

SEPTEMBER 2024

ISSUE 02

WORLD HEALTH NETWORK

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE



ROCK STAR EDITION

VIRTUAL OPEN MIC!

BLACKOUT POETRY!

**STILL COVIDING WITH
VIOLET AFFLECK!**

... AND MORE INSIDE!

CHECK US OUT ONLINE AT:

WHN.global/KidsZone



EXPLORE | SHARE | CONNECT



COVID-conscious: Keeping COVID risks in mind when exploring, sharing and connecting with others.

Synonyms: COVID-cautious, COVID-aware, COVID-informed, Still COVIDing

WHAT IT'S ALL ABOUT?

ABOUT US

KIDS' ZONE COVID-CONSCIOUS MAGAZINE IS A FREE PUBLICATION CREATED BY THE WORLD HEALTH NETWORK'S PSYCHOSOCIAL CHILDREN'S GROUP.

OUR MISSION IS TO FEATURE MATERIALS FOR KIDS THAT HIGHLIGHT STORIES, ART, SCIENCE, AND LIFESTYLE OF COVID-CONSCIOUS FAMILIES.



FEATURING WORKS FOR AND BY KIDS OF ALL AGES. ADULTS CAN SUBMIT THEIR OR THEIR CHILD'S WORKS AT WHN.GLOBAL/KIDSZONE



WHN.global/KidsZone

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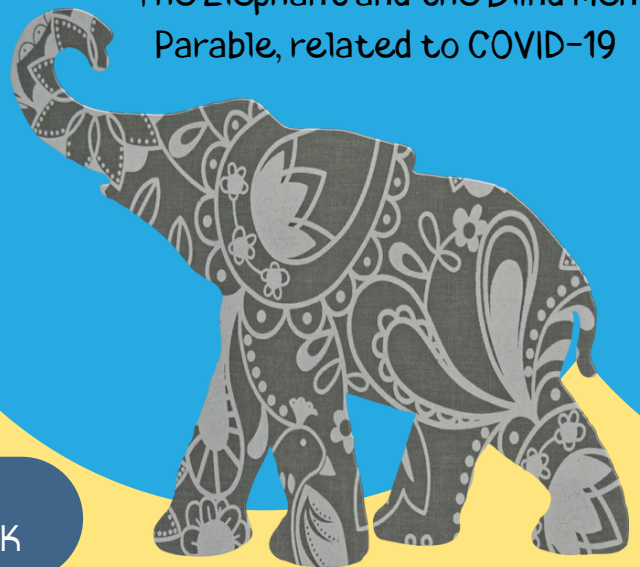
VIRTUAL OPEN MIC!

How to host, participate, connect, and play music with others virtually!



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HOW DO YOU PILLAR?: TIPS ON ASKING OTHERS TO MASK

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Current Events:
Violet Affleck
Rocks the Mic!



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OUR SCHOOL: VIOLET AFFLECK

Current events have never been so cool! Learn more about teen Violet Affleck's mask advocacy and complete a fun fill in the blanks of her speech.

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FASHION MASKING

Check out and share pictures of you masking in style, share tips, and celebrate fun times!

This edition:
Parker's Pastimes!



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BLACK-OUT POETRY

Come to a Rock Star Poetry Jam with Aspa and Pan! No experience necessary – bring your black marker!

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COVID-CONSCIOUS HOBBIES

Check out cool ways to enjoy and share music from a Still COVIDing music enthusiast!





OPEN-MIC NIGHTS!

Learn tips on how to host and participate in virtual open mic nights, overcome technical barriers, keep things exciting, and connect with others through music!

WHAT IS OPEN MIC?

Playing to an audience is fun! It also makes you play better - it forces you to be a better musician. But most amateur musicians are not popular enough to draw a large audience, even if they play for free!

“Open Mic” is a common way for amateur musicians to get a crowd, especially if they are beginners.

A group of musicians will play to each other! The musicians - there might be a dozen different acts - will play short sets and listen to each other.

Sometimes there will be several musicians sitting on stage taking turns playing, rather than playing together.

Sometimes musicians bring their friends, and sometimes not. Musicians don't usually get paid to perform.

Sometimes musicians will only play one song at a time. This is a good way for the host to “manage” the event and make sure that people listen to each other, rather than leaving as soon as they have played! It's also a good way to support performers who are not very good, just yet!



MUSIC OVER ZOOM

Open mic translates really well to Zoom! A group of coviding musicians from the UK, Germany, Greece, Canada and USA have been meeting every Saturday since the beginning of 2023 to play for each other.

There are some interesting challenges and opportunities. If you play guitar or keyboard and sing, then performance is easy, even if you aren't very good! A top tip for anyone learning guitar is "learn to sing". If a musician was used to playing flute, or saxophone in bands, or violin in an orchestra before the pandemic, it's a different challenge, because they were used to playing in a big band. Several of the musicians play with backing tracks, which is a good solution. Even better, some of them have started singing too, and are now the best singers they have ever been!

In some ways it's a bit better than an "in real life" open mic because you don't have to walk home afterwards. One other advantage is that it's really interesting talking to people in different countries about their favourite artists.



CREATING THEMED EVENTS

The biggest challenge is a surprising one, and it's also the one the group has solved most successfully. In real life, you probably wouldn't go to see the same band every week, and you certainly wouldn't want to hear them play the same songs every time!

The online open mic is a relatively small group with a few dozen regular performers. Very quickly people would get bored hearing the same musicians play the same things.

To solve this problem the group has "themed" events in which performers might play songs that follow the theme, or by artists with names that follow the theme. For "Food", someone might write a song about their favourite food, or food from their state (someone wrote a song about foods from Kentucky), or play "Strawberry Fields Forever" (Beatles) or "Raspberry Beret" (Prince), or a song by Red Hot Chili Peppers, Fiona Apple, or Sam Cooke.



This gives the musicians a good reason to learn something new. Very importantly, it gives musicians an excuse for messing up! "I've only just learned this." It encourages performers to take risks, and it really helps the less experienced musicians in the group if they see the most talented and experienced musicians mess up from time to time. As a result, many performers at the Online Open Mic have performed hundreds of different songs, or written lots and lots of new songs themselves.



TIPS ON PLAYING TOGETHER

Two musicians might play the same song one after the other, but in their own personal style. This creates an interesting emotional connection that audiences respond to.

Playing and



Alternatively they might take it in turns on verses and choruses, or play with the same backing track.

Connecting

MUSIC CHATS

The level of connection musicians are able to build via Zoom is quite surprising.

It enables conversation between people who don't know each other, and live in different places. Most of us are united in being music fans as well as musicians, and people can discuss their favourite songs and artists.

TECHNICAL TIPS

It's hard to play at the same time as other musicians, "in time" with them, through a remote link. This is because of the "latency" of signals. If a musician in the UK tries to play with another musician in the USA, there will be a slight delay while the signal travels thousands of miles. This creates echoes which make it confusing for musicians trying to listen to each other. If two musicians have fast, wired internet connections AND live close to each other AND have low "ping" they can play together, but at the open mic there are other solutions (see above).

LISTENING TO EACH OTHER

We also have to manage time zone differences. For those musicians in the UK, it's Saturday night and it might be late at night there. Afterward they go to bed. For a musician in Vancouver or Los Angeles, it's the middle of the day, and they may have errands to run afterwards! We have to run the event at this time because otherwise some of the musicians would be asleep, or it would be too late for them to make noise!

Whatever musicians do, there is a really important rule that applies whether you are in the same room or not - "Listen to each other".



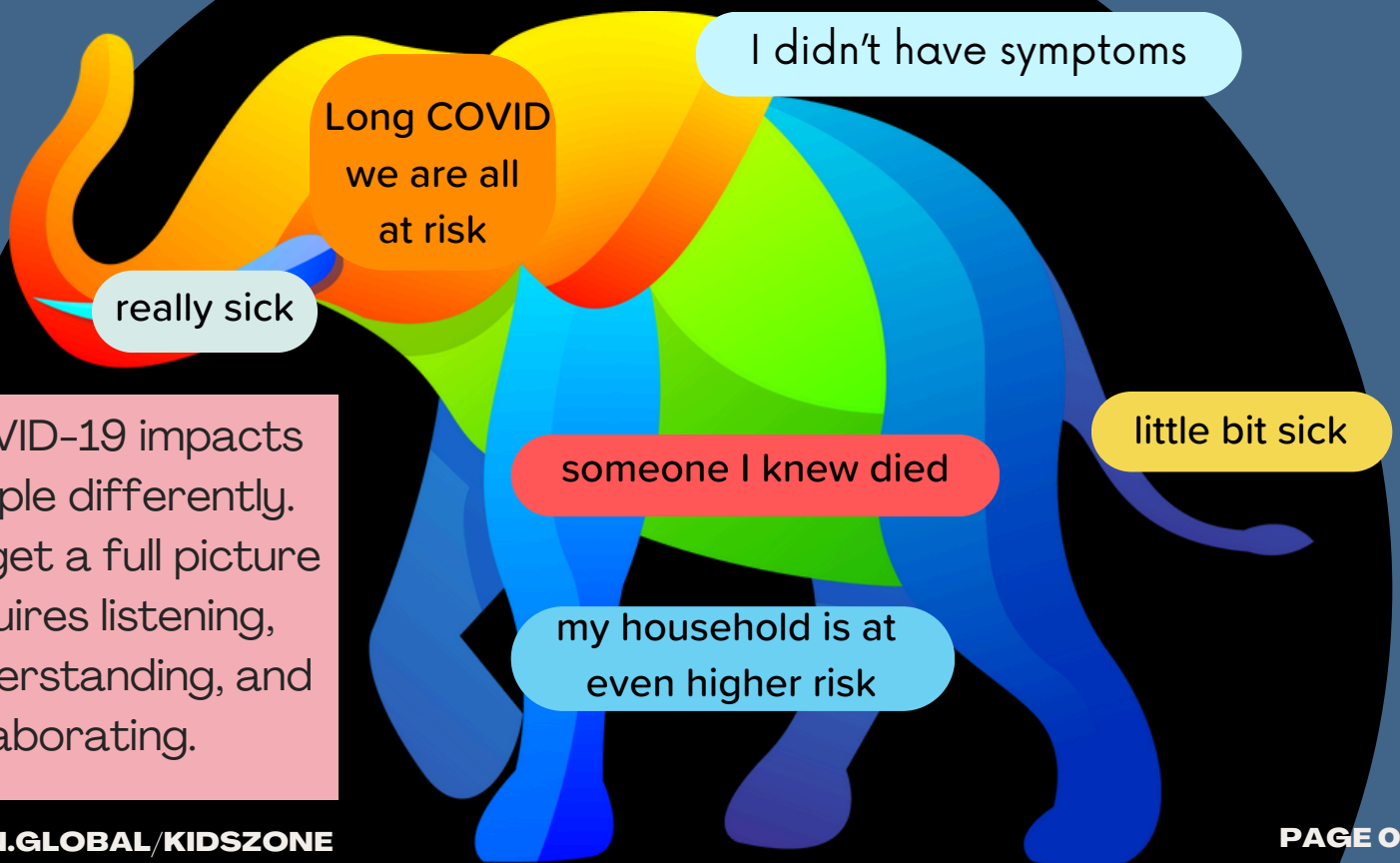
THE OLD PARABLE: THE ELEPHANT AND THE BLIND MEN

There are a few versions of this ancient parable, but roughly it goes like this: Six blindfolded people who have never encountered an elephant before come across one while exploring. In order to figure out what it is, each blindfolded person feels one section of the elephant and tries to describe it to the others.

One feels its trunk and says, **"It feels like a snake"**; the other feels its stomach and says, **"It feels like a wall"**; the next feels its leg as says, **"It feels like a tree trunk"**; the one by the tail says, **"It feels like a rope"**; and the one near its ears says, **"It feels like a fan"**.

In some versions they start to suspect each other as being dishonest and argue or even fight. In other versions they take turns listening and collaborate to "see" the full elephant. And – in even other versions – a person who is sighted tells them they are all partially right, and describes the full picture of the elephant to them.

WHAT DOES COVID-19 FEEL LIKE TO DIFFERENT PEOPLE?



COVID-19 impacts people differently. To get a full picture requires listening, understanding, and collaborating.

HOW TO DEAL WITH DIFFERENCES



Just like in the Elephant parable, all sorts of people have had different experiences and come across different information on COVID-19. Because of this, the protections people use can vary widely.

It is OK that others have different views, but it is also important that they respect your views and boundaries.

A boundary is letting people know what is OK and what is not OK. Boundaries can be physical (e.g., do not touch me) or emotional (do not lie to me).

Boundaries can also be based on time or space (e.g., when I do X, Y, or Z, please respect my precautions and understand I will not be able to speak/hang out with you until X, Y, or Z is completed.)

Be supportive by discussing and respecting each others' boundaries.

COVID-19 AND 5 PILLARS RECAP

COVID-19 is a microscopic virus that can travel through the air and make people sick.

The 5 Pillars of Prevention – Masking, Air Quality, Social Distance, Testing, and Vaccination – are tools we can use to protect ourselves and others. If one pillar is weak, we use other pillars to help support them.

TIPS FOR SETTING BOUNDARIES:

Decide what feels safe and supportive and what feels scary or dangerous.

Communicate by giving specific, clear lines on what is OK and not.

Show appreciation if followed, or respond with a consequence if not (e.g., going to a safe space and telling the person how it makes you feel when your boundaries were forgotten, ignored, or violated).

Respecting each other's boundaries is important for healthy relationships.



How Do You Pillar?

I ASK OTHERS TO MASK



I hand them a mask and ask that they wear it during our visit.



“CAN YOU WEAR THIS N95/KN95/KF94 RESPIRATOR MASK?”

“These respirator masks work better than surgical masks for contagious diseases that spread through the air.”

IF THEY WILL NOT MASK, I ASK, “CAN WE ARRANGE A VIRTUAL VISIT?”

“Can we use Zoom, Google Meet, or another service for video chat?”

“Can you record the event, meeting, or class and share it with me?”

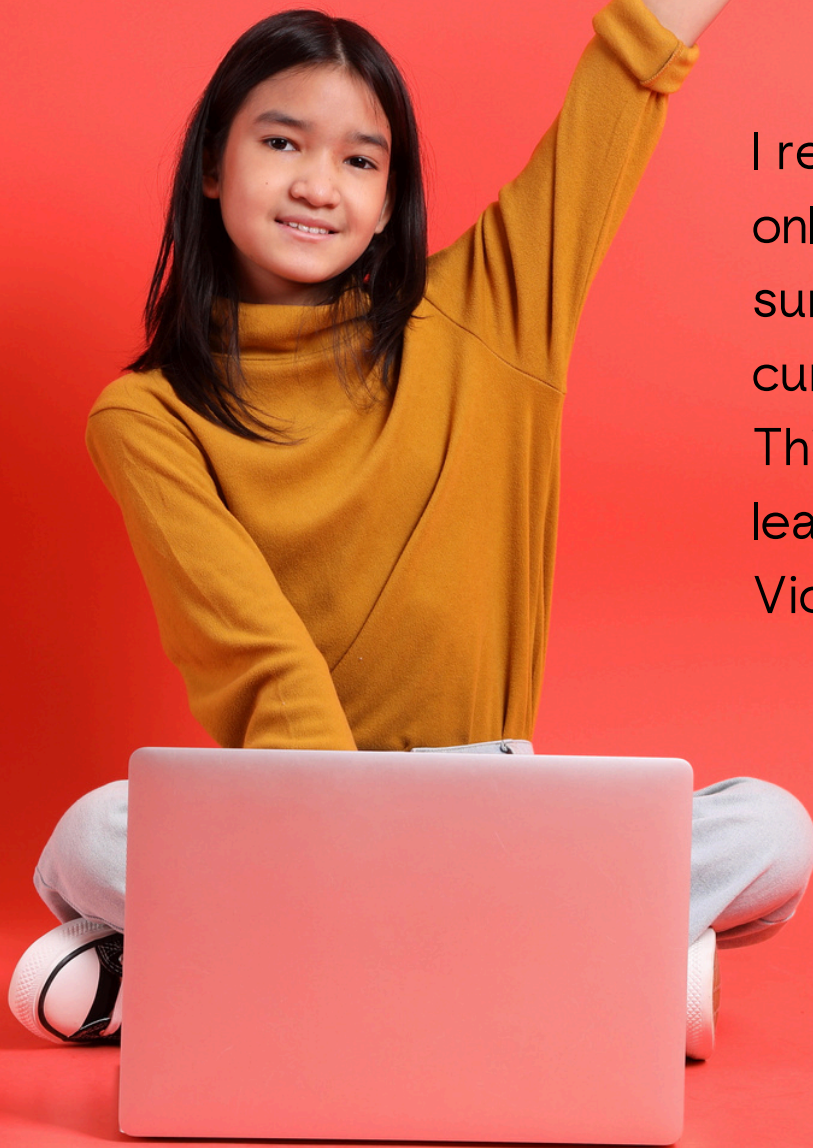
“Can I participate virtually?”



How do YOU Pillar? Submit your paragraph at WHN.global/KidsZone

How do you
school?

OUR SCHOOL



I research online and write summaries of current events. This week I learned about Violet Affleck!

Whether it be in-person or virtual, traditional or non-traditional, preschool to college, micro, forest, home or un-school, we want to hear about COVID-prevention-themed happenings at yours!

Kids and adults of all ages are welcome to share at WHN.global/KidsZone!
If under 18, ask your parent or guardian to enter your submission.

Celebrity Highlight: Violet Affleck

WAY TO BE A
STILL COVIDING

ROCK STAR!



Violet Affleck, 18, who graduated from high school in May, spoke at a Los Angeles County Board of Supervisors meeting in July. Violet Affleck is the daughter of film stars Jennifer Garner and Ben Affleck. When the public was invited to give comments at the meeting, she spoke strongly about the need for masks, and asked officials to oppose mask bans. That is ROCK STAR!

[Violet Affleck speaks at Los Angeles County meeting July 9, 2024.](#) Photo Credit: YouTube video courtesy of LA County Board of Supervisors.



See if you can Fill In the Blanks of her speech on the next page!

What Are "Mask bans"?

A "mask ban" is a term for recent laws passed by different state or local governments that make the use of face coverings illegal in certain situations. Most of the laws have some form of medical exemption (a special permission allowing those who wear masks for health reasons to do so), except in the case where a police officer asks one to remove it for identity purposes. However, many feel these laws might cause people to not wear masks when they should, or get them in trouble for wearing masks when they should not.

FILL IN THE BLANKS of Violet Affleck's Speech



WORD BANK

vulnerable

tests

viruses

together

medicine

see

neurological

jails

medical

filtration

pandemic

(Glossary on page 13)

“I contracted a post-viral condition in 2019. I’m OK now, but I saw firsthand that _____ does not always have answers to the consequences of even minor _____. The COVID-19 _____ has thrown that into sharper relief. One in 10 infections leads to long COVID, which is a devastating _____ [and] cardiovascular illness that can take away people’s ability to work, move, ____ and even think. To confront the long COVID crisis, I demand mask availability, air _____ and far-UVC light in government facilities, including _____ and detention centers, and mask mandates in county _____ facilities.” Violet continued during the board meeting, “We must expand the availability of high-quality free _____ and treatment and, most importantly, the county must oppose mask bans for any reason. They do not keep us safer, they make _____ members of our community less safe and make everyone less able to participate in Los Angeles _____. Thank you.”

(Answers on page 14)



Glossary

for Page 12 Word Bank



Contracted: (v.) to catch or acquire an illness.

Cardiovascular: (adj.) relating to the heart or blood vessels.

Filtration: (n.) the process of removing contaminants (like viruses) by passing a substance (i.e. air) through a filter that captures contaminants and allows clean (air) through.

Long COVID: (n.) new, recurrent, or chronic health problems that can occur after an initial illness with COVID-19.

Medical: (adj.) of, relating to, or concerned with the science or practice of medicine.

Medicine: (n.) the science of keeping people healthy and healing the sick.

Neurological: (adj.) relating to the brain or nerves.

Pandemic: (n.) a widespread occurrence of an infectious disease over a whole country or the world at a particular time.

Post-viral condition: (n.) a wide range of complex conditions involving physical, cognitive, emotional and neurological difficulties that vary in severity over time, that occur after a viral infection has cleared. Symptoms may continue for weeks, months, or longer.

Tests (for COVID-19): (n.) help detect the SARS-CoV-2 virus (that causes COVID-19 infection) in mucous and/or saliva (most require multiple tests over time for better accuracy).

Viruses: (n.) germs that can get into people's bodies and make them sick.

Vulnerable: (adj.) People who are at higher risk of severe outcomes from a COVID-19 infection due to age, medical condition, social situation, number of past infections, or immune system status.



ANSWER KEY

For Page 12 Fill in the Blank Activity.

Can you correctly add the words from the word bank into this excerpt of Violet Affleck's speech?

Answers

"I contracted a post-viral condition in 2019. I'm OK now, but I saw firsthand that medicine does not always have answers to the consequences of even minor viruses. The COVID-19 pandemic has thrown that into sharper relief. One in 10 infections leads to long COVID, which is a devastating neurological [and] cardiovascular illness that can take away people's ability to work, move, see, and even think. To confront the long COVID crisis, I demand mask availability, air filtration, and far-UVC light in government facilities, including jails and detention centers, and mask mandates in county medical facilities." Violet continued during the board meeting, "We must expand the availability of high-quality free tests and treatment and, most importantly, the county must oppose mask bans for any reason. They do not keep us safer, they make vulnerable members of our community less safe and make everyone less able to participate in Los Angeles together. Thank you."

Watch her video from the 7/9/24 LA meeting here.

FASHION

MASKING

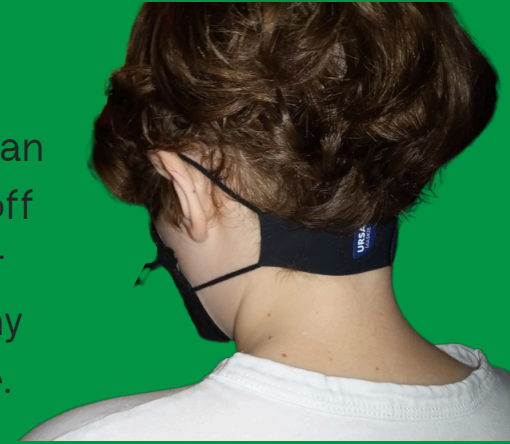
WAY TO BE IN STYLE



Masks come in many shapes, colors, styles, clear windows, and sizes. N95, KN95, and KF94 masks are recommended for protecting from diseases that spread in the air, like COVID-19. Reusable elastomeric masks and PAPRs are also available in a variety of child and adult sizes.*



For ear loop style masks, ear savers* can help take any strain off ears during long wear times. There are many styles available online.



WHN's Mask Resource has more information on masks.

PURPOSEFUL FASHION

Is there a special way you have dressed up a mask? We would love to see how you have masked in style! Adults, parents, or guardians send your and/or your child's submissions to us at [WHN.global/KidsZone](https://www.whn.global/KidsZone) for a chance to be featured in our "Fashion Masking" section!



*Linked products are not affiliated or endorsed by WHN, and we receive no promotions or discounts.

Art is fun!

art is fun!



ART IS FUN!

Ear savers at work! They provide a better, more comfortable fit for ear loop masks.

Parker's FAVOURITE PASTIMES



Playing at the
playground

I like to play at the
park and paint with
my friends!



Painting with my pals



Submit your masked photos to us at whn.global/kidszone, and make a note if you'd like a lavender privacy box over eyes.

POETRY JAM



WITH ASPA AND PAN

TODAY'S JAM:
BLACKOUT POETRY

1. PICK A BOOK PAGE, LYRICS, ETC

2. CIRCLE CHOSEN WORDS/ PHRASES

feel vulnerable, but they are also the markers that let us know where we end and others begin.

Understanding and feeling those edges brings grace and clarity. The edges taught me that the more I used alcohol, food, work, caretaking, and whatever else I could get my hands on to numb my anxiety and vulnerability, the less I would understand my feelings, thoughts, and behaviors. I finally realized that trying to outrun and outsmart vulnerability and pain is choosing a life defined by suffering and exhaustion.

Still today, the more I pay attention to my life and the messages from the edges, the more I'm able to choose a way of life that doesn't demand constant vigilance and preparedness. And when there are things outside my control that do demand high alert—COVID, for example—I know running away from the pain and anxiety is way more risky than leaning in and locking eyes with it.

I've learned that power is not bad, but the abuse of power or using power over others is the opposite of courage; it's a desperate attempt to maintain a very fragile ego. It's the desperate scramble of self-worth quicksand. When people are hateful or cruel or just being assholes, they're showing us exactly what they're afraid of. Understanding their motivation doesn't make their behavior less difficult to bear, but it does give us choices. And subjecting ourselves to that behavior by choice doesn't make us tough—it's a sign of our own lack of self-worth.

I know more than I'd like about being subjected to this kind of behavior when I don't want to be, volunteering to experience it just to prove to myself and others that I'm tough, and, sadly, perpetrating it as well. I can get really scary when I'm scared if I'm not paying attention.

I also learned that when you hold someone accountable for hurtful behaviors and they feel shame, that's not the same as shaming someone. I am responsible for holding you accountable in a respectful and productive way. I'm not responsible for your emotional reaction to that accountability. Sadly, I've also learned that sometimes, even when the pain takes your breath away, you have to let the people you love experience the consequences of their own behavior. That one really hurts.

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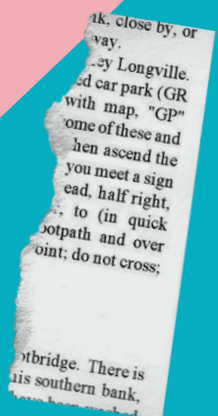
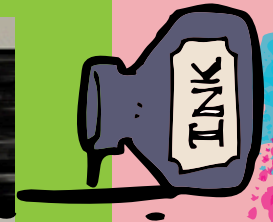
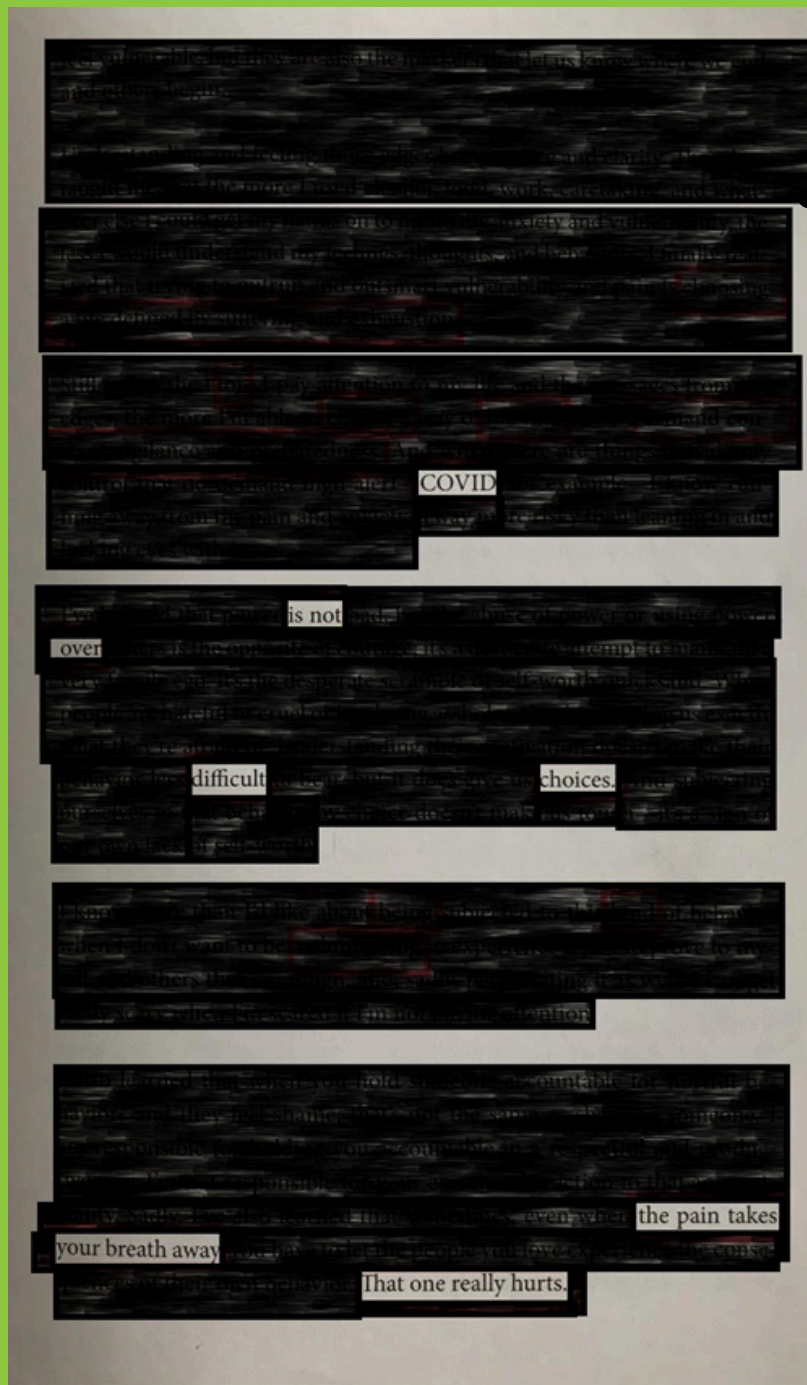
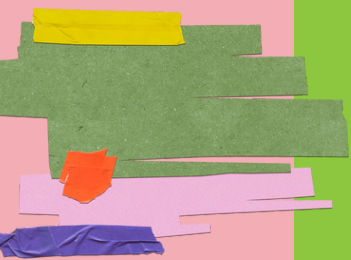
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TIPS: During your initial search, look for words and inspiration – don't overthink it!



3. READ OUT LOUD UNTIL YOU FIND AN ARRANGEMENT YOU LIKE, AND BLACK OUT EVERYTHING ELSE

Alternatives: Cut and paste or copy the chosen words in rows of 3-4 words, do art on the blocked out areas, collage it, and make it your own!



Learn more at <https://www.twinkl.com/teaching-wiki/blackout-poetry>

Submit your poetry to us at [WHN.global/KidsZone](https://www.whnglobal.com/KidsZone) for a chance to be featured!

EXPLORATION

COVID-CONSCIOUS HOBBIES, JOBS, AND CAREERS

This section is about researching, discovering, and sharing hobbies, jobs, and careers that keep COVID-19 protection in mind. Today we highlight COVID-aware music enthusiasts, virtual DJing, singing, and song-writing!



There are many ways to remain COVID-aware while connecting to music.

Singers wear masks that don't touch their lips, such as duck-bill style N95* masks. If a person has COVID-19 (whether they have symptoms or not) they may be even more contagious by singing than just talking, so it is especially important to mask.

In today's online world, there are a variety of ways to share music and connect with others. Whether it is hosting a virtual music night, creating music videos and sharing them, DJing virtual events, teaching a musical class online, or attending a virtual listening or dance night, people from around the world find ways to connect and share their passion for music. Check out our spotlight interview on the next page to learn more from a music enthusiast!

Have a hobby, job, or career you would like highlighted? Kids and adults submissions welcome! If under 18, have your parent or guardians submit your idea, research, experience, or an interview with a person in a COVID-conscious field at [WHN.global/KidsZone](https://www.whn.global/KidsZone) !

*Linked products are not affiliated or endorsed by WHN, and we receive no promotions or discounts.

INTERVIEW WITH A MUSIC ENTHUSIAST

What is your music career or hobby?

I collect music and vinyl records from around the world! When seeking out vinyl records, I look for music that is not available in digital formats. So you cannot find this music on Spotify, Apple Music and the like. Searching for vinyl records permits the rediscovery of music that would otherwise be lost.



How do you incorporate COVID-safety into your musical hobby?

I wear an N95 mask when going to the record store, and am conscious of the crowds while I am there (a carbon dioxide monitor can help here). Or else, I connect and exchange with vinyl record collectors and sellers that are located around the world online.

How do you connect with others musically?

I have several record players and mixing equipment at home. I make a monthly mix showcasing some of the music that has been discovered (<https://www.mixcloud.com/Jesuislamateur/>). I also exchange online with DJs, record collectors and musicians who are located around the world. We share with each other new and old music discoveries.



Why is it important to you to remain COVID-conscious?

On a societal level, taking measures to avoid spreading COVID protects those who can still be seriously affected by this virus, while also reducing the overall burden of disease on our society. On a personal level, I do a lot of sports and run a legal practice, so avoiding the long-term complications that can result from any COVID infection, including reinfection, allows me to continue to do what I love, while protecting people who I care for.

TO FEEL INTRIGUED ENERGIZED AND ENGAGED

Kids' Zone Magazine is a free, volunteer-made digital publication.

Want it printed? You can download and use a PDF Print and Deliver Service, such as printme1.com (costs money), or print on your own (free)!



WHN.global/KidsZone

Welcome to the World Health Network Kids' Zone Magazine! Although COVID-19 is a serious topic, living a COVID-conscious lifestyle can be fun and rewarding. In this magazine we highlight the many ways kids explore, share, and connect!

LET'S JUMP INTO THE KIDS' ZONE!