

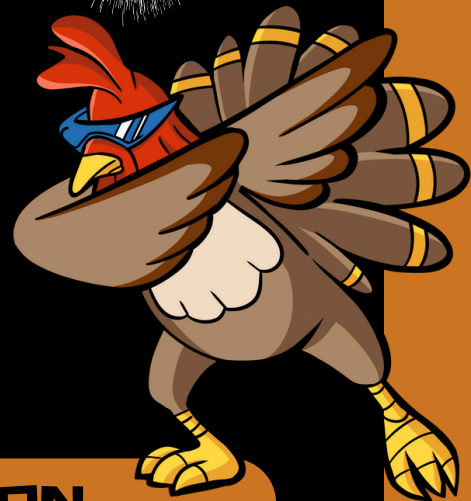
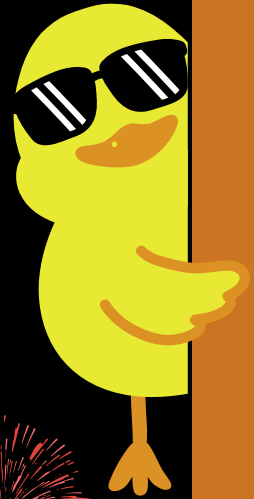
NOVEMBER 2024

ISSUE 04

WORLD HEALTH NETWORK

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE



SAFE GATHERINGS EDITION

**BEYOND TRADITION
HOLIDAY FUN**

A SCHOOL DAY IN THE UK

MASK FUN WITH MEERKATS

DUCKY DAOISM

... AND MORE INSIDE!

CHECK US OUT ONLINE AT:

WHN.global/KidsZone



EXPLORE | SHARE | CONNECT



Image Courtesy of Grae Salisbury

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

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



= ARTICLES WRITTEN IN US-ENGLISH

= ARTICLES WRITTEN IN UK-ENGLISH

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*The contents of this magazine, such as text, graphics, images and other material are intended for informational and educational purposes only and not for the purpose of rendering medical advice.



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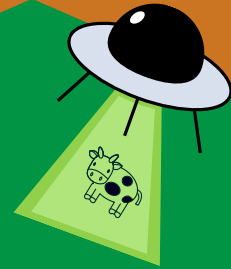
FUN IDEAS FOR A SPECIAL COVID-CONSCIOUS HOLIDAY GATHERING



Celebrate holidays from around the world including Thanksgiving, Guy Fawkes Day, and Sukkot, all in ways that keep COVID safety in mind!

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SCIENCE NEWS



Take a look at current events to learn more about bird flu (and what it has to do with cows), and learn more about new space explorations that are looking for life on other planets!

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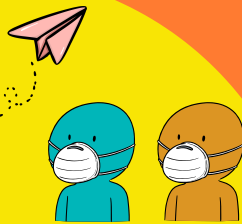
COVID-CONSCIOUS CAREERS

A lecturer in psychology from the UK shares a day at work as a lone masker in COVID town!



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OUR SCHOOL



Two teens tell-all about their school in the UK. They are among the very few who mask at their school. In this article they share what their school is like, their favourite ways to learn, and some of their accomplishments.

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COVID-CONSCIOUS HOBBIES



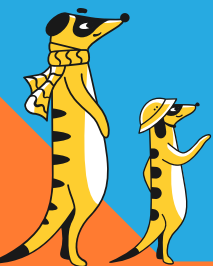
A family shares their experiences raising backyard ducks, the Dao of ducks, and what it means to be good duck stewards.

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FINAGLING FUN



Young explorers show how they find fun while masking like meerkats to protect themselves and others along the journey!



page 30

POETRY JAM

Join us in this month's poetry challenge: Fill in the Blanks!



Fun Ideas for a special **COVID-CONSCIOUS** Holiday Gathering

Beyond Tradition, the True Meaning of Thanksgiving Holidays

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



Oftentimes, when we think of Thanksgiving holidays we think of traditions. In my family, we used to sit around the table at my parents' house, eating turkey, corn, mashed potatoes, and many other dishes and watching football.

Yet, when I think about the real meaning of the holiday, I believe it is connection with each other and the earth, sharing good things with one another, and doing activities that bring us health, wealth, and longevity.

In order to preserve those values, it is especially important to find ways to be COVID-conscious with our friends and families. It may mean altering traditions in order to keep true to the deeper meaning of the holiday. In the next few pages, we will explore a few creative, fun, COVID-conscious ideas for celebrating different types of Thanksgiving holidays from around the world!

Thanksgiving

In the US, Thanksgiving is celebrated on the fourth Thursday of November. It has origins in harvest festivals, and is often built around sharing a meal together. This can be difficult to arrange while staying COVID-safe, so we found some easier alternatives. Here are some new ways our family celebrates Thanksgiving:



Star in Your Own Cooking Shows

Schedule a time before the holiday to share a virtual video of you cooking one of your favorite recipes. It can be instructional, silly, live, or recorded, or any combination of the above.

Alternative: Share text of favorite recipes.

Masked Turkey Trots and Games

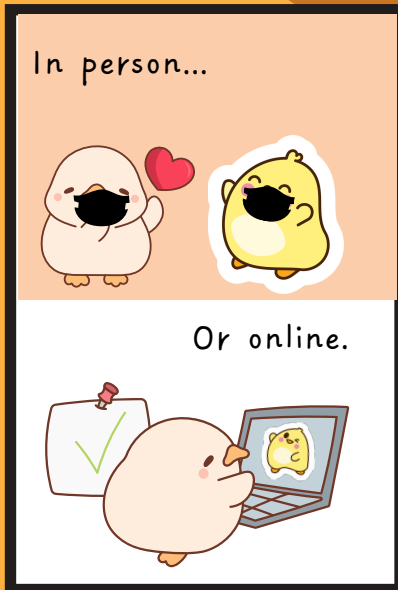
A masked visit and hike (aka turkey trot!) is a fun way to share gratitude with each other (and walk off that extra slice of pie!). Board games are also fun (*Poetry for Neanderthals* and *Balderdash* are two of our favorites, and can be played in person or modified to play virtually).



Give Gracious Gift Baskets

Gift baskets can be bought or made at home, dropped off or mailed, and are a great way to share special goodies with friends and family. Whether it is food, art, or anything else that represents health, wealth, and longevity, send it in a basket!

A Snuggle-Baby Thanksgiving Comic



Recipes

For Kids, By Kids

Pinwheels

Ingredients

flour tortilla
 cream cheese
 (jalapeno flavored)
 2 slices of ham
 (or other meat)
 1 slice of cheese
 (Munster is our fave)
 Relish
 (Wickles is our pick)
 chopped banana
 peppers (Mezzetta Mild)
 chopped onion



Directions

- 1- Spread a thin layer of cream cheese on one side of your tortilla.
- 2- Tear a slice of Munster cheese in half and place down the middle of the tortilla.
- 3- Add two slices of ham (or other meat / veggie of your choice).
- 4- Add relish, chopped banana peppers, and onion (or choice veggies).
- 5- Roll the tortilla up like a burrito.
- 6- Slice the rolled up tortilla into 1/2 inch pieces. Lay them flat.
- 7- Enjoy! Pinwheels go great with berries, chips, and chocolate milk!

All about... Guy Fawkes

Remember, remember, the
5th of November!

The skies above the UK are about to light up with fireworks as young and old alike mark Guy Fawkes Night on 5 November. But just who was Mr Fawkes, what did he do, and why do we celebrate by setting off colourful explosives?!

by Eddie de Oliveira,
Kids Zone Magazine
Editor



The Gunpowder Plot

It all began in London in 1603. A group of English Catholics devised a plot to blow up the Houses of Parliament during the State Opening of Parliament on 5 November 1605.

The gang, which included a former soldier named Guy Fawkes, wanted to kill King James I and Members of Parliament for refusing to grant greater religious tolerance to Catholics. They hoped their plot would enable the return of Catholic rule to England (the country broke from the Catholic church in 1534). As early as May 1605, the gang hid dozens of barrels of gunpowder weighing around 1.5 tons (1,400 kg), under coal and firewood in a vault beneath the Houses of Parliament.



The Houses of Parliament in London

The plot goes wrong

The plan failed when the conspirators were betrayed. An anonymous letter revealing the plot was sent to a Lord. The vault was searched and the explosives found.

Guy Fawkes was seen at the site and arrested the evening before the planned attack. He was tortured at the Tower of London and confessed to the plot. Fawkes was tried with the other surviving conspirators on 27 January 1606, and executed four days later.



Marking the event

On 5 November 1605, Londoners were encouraged to celebrate the thwarting of the plot to kill the King by lighting bonfires. Parliament declared the date a national day of thanksgiving, and the first official celebration of it took place in 1606.

Today, Guy Fawkes Night is also known as Guy Fawkes Day, Bonfire Night and Fireworks Night. It is celebrated in the UK and in a number of countries that were formerly part of the British Empire. There are parades, bonfires, food (including toffee apples and hot dogs) and, of course, fireworks. Effigies of Fawkes, often made of straw or newspaper and dressed in old clothes, are burnt on the bonfire.



Remember, remember!

Big firework displays are organised up and down the country, many of them on 5 November itself, but some before and after. There are loads of public events that usually charge an entry fee, but many people have small-scale firework displays in their garden. A rhyme about the Gunpowder Plot is often recited in the run-up to the event:

*Remember, remember, the fifth of November,
Gunpowder treason and plot.*

We see no reason

Why Gunpowder treason

Should ever be forgot....



Staying COVID-safe

If you attend a public firework display, the good news is that the risk of COVID transmission is much lower outside than in. But where there are crowds and distancing is not possible, the risk is higher, so if you are unable to stand apart from crowds, use a well-fitting face mask, ideally a respirator.

Respirators help protect against both COVID-19 and smoke inhalation.

Staying safe

Here are some tips for staying safe around a fireworks event:

*The Firework Code offers plenty of advice for making sure a firework display is safe.

You can read the code here:

www.rospa.com/policy/home-safety/advice/fireworks-safety

*If you are having a fireworks display at home, always make sure a responsible adult is in charge of the fireworks. Ask them to check local rules and restrictions on their use before buying.

*It's always advisable to have a bucket of water nearby and to put out a bonfire rather than letting it burn out. Never use flammable liquids such as lighter fluid to start a bonfire and never light the fire in high winds.

*Some pets – especially dogs – get very upset by the loud bangs of fireworks. It's important to give them somewhere safe to hide indoors when fireworks are set off. Close windows and curtains and put on music to mask the sound of the fireworks.

Sukkot

Submitted by
NB



There is a fall Jewish holiday, with one of the COVID-safe pillars built right in. The holiday is called Sukkot (pronounced soo-**kowt**). It's a joyous holiday that comes each year somewhere between mid-September and mid-October, and it lasts a week.



What is a Sukkah?

For Sukkot, we build a sukkah (pronounced **su-kuh**), a temporary dwelling, where we eat, have guests over, play games, work, and sometimes even sleep (if it's warm enough and it's not raining.)

How Do You Build One?

The walls are usually made of cloth (like old sheets) or tarps held up on metal, wood or PVC poles and the roof is made of branches, which let in air, sunshine, and rain. So, every meal is a picnic, outside!

Some Sukkot (plural of Sukkah as well as the name of the holiday) are very big and can hold lots of people, or they hold fewer people who are keeping their COVID-safe outdoor distance for a meal or a game of Scrabble or Bananagrams, or your favorite game.



Sukkot

What is the Meaning Behind this Holiday Tradition?

Why would we have such a holiday when the weather is getting colder and rainier (for most of us) and the days shorter? What do you think? Part of the lesson of the holiday of Sukkot is to teach us about how fragile we are, how temporary (fleeting, transitory) can be things we think are permanent (like a dwelling, or our health), and to be thankful for the gifts of our home, health, food, family and friends.



COVID Safety Pillar: Air Quality

Sukkot are outside, in the fresh air. What other precautions could you use in a sukkah to be even safer? How could you design a sukkah to have even better airflow?

Examples of Additional COVID Safety Pillars:

Masks: Having those outside your household wearing masks when together.

Tests: Taking two COVID tests, 48 hours apart, prior to meeting.

Social Distance: Spacing out, especially while eating or unmasked.

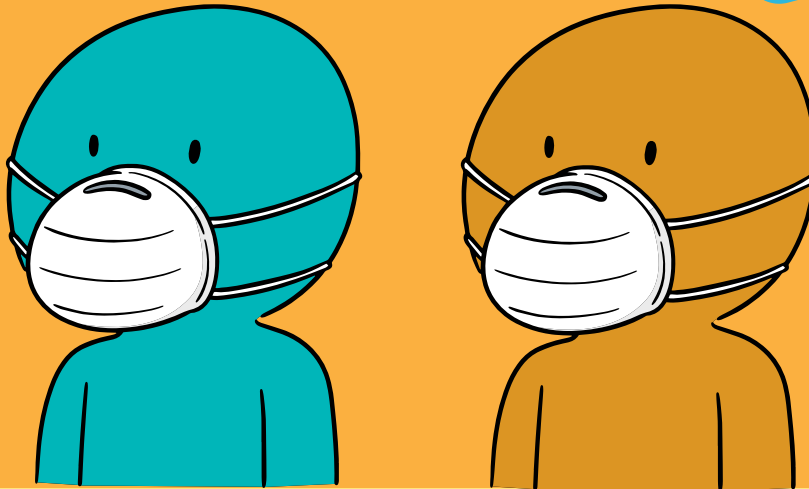
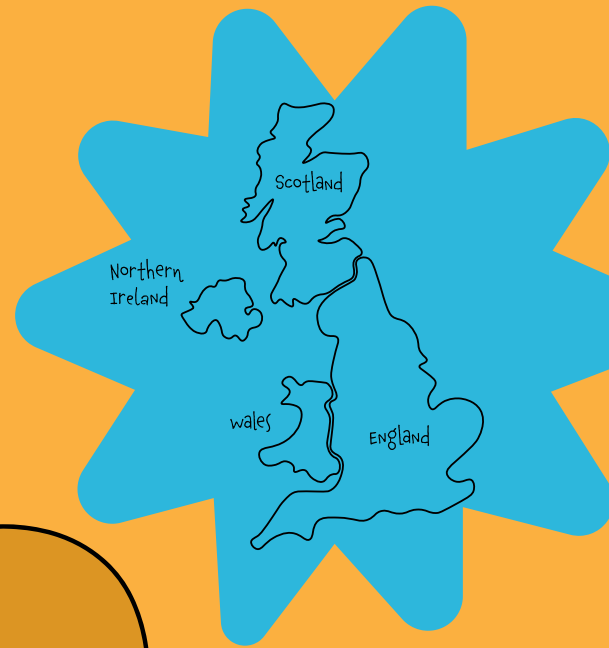
Vaccination: Getting an updated vaccine or booster.

Send us your ideas, photo, or drawings for a COVID-safe holiday to [WHN.global/KidsZone](https://www.whn.global/KidsZone)!

OUR SCHOOL

How do you
school?

ENGLAND
edition



Some kids go to a traditional school and are one of a very few who are masking. In this month's issue, we will learn more about two such teens as they share their experiences at their school in England.

Whether it be in-person or virtual, traditional or non-traditional, preschool to college, micro, forest, homeschool or un-school, we want to hear about COVID-prevention-themed happenings at yours! Share with us at [WHN.global/KidsZone](https://www.whn.global/KidsZone)!

How do you learn?

Where do you learn?

What do you learn?

What would you like to learn?

-- Submitted by James' and
Matthew's parent



Please tell us about how you learn! Here is an example from England:

James & Matthew are 14 year old twins who attend a school in England. The school has been recently judged as "Outstanding" by the agency that inspects English schools. James and Matthew are not so sure!



The school has an "ethos" that is called "knowledge rich". This means that they do lots of boring memory tests all the time, and don't encourage students to learn for fun.

The twins used to learn at home and did a lot of project work and public speaking. They think their school should do this – they don't really do any.

There are no fun posters on the wall, and student work is not displayed. However, the teachers are really committed and hardworking, and good at inspiring students.

Matthew and his friends are really interested in History, and their History teacher is really good at getting the class to work hard. But Matthew is concerned that some of the things the teacher says suggest he thinks the British Empire was a good thing!

An empire is a type of political unit in which one country controls lands beyond its borders and imposes its rule on different peoples.

James and Matthew are both very interested in politics and think that students should have lessons about this in school.

Behaviour at the school could be better. The last Principal had some funny ideas about improving behaviour, such as removing all the mirrors from the toilets (aka restrooms)!



James & Matthew both wear masks in school. They are the only ones in their classes.



James thinks all schools should teach Philosophy because you get to have deeper discussions, and learn about other people's beliefs and opinions. Students can discuss subjects like religion and politics in a very different way to how they are taught in subjects such as PSHE (Personal, Social, Health, Economic).

Several of their friends are LGBTQ+ and schools in England are generally VERY supportive of this, including hiring staff who are transgender. James & Matthew think their school is broadly supportive of trans students, but could be even better.

James is the top student in his year group for Philosophy and Geography. Matthew is the top student for Spanish.

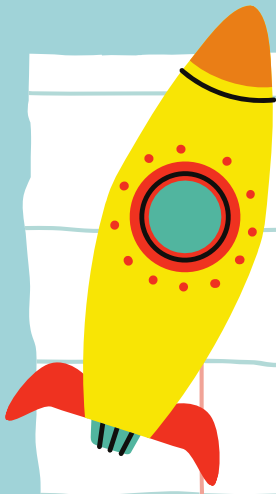


James & Matthew both represented their school in a national "Poetry by Heart" competition.

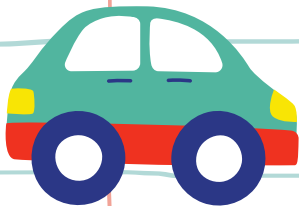


Their Mum makes decorated cakes for weddings & birthdays and she made this to say "Thank you and Good luck!" at the end of the year. It isn't common to give leaving presents like this in the UK, but students might write a card, or parents might write a "Thank you" email or letter.





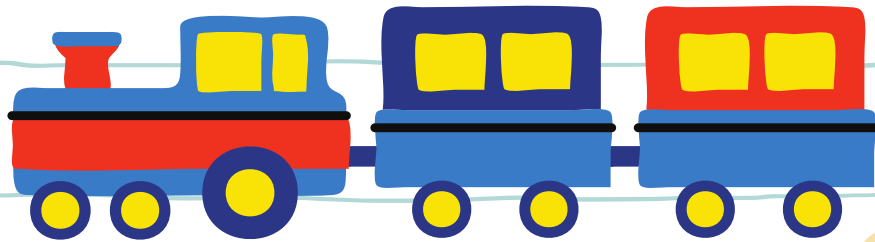
MASK UP



AND



HAVE FUN



SUBMITTED BY MICHAEL 

THIS IS HOW WE...




KEEP CALM
AND
CARRY ON





FINAGLING FUN

IN THIS SECTION, YOUNG EXPLORERS SHARE SOME OF THEIR FAVOURITE WAYS TO MONKEY AROUND WHILE USING SOME OF WHN'S 5 PILLARS OF PROTECTION: MASKS, AIR QUALITY, SOCIAL DISTANCE, TESTS, VACCINATION.



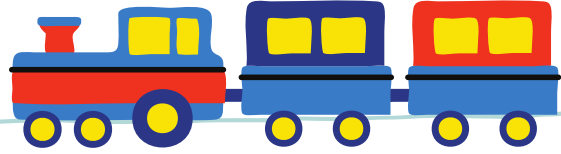
Want to share a fun COVID-conscious adventure? Share with us at [WHN.global/KidsZone](https://www.whn.global/KidsZone) (if under 18, have your parent/guardian submit for you) for a chance to be featured in the magazine and Kids' Zone website!

WHETHER YOU ARE...

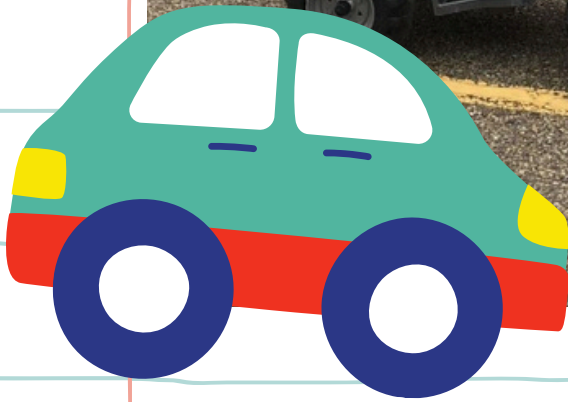


**TAKING A HISTORIC
RIDE ON AN OLD TRAM
(TROLLEY OR
STREETCAR)**

OR...



LEARNING ABOUT ROAD SAFETY



AND PRACTISING SAFE DRIVING




OR EVEN...

GOING TO THE ZOO



WEARING A MASK PROTECTS YOUR HEALTH AND OTHERS – IT IS AN EASY AND NICE THING TO DO.





DID YOU KNOW?



SOME ANIMALS WEAR "MASKS"?

Have you ever noticed animals like meerkats, sloths, raccoons, and even some monkeys have "masks" around their eyes? These are adaptations, or changes that help living things survive under new conditions.

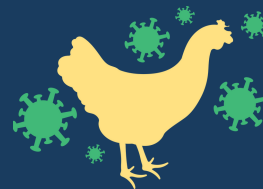


The dark fur around this meerkat's eyes protects their vision from the glare of the sun. For meerkats, this helps them better spot eagles and other raptors who may try to dive down from the sky to eat them! By spotting them early, they can warn their friends and seek shelter in their burrows.



YOU CAN LEARN MORE ABOUT MEERKATS AT [HTTPS://WWW.TWINKL.COM/TEACHING-WIKI/MEERKAT](https://www.twinkl.com/teaching-wiki/meerkat)

SCIENCE NEWS



Today's Questions:

What does bird flu have to do with cows?

Is there life on other planets?



Have a science project, research, or experiment you would like highlighted? Submit it to us at WHN.global/KidsZone for a chance to be featured in our next edition.

Mission to find alien life blasts off!



A spacecraft that will look for evidence of alien life has blasted off from Cape Canaveral in Florida, USA.

NASA's Europa Clipper is heading to one of Jupiter's moons to see if there's an ocean trapped under the frozen surface.

It is the largest ship ever built to visit another planet and the first NASA spacecraft dedicated to studying an ocean world beyond Earth. It's thought there could be twice as much water on Europa as there is on Earth. Scientists think that if there's water, there's a good chance there will be life of some sort.

But don't expect any signs of life any time soon... the spacecraft will only arrive at Europa in 2030! It will travel an incredible 1.8 billion miles (2.9 billion km) to reach its destination. Clipper will use the momentum of Earth and Mars' gravitational pull to help propel it all the way to Europa.

Scientists first thought Europa might contain life way back in the 1970s when ice was spotted there through a telescope in Tucson, Arizona, USA. More recently, the powerful Hubble Space Telescope has taken pictures of what are thought to be plumes of water, shooting 100 miles (160 km) above Europa's surface.

Clipper will fly past Europa nearly 50 times as low as 16 miles (25 km) above the surface. It will gather vital data and images that will be analysed by experts back on Earth. Scientists are on the lookout for the all-important signs that life might exist on the moon: liquid water, a heat source, and organic material.

H5N1 outbreak in USA grows

by Eddie de Oliveira 

There are growing concerns among scientists about the number of human cases of H5/H5N1 bird flu in California, USA.

As *Kids' Zone* went to press, the US Centers for Disease Control and Prevention (CDC) said there were six new confirmed and five possible human cases of bird flu in California, all of them in dairy farm workers who appeared to catch the virus directly from cows.

According to the California Department of Public Health (CDPH), all the individuals experienced "mild symptoms" including eye redness or discharge (conjunctivitis), but none went to hospital.

As of 19 October, there were a total of 27 people infected by H5 bird flu in the USA this year. Of those, 16 were H5N1, the strain that was first identified in 1996 but that mutated and, since 2021, has caused the biggest ever global outbreak in birds and mammals. It was first reported in US cattle earlier this year.

There is no evidence as yet that H5N1 can transmit easily from human to human, but there are concerns that the more it transmits from animals (birds and mammals) to humans, the more likely it is to adapt into a more dangerous virus for people.

Dairy herds in 14 US states have been found to contain cases of bird flu. In California alone, the number rose from 56 herds to 100 in just a week. Dairy and poultry farm workers are encouraged to use personal protective equipment (PPE), including face masks, to reduce the risk of catching bird flu.

As the outbreak in poultry and cattle continues, the World Health Network advises that consumers do not consume raw farm products, including unpasteurized milk, undercooked (runny) eggs, or undercooked meat – including both beef and chicken.

For more on bird flu, turn to [page 28](#).

EXPLORATION COVID-CONSCIOUS HOBBIES, JOBS, AND CAREERS



by Aspa Paltoglou



Hello! I am a lecturer in Psychology in the UK, and I am a lone masker at work. I recently wrote an article about masking at work, and I thought I'd write more detail here on what it is like to be a Lone Ranger in COVID town!



Hybrid Work

I used to hate working from home, and I went to work every day, I loved the building, our shared office, my desk! But I had to adjust to working from home, and I am very grateful I work somewhere that gives me the freedom to work from home quite a lot and support me to continue to be COVID-safe.

In-Person Meetings

I went to work today to attend the staff meeting. I was a bit apprehensive about it initially as usual, but as always it was amazing to see my colleagues and hear updates!

There were two more meetings earlier and I found myself wishing I had gone to those too! I was never that interested in meetings, but I do miss so many pre-COVID things. I am just aware that I don't want to get COVID, and then long COVID, so I tend to go in when I really need to, although I miss going.



Supplies for a Lone Ranger

The Mask

At the meeting I wore my favourite golden mask, which was very comfortable and is the most glamorous mask that I have seen! [JedX FFP3 5141 Mask Unvalved](#) (thefacemaskstore.co.uk)

I was a little bit worried because it didn't really seal very well on my nose. I felt that the nose clip would not stay in place. I might have to use [double-sided tape](#) next time perhaps?



Air Quality Monitoring

I also forgot my CO2 monitor! Interestingly, when I have brought it, I noticed that the CO2 levels are actually surprisingly good, despite the fact that windows don't open. Which I think suggests there is good mechanical ventilation probably?



What is a CO2 Monitor?

CO2 Monitors can help a person judge how good the air quality is in a building.

Learn more at <https://whn.global/indoor-co2-map-co2-monitoring-and-data-collection/>

Pictured Above: InkBird CO2 Monitor, Available in [US at Website](#), and in [UK on Amazon](#)

Supplemental Air Purifiers

I didn't take my small air purifier with me. I usually put it at full speed and it's so loud! I just couldn't face having that too and making so much noise in the quiet room!

During the meeting I noticed some mechanical noise, maybe from laptops, which made me feel better actually. Maybe next time I'll bring it and I'll put it in lower settings.



What is an Air Purifier?

Air purifiers come in a variety of shapes, sizes, and sounds, and can help reduce the amount of virus in the air.

Learn more at <https://whn.global/newsletter/clean-air-schools/>

Pictured above, [Pure Enrichment Personal HEPA Air Purifier](#)

Transit

It has been raining all day today! I forgot my bike lock so I couldn't lock my bike outside... Thankfully I cycled on my foldable Brompton bike. So I had to fold it and carry it around indoors which was a bit of a pain...it might look very small, but it's just over 11 kilos!



While cycling I was wearing a valved 3M vflex mask that was suggested by a COVID-safe friend.

I know it's less likely to get COVID while outdoors, but while cycling and walking to get to work, I can get close to people sometimes, and it is possible that we will strike a conversation. So I wear a mask so that I feel completely comfortable about that.

Different masks are good for different occasions! I recommend watching The Right Mask 4 - Exponential Good - YouTube

The Lone Ranger?

That's it from a day at work as a Lone Ranger in COVID-town.

As you can see, I still have a lot to learn, I have more questions than answers. Every day is a school day!



PS I forgot to say, I wasn't the only masker at work! As I was waiting to get into the meeting room, I saw another colleague (from a different department) wearing a white mask!

Yay!!

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](https://www.whn.global/KidsZone) for a chance to be featured in our next edition.

A JOURNEY OF KINDNESS, CARE, AND CUTENESS

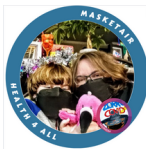
THE DUCK ROAD

When faced with a troubling pandemic, we decided to keep our spirits up by starting a unique COVID-conscious hobby: raising backyard ducks. Little did we know how much we would learn from them along the way!



The Dao of the Duck

BY SHEA AND TOMMY O'NEIL



According to the East Asian philosophy of Daosim (also Taoism), the "way" of the universe cannot be grasped as a concept. Rather, it must be gleaned through the actual living experience of one's everyday being. Sometimes the Dao is described as "effortless action", or as like water: easily flowing over and around obstacles.

When we watch our backyard ducks at peace, floating, and fluffing, dabbling and digging, stomping their webbed feet in puddles to scare bugs up to the surface, and then slurping up what we can only imagine tastes to them like gummy worms, we think... now that is the Dao. They seem to be both working but also so joyful and at ease.

Our backyard ducks are Pekin ducks. They are yellow as chicks and all white as adults. They do not fly, so it is easy to keep them in our fenced-in backyard. Some places have rules about keeping ducks, so it is good to know your area's rules if you decide to keep them.



Duck Haikus

Ducky

Ducky digs and plays.
Ducky likes to swim all day.
A ducky says, "QUACK!"

By Tommy O'Neil



Ducks

Splashing playfully,
Water rolling off their backs.
Feathers remain white.

By Shea O'Neil



Duck Stewardship

Sometimes we call the ducks our "Pandemic ducks", since we got them as baby chicks in April 2020. We don't consider ourselves to be "owners" or them to be "pets" or "livestock", but more we see ourselves as "duck stewards", and them as "fellows".

Stewardship is defined as the job of supervising or taking care of something. For instance, we provide them with a safe environment in our backyard, complete with small pools of water, space to forage, and an enclosure to protect them from predators at night. We also separate them as needed into small groups that fit with their natures and preferences, to prevent fights or disharmony. We supplement their natural foraging with extra food to make sure their nutritional needs are met.



Although they sometimes provide us eggs for eating, we also allow them opportunities to hatch their eggs if they choose.

One of our ducks, Starflight, hatched a baby last year! We named him Flink. He grew really fast from a small yellow duckling following his mother everywhere, to a light yellow fuzz exploring everything, to a handsome white drake. Now he lives on his own side of the yard with two other female ducks, named Mango and Ripples. Pekins do best with one male and at least two females in each group, so ours are separated into 3 groups of 3.

A Note on Bird Flu

This past year the [CDC](#) and the [WHN](#), have informed the public about **avian influenza**, also called bird flu. They said that anyone with backyard poultry should wear respirator masks like N95s, and take other precautions too because it can spread to humans and other mammals, like cats and dogs who contact birds, and then can spread to humans they contact.

Now we wear our respirator masks and protective eyewear when we go into the duckyard, and take extra care not to touch our eyes, noses, or mouths at all. We wear waterproof boots that we keep in a special bin and do not wear them in the house or other places. We change clothes when we come inside, and wash our hands really well, and shower if we have done work out there. More info for Backyard Flock Owners [here](#).



Me with two week old Flink. Since this photo was taken we have added safety goggles to our precautions as well.

COMIC

“Masking With Ducks” by TJ



Submit your comics to us at WHN.global/KidsZone !

POETRY JAM

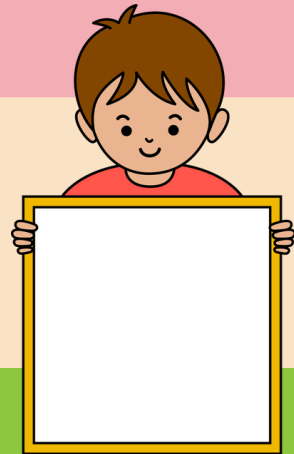
WITH ASPA AND PAN 

November Poetry Challenge:



TODAY'S JAM:
FILL IN THE BLANKS

Fill in the Blanks!



COVID is
People are
Don't
I am here.



EXERCISE CREATED BY PAN

Did You Know?

Creativity has been linked to positive psychological health!

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

TO FEEL INTRIGUED ENERGIZED AND ENGAGED

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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!