

OCTOBER 2024

ISSUE 03

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE



HALLOWEEN EDITION

HAUNTED HAPPENINGS

FUN FALL FIELD TRIPS AND
FREAKY FIT TESTS

POETRY JAM

VIRTUAL ZOO EVENTS

... AND MORE INSIDE!

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WHN.global/KidsZone



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

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

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

WHAT IT'S ALL ABOUT?



= ARTICLES WRITTEN IN US-ENGLISH



= ARTICLES WRITTEN IN UK-ENGLISH

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FREAKY FIT TESTS!

Any mask is better than no mask, and the better it fits, the better it works! Did you know you can find out how well your mask fits? Here families share how they found their best fit mask by learning to see, taste, and measure the invisible in true mad scientist style!



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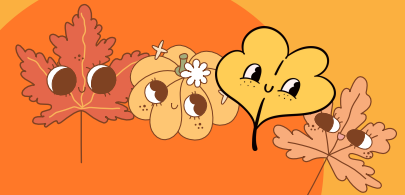
A SPOOKTACULAR MUSEUM TWIST

Follow along with a determined family to find out how they arranged a COVID-safe museum event, complete with a Halloween surprise!

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OUR SCHOOL FUN FALL FIELD TRIPS

In this "finagling fun" special, a family shares how they were able to arrange COVID-safe trips at fun locations in their community.



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POETRY JAM

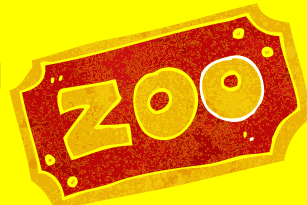
Check out fun seasonal poems and try your hand at this month's poetry challenges!



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COVID-CONSCIOUS HOBBIES, JOBS AND CAREERS

Check out cool zoo jobs and careers, and ways to visit and learn more virtually!



COVID-SAFE

HAUNTED

HAPPENINGS



IT ALL STARTED WITH FAMILY SCARY MOVIE NIGHT...

by Shea O'Neil,
Kids' Zone
Magazine editor
Florida, USA



I first became acquainted with the story of Ichabod Crane and the Headless Horseman (as I called it as a child) by watching an old Disney short cartoon **The Legend of Sleepy Hollow** (1958). I thought it was pretty scary as a kid!

Later on I watched the Smurfs' less scary but still very good spin-off of this tale in a cartoon called **The Legend of Smurfy Hollow** (2013). It is a great version for younger or more sensitive audiences (and still is thrilling but in a very kid-friendly way).



This year I came across a free YouTube Video of a family-friendly **shadow-puppet adaptation** of the classic "The Legend of Sleepy Hollow" (the original written by American author Washington Irving in 1820). I really enjoyed watching it this way - with shadow puppets - and it made me think of a lot of fun, haunted (COVID-safe) Sleepy Hollow-themed happenings to plan and share with others around the world this All Hallow's Eve! Check them out on the next pages!

PLAY PASS THE PUMPKIN



This game is a Legend of Sleepy Hollow spin-off of a game called "Pass the Witch's Broomstick". It involves everyone standing in a circle (or in a Zoom room) and passing a pumpkin (or other object) around the circle.

If in a Zoom room, go around in a written order, and hold an object up to the camera when it's your turn and pretend to pass it to the next person (yell out their name as you do).

In either version, one person will sit out and be Leader for the first game (you can switch for a second round). They will play a Halloween-themed song. The classic uses the song "Pass the Witch's Broomstick" but any song will work. If using a Zoom, have the Leader use the Share Screen>Basic and click the box (usually at bottom left) that says "Share computer sound" to share the music.

The Leader will choose when to stop the music. Whoever has the pumpkin when the music stops must do something fun and silly, like make a scary headless horseman yell, and is "out". Then the game continues until the last person is left. The Champion Headless Horseman (or Witch) gets to be the Leader for the next round.

TELL PASS THE STICK CAMPFIRE STORIES

One of our favorite things to do is “pass a talking stick”. It begins with one person (holding a stick or something showing they are the speaker), and giving a few sentences to set a story up.



Then when they are ready, they “Pass the Stick” to the next person, and they continue the story. Keep going around until everyone has had at least one chance to speak. This could be done virtually too!

PLAY CREEPY FUN VIDEO GAMES



The *Luigi's Mansion* video games are fun and family-friendly. The first *Luigi's Mansion* is on the Nintendo GameCube and was remastered on the Nintendo 3DS. *Luigi's Mansion 2: Dark Moon* is on 3DS and recently got remastered on the Nintendo Switch. *Luigi's Mansion 3* is available on the Nintendo Switch.

Minecraft is a popular game available on PC and most consoles. It has many Halloween-themed mobs (witches, zombies, etc), crafts (Jack-O-Lanterns), and even woodland mansions. You can make your own Haunted Mansion, complete with closets to hide in!

PERFORM A PUPPET SHOW

Whether you write your own play or perform an adaptation of one of your favorite stories, puppet shows are a fun way to celebrate the season!



To make a shadow puppet show, make a window on one side of a cardboard box and cover with tissue or parchment paper. Cut out silhouettes of characters drawn on thick paper, like card-stock, and attach them to straws or bamboo skewers. Use a flashlight to light up the box and hold your puppets up inside against the paper, and Voila! You can now perform a Shadow Puppet Show!

MAKE YOUR OWN MAD LIBS

Write your own short haunted story, and select a few words to take out and move into a word bank. Write a clue, such as part of speech (verb, noun, adjective, adverb) or other clue next to the word in the word bank, and leave a line for your reader to write on. Also add the clue under the blank in the story. Optional: Add a fun fact box and picture. Tell others to write their word in the word bank space BEFORE reading the story, and then write them in the story. See what kind of silly stories you end up with! See examples on the next pages submitted by fellow Kids' Zone Magazine readers.

HALLOWEEN MAD LIBS

These Haunted Fill-Ins were submitted by a free virtual COVID-conscious homeschool co-op's Author Share class. Directions: First, pick words for each clue, and then use them to fill in the blanks of the spooky story! It might turn out a little... MAD!

Halloween Creature: _____ Adjective #3: _____
 Body Parts: _____ Type of Animal: _____
 Adjective #1: _____ Adjective #4: _____
 Adjective #2: _____ Type of Sound: _____



FOREST ECHOES

BY TOMMY O'NEIL

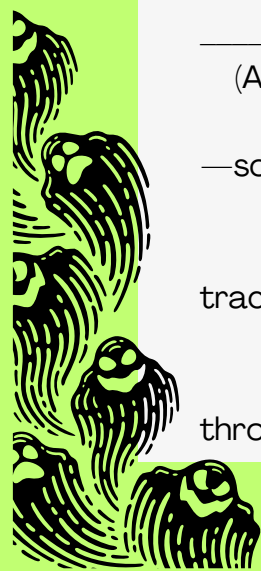
There was probably a _____ with really creepy _____, and
 (Halloween Creature) (Body Parts)

_____ horns living in the _____, _____ forest
 (Adj. #1) (Adj. #2) (Adj. #3)

—so no one went in. But we knew he was in there from the _____
 (Type of Animal)

tracks left in the mud, and the _____ that echoed
 (Adj. #4) (Type of Sound)

through the night.



HALLOWEEN MAD LIBS

Adj. #1: _____
 Halloween Creature #1: _____
 Last Name: _____
 Verb #1: _____
 Furniture: _____
 Type of Room: : _____

Sound #1: _____
 Sound #2: _____
 Power #1: _____
 Power #2: _____
 Power #3: _____
 Verb #2: _____



THE CREATURE

BY SYLVIA N.

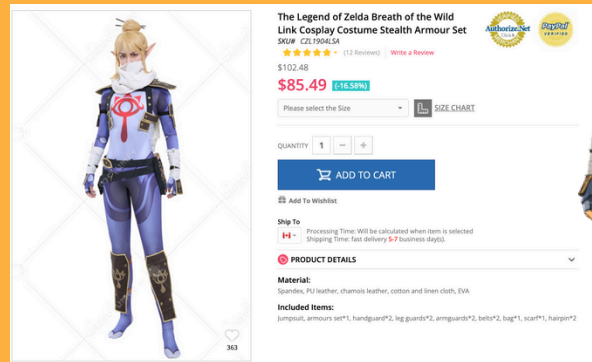
Have you heard about the _____? It lives in the
(Adj. #1) (Halloween Creature #1)
 _____ Mansion, and it's absolutely horrible! It _____ near the
(Last Name) (Verb #1)
 _____ in the _____, waiting for an unsuspecting visitor.
(Furniture) (Type of Room)
 This creature only speaks in _____ and _____, and it has
(Sound #1) (Sound #2)
 strange powers, like _____, _____, and
(Power #1) (Power #2)
 _____. Scientists are still trying to figure it out, but for now,
(Power #3)
 just don't go inside! This _____ never seems to go
(Halloween Creature #1)
 outside, so you're safe as long as you don't _____—Aaah!
(Verb #2)

Like to dress up? Wear your mask easily with these fun

HALLOWEEN COSTUMES

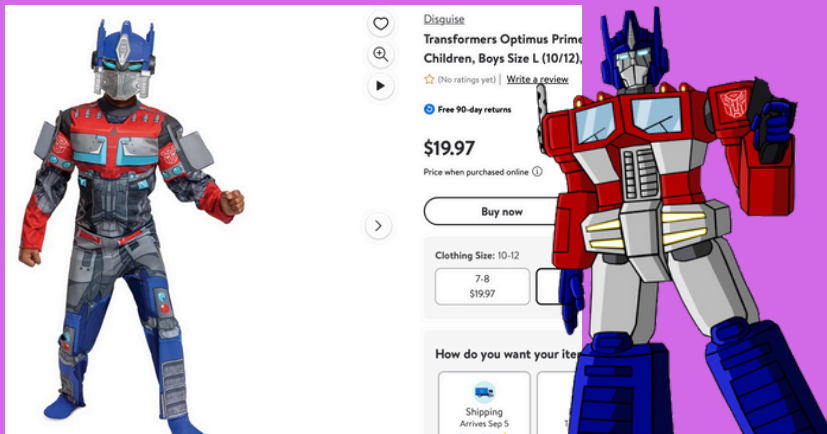
LINK SHEIKAH COSTUME

Link, the hero from Nintendo's *Zelda* series *Tears of the Kingdom* and *Breath of the Wild*, wears masks with advanced Sheikah technology for increased defense and stealth. You can buy this costume online or make your own, and wear it with your favorite mask!



Miccostumes.com

Image from [MelonSpeedrun Zelda Wiki](#). (Fair Use)



[Walmart](#)

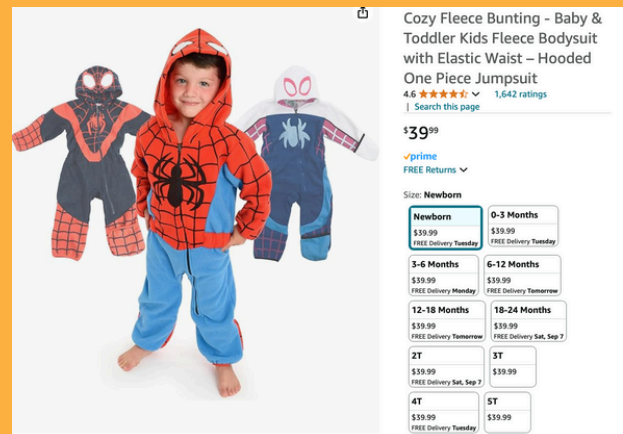
Optimus Prime Image: [Public Domain Clker](#)

TRANSFORMERS OPTIMUS PRIME

Optimus Prime is the brave and noble leader of the Autobots, who fight against the Decepticons, in the *Transformers* movies.

SPIDERMAN/ SPIDER GWEN

The heroes of the *Spiderman* Universe (or multiverse) know that with great power comes great responsibility. They use their unique skills to help protect others.



[Amazon.com](#)



Spiderman Image
[Public Domain Clker](#)

Want to share your masked costume photo? Ask your parent or guardian to submit online at WHN.global/KidsZone

HOW THE SEARCH FOR A COVID-SAFE PLACE ENDED WITH...

A SPOOKTACULAR MUSEUM TWIST!

Let's face it, finding COVID-safe spaces can be a downright scary task! But, through sheer determination, this Still-COVIDing family found not just safe access for them and some of their fellow Still-COVIDing community members at their local Science Museum, but they ended up with a special Halloween surprise!



Article from Written Submission by Alice



A Cold Start

Last winter I felt extremely discouraged. It was -20°F (-28°C) and my family and I were stuck indoors; winter seemed long and bleak with surging COVID cases and not a mask in sight.

The frustration reached a boiling point when I saw our local science centre advertising about all the amazing exhibits they had planned for spring, while ignoring one of the biggest scientific issues of our time.

I decided to write the most persuasive email I could and asked them for masked access to the facility. I reminded them that their goal is to support science, and the science on masking is clear.

I also reminded them that their goal is to provide an accessible experience to all citizens, and that, without requiring masks, the centre is not accessible to people with high-risk health conditions who might face serious health consequences from a COVID infection.

COVIDing Connections

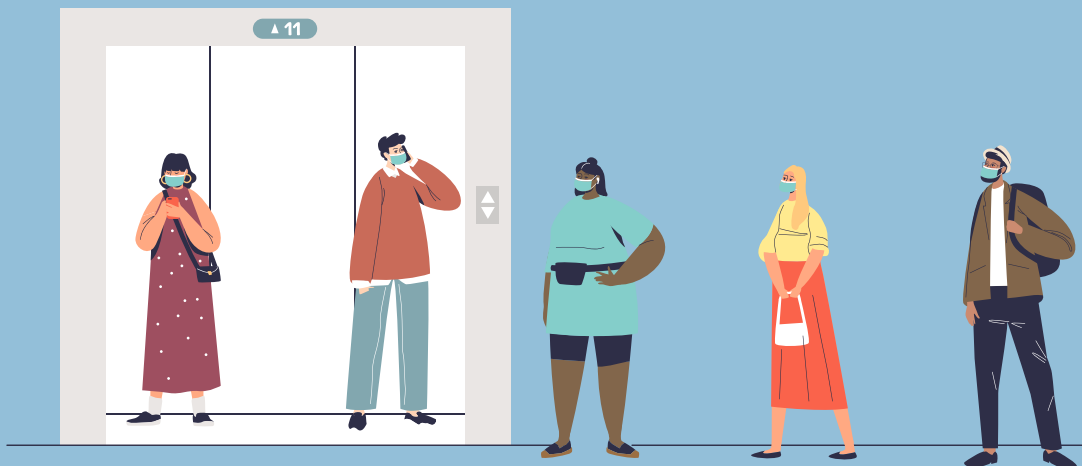
I had already connected with some COVID-aware families and told the science centre that I could organize a group of 20–30 people to buy tickets if they would allow us **masks-required private access to the centre**.

After weeks of internal discussion, they agreed to a private after-hours event.



When I reached out to my local COVID-aware community on social media, almost 50 people signed up overnight. By the day of the event, 82 people had purchased tickets and many happy families got to explore the science centre knowing that they were surrounded by a group of community-minded individuals who were all willing to keep each other safe by the simple act of wearing a well-fitted respirator mask.

Sometimes it feels as though there are very few public spaces taking steps to clean the air we breathe or require masks to protect everyone in our communities... so why wait for them to take action when you can organize your very own COVID-aware event? With a bit of persistence and help from your COVID-aware community, it is possible for you and your mask-wearing friends to have safer access to a wide range of public spaces.



Turning the Tides

When I first spoke with the science centre staff, I could tell they were a bit skeptical about our group: they were polite, but unsure whether I could actually gather the numbers of attendees to make it a success.

After the event was over, I sent a note of thanks to each staff member that helped plan the event, and politely requested to come back for another masked event in the future.



An Unexpectedly Haunted Outcome

When I followed up with them this summer, I was shocked and thrilled to hear that they had planned a **special Halloween party for our group**, complete with mad science demonstrations, a Halloween-themed laser lights show and an IMAX screening. To say that our community is excited about this event is an understatement!



See [next page](#) for tips on how to organise your own COVID-safe events!

KEYS TO SUCCESS

➔ Research



Search out places that support accessibility and science. Find out whether they normally offer private events and see whether they can modify their existing private events model to suit a COVID-aware event.

Remind organizations that an accessible experience means accommodating those with disabilities or chronic illnesses, and that wearing a high quality mask is an easy accommodation to make.

Tailor your requests to the specific venue, and make sure to let them know that important institutions in our communities should be accessible to all.

➔ Persistence



Don't give up— think outside of the box! Some places might say no, and that's ok; that doesn't mean they all will. If the local theatre won't hold a masks-required performance, see if you can attend a dress rehearsal.

Can you make a musical performance happen in a rented space where you can bring in air purifiers, open windows and require masks? Can you arrange for a local optometrist to provide a block of appointments where masks are required?

➔ Community



It may seem like there's no one out there, but there are many local groups on social media (try searching Facebook Still COVIDing Groups).

Always make sure to clearly outline the COVID safety precautions in place so that everyone can determine whether the event fits their own risk tolerance level.

Be community-minded and remember to be up front about costs, safety precautions and deadlines. People are more likely to attend if they know all the details on what to expect.

Also remember the larger community you're part of, whether or not they are COVID-aware. I have found that relationship building with these various institutions has not only shown them that our COVID-aware community is pretty awesome, but that, ultimately, we all just want our kids to be happy, healthy and to be given the opportunity to explore all that their community has to offer.



BECOMING A TRAILBLAZER

But the science centre isn't the only event happening in our community. Building upon the growing momentum, I've also organized events at the local art gallery, a masked movie screening, private access to an indoor Christmas lights show, a private event at the local zoo, and a dress rehearsal performance for the symphony. In the spirit of community care, I'll also be collecting mask donations for our local mask bloc at one of the upcoming events.

My family and I have made so many new and wonderful friends, that we are now collectively planning a special holiday party to celebrate our newfound community.

Keep in mind that some venues will require a contract, which may have legal or insurance implications for you personally. Always read the fine print and ask a trusted advisor for assistance when in doubt.

Remember, every new venture starts with a first step. Be the one to take the first step in your community and you might be surprised with what you can achieve!

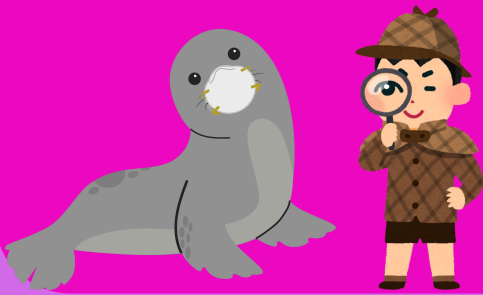
The keys to success? Research, persistence and community.

FREAKY FIT TESTS

You can use these tips and tests
to find the mask that fits YOU best!

There are 3 main ways
to assess mask fit:

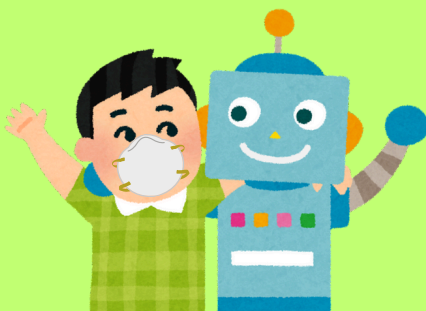
1- Seal Checks



2- Qualitative Fit Test



3- Quantitative Fit Test



Finding the right mask for COVID-prevention is a lot like picking out the perfect Halloween costume-- Is it cool-looking? Is it comfortable? Will it work with whatever weather gets thrown at me? Is it made from high quality materials, or will it unexpectedly fail me with a poorly timed rip, exposing me?

When we finally do find one we like, we throw in one more question: Does it fit me well?

There is no department store or dressing room, and no returns. And getting the right fit for a person's individual face can be downright tricky!

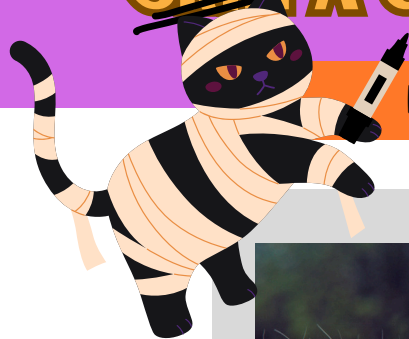
But, by far the scariest part is assessing the fit to see if there are any leaks around the edges. Lay people (people who are not in a special industry that requires fit-testing of respirator masks) are not required to do a professional fit test of their masks. **Even a non-fit-tested mask provides lots of protection! Any mask is better than no mask!**

However, more and more COVID-aware people are getting curious to try their hand (or, should I say, face?) to find their best fit mask. And what better time of year than Halloween? Let's take a glimpse at a few brave souls who dove in face first, and took on the challenge of the Freaky Fit Tests!

THERE'S MORE THAN ONE WAY TO ~~SKIN A CAT~~ DO A HOME MASK FIT TEST

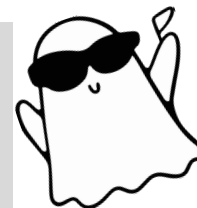
How to Assess Your Mask Fit Using Seal Checks

submitted by Shea and Tommy O'Neil 



How to "Feel" the Invisible

Have you ever had someone blow on the back of your neck and give you goosebumps? Well, if you want to feel if any air is leaking out of your mask (especially by the nose or chin areas), one simple way is to put your hands over the mask, covering as much surface area as possible. Exhale and feel for any air movement on your face along the edges, or any stream of air coming out. If you do, that is a leak you can try to fill by adjusting the mask.



Fueled by curiosity

Adjusting the Nose

See if you can feel where the air is coming from. If it is coming from your nose, you can try adjusting the wiring. If the nose piece is pinched too tight, you may get a "leaky peak", or a sharp crease that keeps your mask from fitting well over your nose, causing the air to flow into your eyes.

The fix: Before putting on your mask, flatten the nose wire, then round it over your finger. Then put the mask on and finish molding it to your face by gently pressing in -don't pinch! - against the sides of your nose. You can also work to fix the leak by adding a [foam mask nose piece insert](#).



I know that any mask is better than no mask, and that better fit is better protection.

I am curious about the fit of different masks I have.

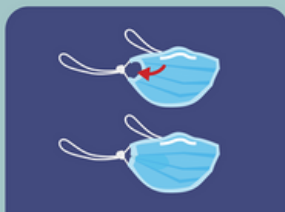
I want to know about any leaks, so I can try to fix them!

Closing the Gaps

Are you getting air coming out of gaps on the sides of your mask? This happens a lot with blue surgical masks. But don't criss-cross the earloops – that can make the gap worse! Try this [knot and tuck](#) method: Knot the ear loops, fold and tuck in unneeded material.



Knot the ear loops



Fold and tuck in unneeded material



Check for close fit

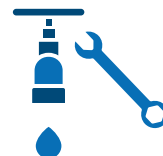
Masks are recommended for kids ages 2 and above by the US CDC. For more info, visit [CDC Community Respirators and Masks](#)

Image Credit: CDC

[Trident P2 \(N95 equiv.\) size small](#)



For better fit and filtration, use "respirator masks", such as N95 masks, their country equivalents (KF94, KN95, FFP2, FFP3, N99, CN99), or better. These have better filters and typically conform better to the face than surgical masks. Many come in small and extra small sizes.



THERE'S MORE THAN ONE WAY TO ~~SKIN A CAT~~ DO A HOME MASK FIT TEST



How to Assess Your Mask Fit Using Fog Test

submitted by Shea and Tommy O'Neil 

How to "See" the Invisible

Have you ever blown warm air on a cold window and watched it fog up? Or seen the bathroom mirror get foggy after a hot shower? That is from condensation- or the process of the invisible gas water vapor hitting a cold surface causing it to turn to liquid fog.

You can even write a secret message in it!



The Fog Test

You can use the same science to look for signs-- and not signs like crop circles that an alien might leave before an invasion-- no-- we mean signs that unfiltered air is coming in and out of your mask around the edges. This test involves using mirrors (you can also use reading glasses, or a magnifying glass, or spoons).

First, put the object(s) you chose in the fridge for 2-3 minutes. Next do a control test: Take one out and put it right in the front of your mask and breathe out. You should see it fog up. That is good-- it shows air is getting through your mask!

Now grab another one of your objects from the fridge (or put the same object back in the fridge to get it cold again for 2-3 minutes and then reuse it). Put it by the edges of your mask (especially by common leak spots: the nose, the sides, and under the chin). See if any fog or wetness forms on it when you exhale. You want to see as little, and preferably no, fog.

Lack of visible condensation does not mean zero leakage, but it does give a good indication of relative fit. Try to get the best filtering mask with the best fit.



Fueled by imagination

"I like to investigate and solve mysteries by looking for clues.

When the clue leads me to a problem, then I look for a solution!

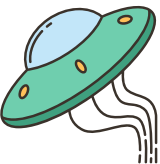
Maybe that is why my favorite school subject is science!"

--Tommy

What does the fog mean?

Most of the air you exhale should be coming out the front of your mask, and not around the edges of the mask. Air follows the path of least resistance. If there is a sneaky gap by the nose, or under the chin, or on the sides, the air will shoot out a stronger current of warm air there, enough that could fog up a mirror.

Note: If you wear glasses, and notice your glasses fogging, it could just be from air coming through the filter itself, but if they fog quickly and densely it could be a sign of a leak (nose foam inserts may help).



WHAT IS A HOME QUALITATIVE FIT TEST?

Our Experience Using Home Fit Test with Hood, Nebulizer, and Bitrex

submitted by Shea and Tommy O'Neil 

A qualitative fit test involves the tester indicating whether they detect a bitter or sweet taste.



How to "Taste" the Invisible

This test requires an adult to purchase the correct supplies, carefully read the instructions, watch the video, and measure out the appropriate amount of solution to use. This information is available at <https://whn.global/fit-testing/>. The nebulizer mist of this solution cannot get through the mask's filter, so if we smell it, that means there is a leak. We chose to use the Bitrex (bitter) solution for our test (one reason is that you can use chocolate to get rid of the taste after, and we love chocolate!).

Knowing is Bitter-Sweet



For the Adult Mad Scientist

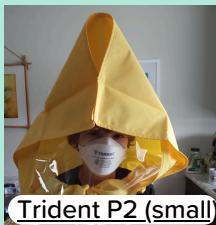
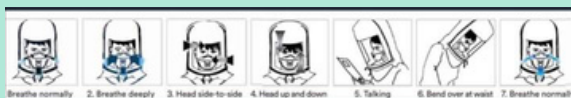
After reading the information and collecting my supplies (as the adult), I printed out the [3M Quick Reference Guide: Qualitative Fit Testing](#), had my participants --my 12 year old son and I-- both ready with the masks we wanted to test, along with some nose foam inserts, and mask tape to use if needed. I had the nebulizer, which is a machine that transforms the bitter liquid solution into a mist, clean and ready, with the correct amount of solution in it. Next, and very importantly, we had our favorite chocolate nearby (to then clear away the taste after!)

We did a pre-test with Tommy not wearing the mask so we could make sure he could taste the bitter taste. He could! (It wasn't so bad, but he could definitely taste it!) He ate the chocolate. Then we waited a few minutes and tried while he was wearing a mask.

For the Kid Mad Scientist

With my mask snugly on, I bravely put on the hood and gave my mom the thumbs up!

Then, she gave a maniacal Mad Scientist laugh, and turned on the nebulizer, and sure enough, the hood filled with mist. Will I taste it?



My first mask passed.

My 2nd mask I tasted the bitter! But then we added [nose foam](#) and [mask tape](#) and it passed!

"I like knowing if my mask has a leak - even though it makes me worried.

I like knowing how to make it fit better.

And it gives me better peace of mind when my masks pass the test."

What does the taste mean?

If our respirator mask has a really good seal, we won't taste anything.

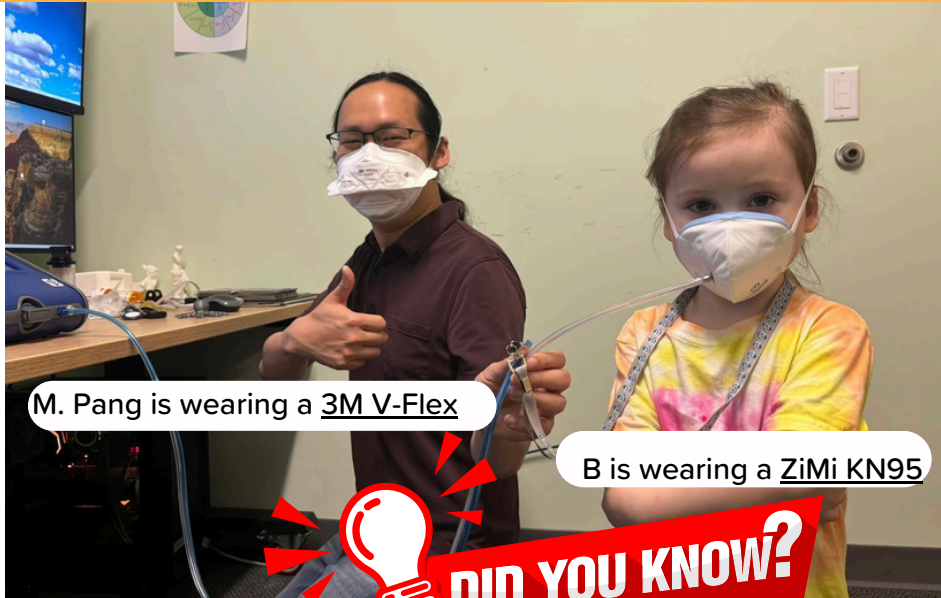
We had a few masks that passed with no modifications needed, a few that initially did not pass, but we modified with [foam inserts by the nose](#) and/or [mask tape by the chin](#), and then they did pass. We had a few masks that did not pass.

If your masks do not pass, remember that any mask is better than no mask - even if it's not perfect it will still help, and now you know how to make it fit as well as possible.



WHAT IS A QUANTITATIVE FIT TEST?

A quantitative fit test uses a machine to measure mask fit.



M. Pang is wearing a 3M V-Flex

B is wearing a ZiMi KN95

Editor's Note:

Most of us don't have this machine lying around our house! (They can be bought or rented, which can be expensive unless you get a group together and safely share it.) Many professions use this type of fit test.



Fueled by happy thoughts

"Having fit-tested our masks helps eliminate a lot of worry for us whether our kids are protected well.

We still two-way mask with our friends, but knowing we have a great fit on our masks makes me not so worried when they play crazy or get into each other's faces.

We also know we can trust our masks if we need to do something riskier."

Submitted by "J"

Four-year-old B and his family recently did quantitative fit testing of their masks thanks to M. Pang of The OSLUV Project and OpenAeros.

B and his brothers (ages 7 and 10), and both parents, scored perfect 200++ fit factors with their masks on all the exercises- this means their masks provide excellent and reliable protection due to their great fit.

Something super cool that B and his brothers got to see in action were the amazing clean air tools of these two organizations- germicidal UV lights, air purifiers, and super sensitive PCR test machines, which are all used regularly as part of their work place safety precautions.

A **mask fit test** is one of the layers of protection that people can utilize to help ensure their masks are a good fit for their unique faces.

A **quantitative fit test** is a process that uses a machine to measure how much a mask leaks around the face seal of a user.

The test produces a number called a "**fit factor**" that compares the concentration of a contaminant in the air outside the mask to the concentration inside. The fit factor can tell you how much the mask leaks, and helps you determine if the mask can provide you with enough protection or not.

OUR SCHOOL ART IS FOR EVERYBODY



A masks-required art museum event

FINAGLING FUN!

In this “Finagling Fun” section we will check out some more cool destinations, and discover ways people have made them COVID-safe(r) by incorporating some of **WHN’s Pillars of Prevention: Masking, Air Quality, Tests, Social Distance, and Vaccination** (even if it takes a little *finagling*).

COVID-aware travelers can often find places that offer unique and immersive experiences for adventurous souls seeking something that is both fun and inclusive to their health and safety goals!

FINAGLING (verb): to plan out usually with subtle skill or care

synonyms: negotiating, arranging, maneuvering, engineering, finessing

antonyms: fumbling, bungling

FUN FALL FIELD TRIPS

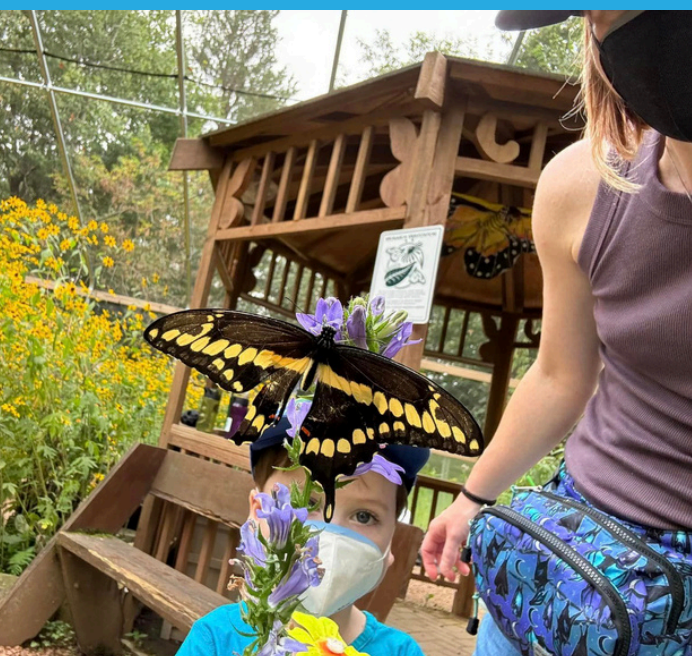
Photos and Written Submission by J 



Mask-Required Field Trip to Historical Site



Private Early Access at an Aquarium



Private Access to a Butterfly House

L, D, and B are part of a small regional group of COVID-cautious homeschoolers and virtual schoolers. They have been able to participate in some really cool COVID-safe(r) events and field trips by doing some of the following to keep themselves and their friends safe:

- Always wearing a well-fitted mask when around others, even outdoors.
- Staying home if someone had to be unmasked around anyone outside of their family, or if they or a close contact feels sick.
- Using a NAAT or PCR-like test if anyone was in crowded place.
- Their co-op requesting that the staff working with their group wear an N95.
- Attending a special low-attendance, early open hours, special masked event, or requesting private open hours when possible.
- Using virtual meetups to stay connected when in-person meets aren't possible.

Pictured to the left are a private two-way masked field trip at a historical site, private early access at an aquarium, private access to a butterfly house, and on page 20 a masks-required art museum event.

POETRY JAM

WITH ASPA AND PAN



TODAY'S JAM:
MODIFYING POETRY

Aspa's Poetry Challenge 1: Can you add your own stanza (poetry paragraph) to either of these poems?
Poetry Challenge 2: Can you rewrite a poem and give it a COVID-conscious theme?



PUMPKINS

HALLOWEEN'S COMING
WHEN YOU SEE ME IN THE FIELDS,
MY ORANGE GLOWING IN THE SUN,
IT'S TIME TO SAY GOODBYE TO SUMMER
AND HELLO TO AUTUMN FUN!!

JACK O'LANTERN

THE JACK O'LANTERN CHUCKLED THEN
WINKED HIS FUNNY EYE,
"I WOULD RATHER BE A PUMPKIN-FACE
THAN BE INSIDE A PIE!"

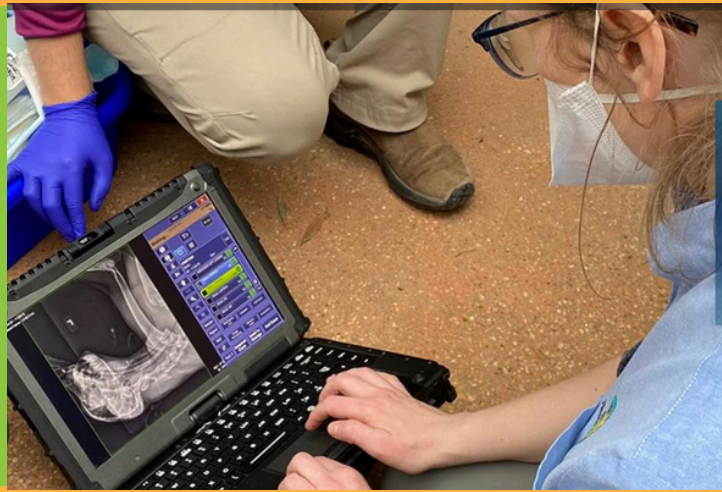


Did You Know?

- Reading rhythmic poetry aloud can slow your breathing and activate your relaxation response, as well as boost your mood?

Submit your poetry to us at [WHN.global/KidsZone](https://www.whn.global/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 Smithsonian's National Zoo!



Smithsonian's National Zoo is special because of the amazing **free live-streamed and pre-recorded virtual programs** they offer. Zoo educators and employees, like Learning Program Specialist Kaden Borseth, have diverse and unique job duties, many of which can be modified to be COVIDing-inclusive due to being virtual, remote, or allowing for outdoor, uncrowded masking. Explore different zoo careers through their Career Connections Series!

Kaden Borseth (they/them)
Zoo Educator - Learning Program Specialist

COOL ZOO EXPERIENCES FOR ALL AGES!!!

Wonder, Engage, Act, Connect

Career Connections: Zoo Educator)
(Teens, young adults, college)

Virtual Conservation Classroom Events
(K-5, 6th-8th)

Explore Beyond Your Door Series with
guided nature walks
(Family Fun!)

Recordings: Our Bodies and the
5 Senses
(0+, toddlers, pre-K)

What's "Azuki?"

A key to a zoo,
of course!



CONSERVATION CLASSROOM
**Exploring Ecosystems
with Otters**
October 9, 2024 at 2 pm ET
[Register Now!](#)

LIVE-stream **October 9th, 2pm ET: Exploring Ecosystems**

Have a hobby, job, or career you would like highlighted? Submit your idea, research, experience, or an interview with a person in a COVID-conscious field at WHN.global/KidsZone for a chance to be featured in our next edition.

TO FEEL INTRIGUED ENERGIZED AND ENGAGED

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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!