and her Mum are smiling and hugging.

At the beginning of the book, Sara was miserable.

Now, Sara is smiling.

She chats with her Mum and shares all about her adventures around the world.

Sara's Mum says, "My biggest hero is you."

Sara's smile says that she agrees.

Sara feels strong like a hero.

This is because she now knows how to protect herself from the coronavirus.

She feels that she can help others to protect themselves.

ASK the children

Can you share some stories of times when you were a hero protecting or preventing yourself or others from getting the coronavirus?

Children might say:

- "Grandma went outside to the market. I saw that she forgot her mask. I ran home to bring it to her."
- "My Dad was sick with the coronavirus. My little brother kept sneaking into Dad's room to play with him. I locked Dad's door. I took my brother to the window. We made silly faces through the window to Dad."

Let's CHAT

These are great stories and show you have learned a lot.

Now that you know how to be a coronavirus hero, you can protect your friends and families and show them how to be safe.

YOU are my hero!

Read this page of My Hero is You



Sara fell asleep and when she woke the next day Aro was gone. So she went to her safe place to talk to him, then drew everything they had seen and learnt on their adventure. She ran to her mum with her drawing to tell her the news.

"We can all help people be safe, Mum," she said. "I met so many heroes on my adventure!"

"Oh Sara, you are right!" said her mum. "There are many heroes keeping people safe from the coronavirus, like wonderful doctors and nurses. But you remind me that we can all be heroes, every day, and my biggest hero is you!"



Links to ‘My Hero is You’ further resources:

- “My Hero is You, How kids can fight COVID-19!” Storybook available in 125+ languages:

<https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and- psychosocial-support-emergency-settings/my-hero-you>

- Adaptations and country level initiatives of “My Hero is You, How kids can fight COVID-19!”:

<https://interagencystandingcommittee.org/adaptations-my-hero-is-you>