

WORLD HEALTH NETWORK

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE



HOLIDAY EDITION

STILL COVIDING HOLIDAYS

LONG COVID AND PACING
PENGUINS

SPOTLIGHT ON VIRTUAL
EDUCATORS

ART, COMICS, AND
POETRY JAM

... 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, 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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POETRY JAM

Join us in this month's poetry challenge: Modifying holiday song lyrics!

fafa la la



COMICS

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Letters to the Editor



Dear Editor,

Following an article on virtual open mics in [Issue 2 of Kids' Zone](#), I wanted to tell you about my experience of attending an online COVID-conscious open mic night.

Before I went to this particular open mic, I was under the impression that I am only allowed to recite poetry or play music that I created, and only pieces that were relevant to COVID-19! Luckily, I had written a [poem about COVID-19](#), so I recited this poem. To my surprise, no one else referred to COVID-19 in the music or poetry! Most performers were playing covers of songs.

The host and everyone else was so nice and kind, and that made me feel less nervous! I don't think I recited my poem very well, and I don't think it's a very good poem either, but they were very kind about it. I really enjoy writing poetry, and I am less interested in the result, and more interested in the creative process! And I am sure I will become better at it the more I write.

It was sooo nice to hear everyone else's music! I felt like being in a venue with live music! It made me feel so happy and so much less lonely. I found that open mic event some months ago, i.e. in the 5th year of the COVID-19 pandemic, and I have been feeling so lonely for so many years, and missing going to restaurants, coffees shops, music venues, shops, theatres, concert halls.

I usually just listen, and don't perform anything. I love listening to others, I really enjoy their performances! Some performers play their own songs, and others play covers. Some performers accompany themselves with the guitar, others with YouTube backing tracks.

I have played music and sang, while other times I recited [haikus](#).

I have gone to face-to-face open mics, but although they were very friendly, I found them a bit loud as performers were asked to use microphones. But there is no such problem here. Sometimes there are technical issues, but these are easily solved.

The host encourages everyone to come along and leave any time they like, and he always has something nice and encouraging to say for every performer. We use the chat function to make comments so that we don't disturb the performer while they are performing, and we always unmute to clap at the end of each performance. Sometimes the songs are so danceable, that I can't help dancing! I'm too shy to dance on camera though, so I either stop my camera or dance a bit further away from view.

I am very grateful for these online open mics for COVID-cautious people 😊

Much love,

Aspa



Creating a Unique Winter Holiday

STILL COVIDING



Llamas, Moose, and a Goose on the Loose!



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



Shea is donning Stealth N99 mask

Growing up in Florida (a tropical climate) has always made our winter holidays... *different*. We never get snow-- in fact, the hot, humid, hurricane-y weather has just left, and we rejoice in finally getting to do outdoor hikes, visiting beaches, and maybe even going boating or kayaking! So our cut-out cookies tend to look like these:

ON THE FIRST DAY OF COVIDING
CHRISTMAS MY TRUE LOVE GAVE TO ME...



Cookies: Surfing Santa, "Sun"flake, Shark, Gingerbread man in swimsuit, Christmas Star-fish

5

Homemade cut-out cookies!
(from Florida)

4

Masked
Moose-mas
Cards



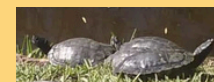
3

Lingering
Llamas



2

Turtles and ..



pelicans?

1

and a
Holiday
Goose
waving at
me!



Yet, some of our most... *unique*... holidays have been since COVID came, (and changed the name of the game). Avoiding holiday travel and big gatherings, and embracing the awkwardness of the changes, we decided to host small "Masked Moose-mas" gatherings (small group gatherings of masked friends and family that lived close by, and virtual ones for those who live far away) rather than larger ones.

Instead of crowded activities and fairs, we look for small gems in our home-town, like a family-owned llama farm that allows visitors, and a local park with trails and wildlife (even if it isn't the trademark turtle doves). To us, a Christmas Goose isn't a fancy meal, but a Goose on the Loose, running around outside! We even made a song:

Creating a Unique ^{STILL COVIDING} Winter Holiday



Hanukkah Candles *by NB*

Hanukkah is coming, starting December 25 this year, and it lasts 8 nights and days. To celebrate, we light colorful candles each night; one candle on the first night, two on the second night, till we get to 8th night, 8 candles. We put the Hanukkiyah (Hanukkah candle holder) in the window, so the flames light our homes and the neighborhood.

Hanukkah is a wonderful winter family and friend time, for most of us, indoors. COVID safety makes it hard to do right now. So our family and others have created some new COVID-safe ways to celebrate Hanukkah together.

Since COVID began, my grandchildren and I Zoom every evening, and they choose what color candles we will light. Then sometimes, we light them and sing Hanukkah songs together, their candles in their home and our candles in ours.



The 9th candle is called the "shamash" and is used to light the other candles. "Menorah" is another name for the candle holder.



Sometimes we have Zoom Hanukkah dinners together with family members. And we've even played dreidel on Zoom. Dreidel is a fun game where we spin a special top with letters on each side to remind us of the story of Hanukkah. Each person gets a few nuts, chocolates, coins, whatever you want. Then, depending on which letter is on top when it stops spinning, you get to take from the nuts, chocolates, coins in the pot, or put into the pot.



Happy Still COVIDing Holidays!



Recipes

Christmas Dessert

British Christmas Pudding

Merry
Christmas

Ingredients

5oz (150g) fresh white breadcrumbs

4oz (100g) plain flour

4oz (100g) shredded suet

4oz (100g) soft brown sugar

5oz (150g) currants

4oz (100g) sultanas

4oz (100g) raisins

1 small apple, peeled, cored + chopped

3oz (75g) chopped mixed candied peel and cherries

a pinch of: salt, ground mace, ground ginger, nutmeg, cinnamon

Grated rind + juice of 1/2 orange

Grated rind + juice of 1/2 lemon

2 large eggs, beaten

Milk

(Always have a grown-up chop or slice, and supervise cooking)



Directions

1. Grease a pudding basin with butter, ready for the mix.
2. In a large bowl, place the breadcrumbs, suet, flour, sugar, dried fruit, apple, peel, and cherries, salt, spices, and fruit rind and juices in a big bowl and mix well with your [clean!] hands and a wooden spoon. The whole family can have a stir!
3. Add the beaten egg and enough milk to make the mix soft but not soggy.
4. Cover the bowl with a damp cloth and leave it overnight.
5. Stir it again, then place the mix in the basin. Cover with buttered greaseproof paper, then place a piece of foil across the top and secure it all in place with string, or an elastic band.
6. Steam it (over a saucepan of water) for 6 hours. Ask a grow-up to top up the water in the saucepan so it doesn't all evaporate!
7. After this time, the pudding is cooked. We usually then store it in a cool, dry place until Christmas Day, when it's steamed for another 3 hours and served with cream, ice cream, or custard.



Recipes

Rainbow Latkes



Hannukah

Special Dish

In the US and Europe, we eat latkes (potato pancakes.) Here is my favorite new latkes recipe, called Rainbow Latkes, with beets, carrots, and potatoes. Colorful latkes, like our colorful candles. You need sharp blades and a hot stove to make latkes. **Make sure you have a grown-up help!**

--NB

Ingredients

Latkes

2 cups vegetables like red beets, gold beets, carrots, or potatoes (depending on color preference), shredded
 2 teaspoons kosher salt
 1/2 cup red onion, shredded
 1/2 cup all-purpose flour
 2 large eggs, lightly beaten
 Frying oil like sunflower, canola, or vegetable oil

Sour Cream Sauce:

1 cup sour cream
 2 teaspoons horseradish, grated
 1 teaspoon kosher salt
 1 tablespoon dill, minced
 1 tablespoon scallions or chives, minced

Directions

1. In a large bowl, add the shredded vegetables (except the onions) and season with salt. Mix and let sit for 15-20 minutes. This draws out the excess moisture.
2. Put veggies in a cheese cloth, squeeze tight to strain excess liquid, and return veggies to a dry bowl.
3. Add onions, eggs, and flour and mix until well combined.
4. Use a spoon, small ice cream scoop, or your [clean!] hands to portion the mixture into 8-10 latkes. Gently flatten and transfer to a tray.
5. Have an adult add a half inch layer of oil to a large pot and bring to medium heat. To test the temperature, drop a small piece of latke into the oil. If it bubbles, the oil is ready. Working in small batches, place latkes, 2-3 at a time, into the oil to fry.
6. Have an adult flip after 3-4 minutes or golden, then repeat with other side.
7. When cooked, transfer to a paper towel-lined tray and repeat with remaining latkes.
8. Afterwards, prepare the sour cream sauce. In a small bowl, whisk to combine sour cream, horseradish, salt, dill, and chives.
9. Serve immediately by spooning the sour cream mixture on top of the latkes. Finish with freshly cracked black pepper and additional chives and dill. Enjoy!



Recipes

For Kids, By Kids



Mini Pizzas



Ingredients

- Pita Bread** (we use Toufayan brand)
 - Pizza Sauce** (Classico)
 - Shredded Mozzarella Cheese** (Sargento)
 - Pepperoni** (Hormel-beef/pork)
 - Red Onion**, chopped
 - Mushrooms** (sliced)
- (Always have a grown-up chop or slice, and supervise cooking)



Directions

1. Preheat oven to 425 degrees Fahrenheit.
2. Take out a baking sheet, preferably one made for pizzas with holes.
3. Take out pita(s). Spread a thin layer of pizza sauce on your pita(s).
4. Sprinkle a layer of shredded Mozzarella cheese on the sauce.
5. Add choice toppings (we used pepperoni, mushrooms, and red onion).
6. Put on pan and into the preheated oven for 11 minutes.
7. Take out and slice with a pizza cutter into 4 bigger slices or 8 smaller slices. Enjoy with a side of fruit or vegetables.

SCIENCE

NEWS

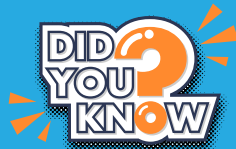


FUN FACT

There used to be volcanoes on the dark side of the moon!

GOOD NEWS

CR Boxes help clean the air. Watch a family make one for approx. \$100 (USD)



The risk of long COVID increases each time a person is infected. Vaccines can help reduce the risk of long COVID, but they don't eliminate it.

This month's questions:

What is long COVID and what are people doing about it?

What do we know about the dark side of the moon?

How do you make a CR Box (Air Cleaner)?



Have a science project, research, or experiment you would like highlighted? Submit it to us at [WHN.global/KidsZone](https://www.whn.global/KidsZone) for a chance to be featured in our next edition.

Volcanoes erupted on far side of Moon



SCIENTISTS from the US and China have discovered that volcanoes were erupting on the far side of the Moon billions of years ago.

Earlier this year, the Chinese space mission Chang'e-6 used a small roving vehicle to scoop up around 2kg (4.4lbs) of rock samples from the Moon.

Now, these samples have been analysed by experts here on Earth, and the results were surprising. They found basalt, a type of volcanic rock formed after an eruption, from more than 4.2 billion years ago! Some of the samples were from 'just' 2.83 billion years ago.

We already knew that volcanoes were active on the near side of the Moon a long time ago, but this new study proves they were present on the far side of the Moon. This area is also known as the 'dark side', because on Earth we never get to see it lit up. That's because the Moon is tidally locked to Earth – it rotates in exactly the same time as it takes to orbit the Earth, so the same side always faces us.

This new research about volcanoes is helping scientists better understand the geology of the Moon and how it has evolved over time.

Also, it's pretty amazing to think these traces of rock from billions of years ago could be picked up by a robot, brought back to Earth, and help unlock ancient mysteries of our Solar System!

WHN Long COVID Awareness Campaign is up and running

by Eddie de Oliveira



In case you missed it earlier this year, the World Health Network has launched a Long COVID Awareness Campaign.

This condition, which has no cure yet, can affect people's lives in small and big ways. There are many diverse symptoms, including fatigue, memory problems and breathing difficulties.

In the US alone, the number of adults with long COVID is estimated to be around 18 million – though that figure, from the CDC, was released in March 2024, before the huge summer wave of COVID. Sadly, with many people not taking any precautions against catching COVID-19, the number of cases of long COVID worldwide continues to rise.

The aim of the WHN campaign is to:

- * Shed light on the crisis of long COVID.
- * Educate communities about the long-term and varied impacts of long COVID and infection prevention.
- * Share valuable insights and lived experiences from the long COVID community.
- * Dispel myths surrounding this condition.
- * Empower individuals with knowledge and resources to navigate the challenges of long COVID.
- * Foster a supportive environment for those affected.
- * Advocate for the need for long COVID treatment, research, and advocacy.

Check out whn.global/long-covid-awareness-campaign/ for more information. If you or someone you know is affected by long COVID, we would love to hear your story here at [Kids' Zone](#).



CR BOX



AIR CLEANER

INSTRUCTIONS

by Shea O'Neil, Kids' Zone Magazine Editor 

GOOD NEWS

CR Boxes help clean the air. Watch our family make one for approx. \$100 (USD)!



MATERIALS NEEDED

Box cutter and scissors



Adult Help Required



HOW IT WORKS

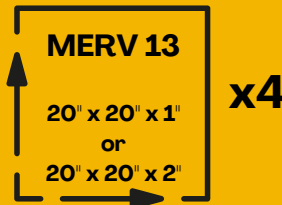
Fan goes on top so it blows filtered air up toward the ceiling

2 Rolls Duct Tape (in colors of choice)



\$8 for two rolls at [Walmart](#)

Four 20 x 20 inch MERV 13 HVAC filters (can be 1 or 2 inch depth)

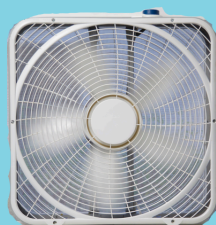


\$75 for four at [Lowes](#)

One 16" Pizza Pan Screen

\$6.00 at [Walmart](#)

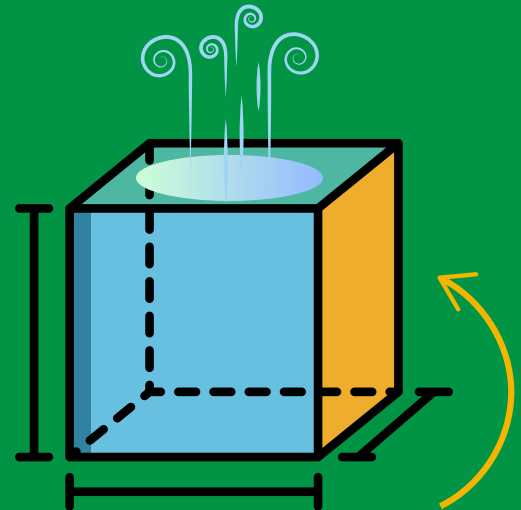
One 20 x 20 inch box fan (we used a Lasko 20" Box Fan with 3-Speeds)



\$25.00 at [Walmart](#)

Save the fan box, you will need 2 pieces of approx 21"x21" cardboard for the CR Box.

CR Box Total: \$114.00 USD



Filters make up the sides. The fan pulls air into them where they filter it.

DIY CR BOX INSTRUCTIONS

STEP 1: MAKE THE FAN SHROUD AND BOX BOTTOM

Use the fan box (or other cardboard) to make two 21" by 21" cardboard squares.

Fan Shroud: Trace the pizza pan screen onto one square and have an adult cut out the hole (you can toss the circle). Then tape the square with the cut-out onto the top of the Lasko fan (the side that the air blows out at). This dampens noise and improves filtering. Tape the pizza screen onto the circle hole over fan (it acts as a finger guard).

Fan Bottom: Save the other 21" by 21" cardboard square. This will be the bottom of your cube. Tape it on after assembling the filter sides in next step.

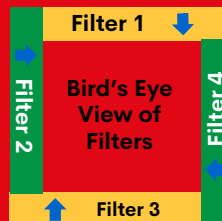


STEP 2: MAKE THE CUBE

Arrange the 4 filters to be the cube sides, taking care to make sure the folds run vertically (up and down), and the airflow arrows point inwards (see picture on the right).

In order to get them into a square and not rectangle, you will need to stagger the filters like in the bird's eye view diagram to the right so that each side is the same length.

Tape the side so that the creases are covered entirely. Tape the bottom cardboard on. Tape the fan on the top, making sure it is facing to blow out upwards. Plug fan in and run on the highest speed where noise is tolerable.



STEP 3: MAINTENANCE

CR Box filters need to be replaced about once a year. It is best to write the date the filters will need to be replaced on the CR box somewhere. The fan can be reused as long as its functioning properly.

When replacing filters on an already made CR Box:

1. Wear a mask.
2. Unplug the fan.
3. Have an adult carefully use box cutter to disassemble the filters from the fan (careful not to cut the fan plug wire!)
4. Save the cardboard bottom and leave fan shroud on fan. Dispose of old filters in trash bag. Wash hands with soap and water.
5. Follow the normal assembly instructions for putting it back together with fresh filters.

Replace filters in
December 2025



RESEARCH

CR boxes reduce the build up of viruses, smoke, and other pollutants in the air. They work well in combination with masks (which also protect from short range transmission of viruses) since they reduce long range transmission by filtering out viruses in the air that accumulate over time.

The U.S. EPA (Environmental Protection Agency) Office of Research and Development tested the CR box in 2023 using a 3,000 cubic ft. bioaerosol chamber. They found that it removes 97% of infectious aerosols in just 30 minutes, and 99.4% within 60 minutes. Importantly, the device successfully captures a surrogate virus for SARS-CoV-2, the virus that causes COVID-19.

They found an Infectious Aerosol CADR (Clean Air Delivery Rate) of 234, and found it to perform better than many of the more expensive technologies they tested.

For more information, visit <https://whn.global/paths-to-healthy-learning/>

Finagling Fun with Pacing Penguins



by Shea O'Neil,
Kids' Zone Magazine Editor



WHAT IS PACING?

Our friend, Penguin, needs to pace his energy. He wants to make a snowman this year, but knows it may take extra planning. Pacing strategies help those with long COVID and other diseases manage their energy.

"Penguins get their energy from fish. Activities they do depend on how many fish they have. Managing your energy is the same."

-- Long Covid Kids- Pacing Penguins



Penguin pacing tips



- REST BEFORE YOU NEED TO
- SPREAD YOUR ENERGY USE OUT
- LEARN ACTIVITY ENERGY DEMANDS
- HAVE REGULAR QUIET REST DAYS
- BALANCE BRAIN AND BODY ENERGY
- USE EQUIPMENT/HELP AS NEEDED
- MATCH ACTIVITY TO ENERGY





Help Penguin Make a Snowman!



MATCHING ACTIVITY

Penguin has Long COVID. Be a good friend, and help him by drawing a line matching **Sensible Energy Use to Penguin's Plans!**



SENSIBLE ENERGY USE:



PENGUIN'S PLANS:




PLAN YOUR DAY/WEEK/MONTH

AFTER ROLLING EACH SNOWBALL, SIT DOWN AND DRINK HOT CHOCOLATE. 

BE FLEXIBLE/HAVE A BACK-UP PLAN

 IF IT MAKES YOU HAPPY, BUILD A SNOWMAN THAT DOESN'T MELT.


BREAK ACTIVITIES INTO SMALL PARTS

IT IS MOST IMPORTANT THAT YOU ARE TAKING CARE OF YOUR BODY, YOU'RE NOT IN PAIN, AND YOU'RE ENJOYING YOURSELF. 

TAKE MINI-BREAKS IN ACTIVITIES

 PICK AT LEAST 2 DATES TO TRY MAKING A SNOWMAN.

ALTERNATE EASY/HARD ACTIVITIES

IN CASE ROLLING A REGULAR SNOWMAN DOESN'T WORK OUT, HAVE SUPPLIES TO MAKE A CRAFT SNOWMAN AS BACK UP! 

DO WHAT MAKES YOU HAPPY

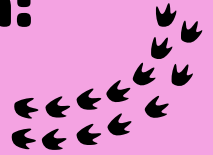
 1- PICK OUT THE HAT/CLOTHES,
2- ROLL THE SNOW BALLS,
3- DRESS THE SNOWMAN.

LEARN WHAT IS MOST IMPORTANT

AFTER STACKING THE SNOWBALLS, TAKE A MOVIE BREAK BEFORE DRESSING HIM. 



Help Penguin Make a Snowman!



ANSWER KEY

SENSIBLE ENERGY USE:

PENGUIN'S PLANS:

PLAN YOUR DAY/WEEK/MONTH

AFTER ROLLING EACH SNOWBALL, SIT DOWN AND DRINK HOT CHOCOLATE. 

BE FLEXIBLE/HAVE A BACK-UP PLAN

 IF IT MAKES YOU HAPPY, BUILD A SNOWMAN THAT DOESN'T MELT.


BREAK ACTIVITIES INTO SMALL PARTS

IT IS MOST IMPORTANT THAT YOU ARE TAKING CARE OF YOUR BODY, YOU'RE NOT IN PAIN, AND YOU'RE ENJOYING YOURSELF! 

TAKE MINI-BREAKS IN ACTIVITIES

 PICK AT LEAST 2 DATES TO TRY MAKING A SNOWMAN.

ALTERNATE EASY/HARD ACTIVITIES

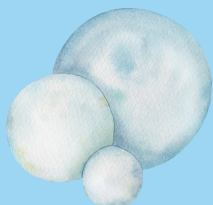
IN CASE ROLLING A REGULAR SNOWMAN DOESN'T WORK OUT, HAVE SUPPLIES TO MAKE A CRAFT SNOWMAN AS BACK UP! 

DO WHAT MAKES YOU HAPPY

 1- PICK OUT THE HAT/CLOTHES, 2- ROLL THE SNOW BALLS, 3- DRESS THE SNOWMAN.

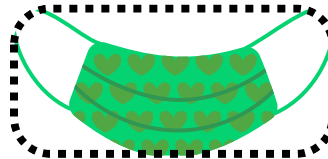
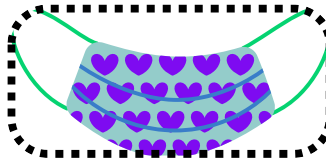
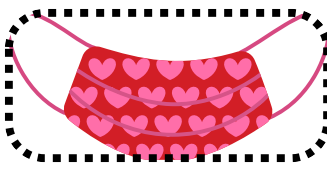
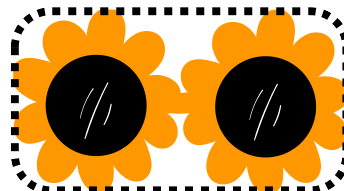
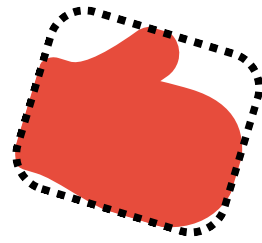
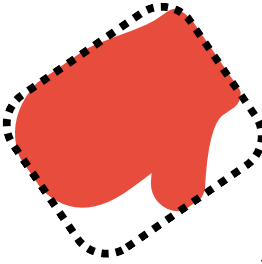
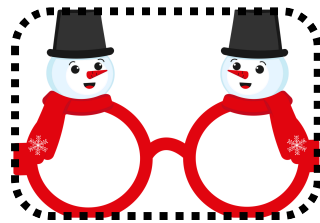
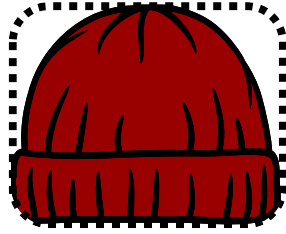
LEARN WHAT IS MOST IMPORTANT

AFTER STACKING THE SNOWBALLS, TAKE A MOVIE BREAK BEFORE DRESSING HIM. 



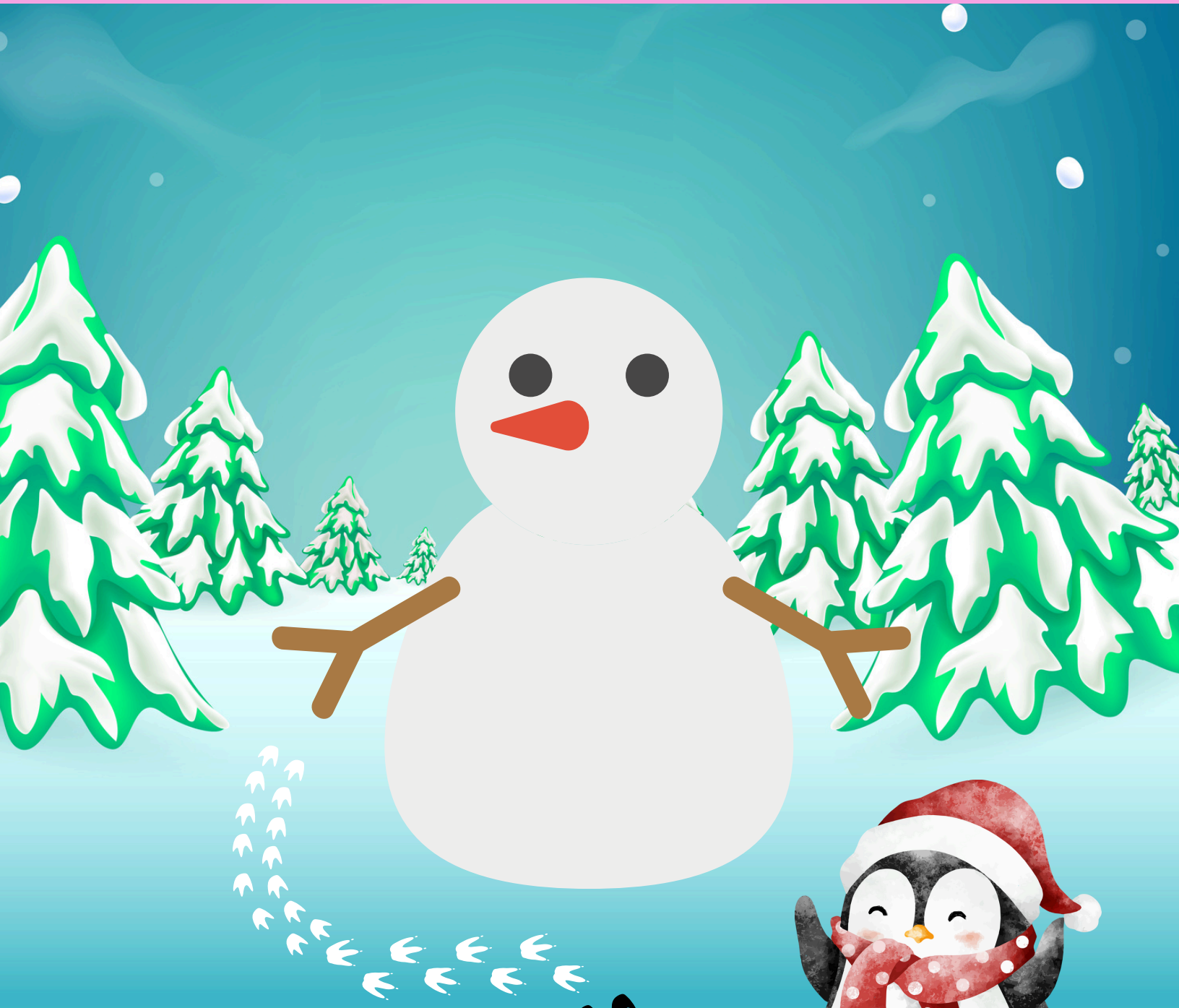
PRINT, CUT, AND PASTE PAPER SNOWMAN CRAFT

Print page. Cut out and use to dress your own unique snowman on the next page!



Thank you for helping Penguin!

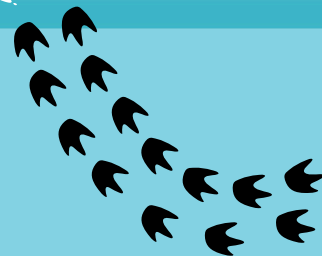
Paste or draw items to dress your own unique snowman!



DID YOU KNOW?



... that penguins give a pebble or polished rock as gifts to their mates? Here is yours!



For more information on Pacing Strategies check out [Long COVID Kids Pacing Penguins Guide](#) and [Long COVID Families Pacing and Management Guide](#)

EXPLORATION COVID-CONSCIOUS HOBBIES, JOBS, AND CAREERS



Graphic artist Grae Salisbury shares how they have incorporated COVID advocacy into their work.

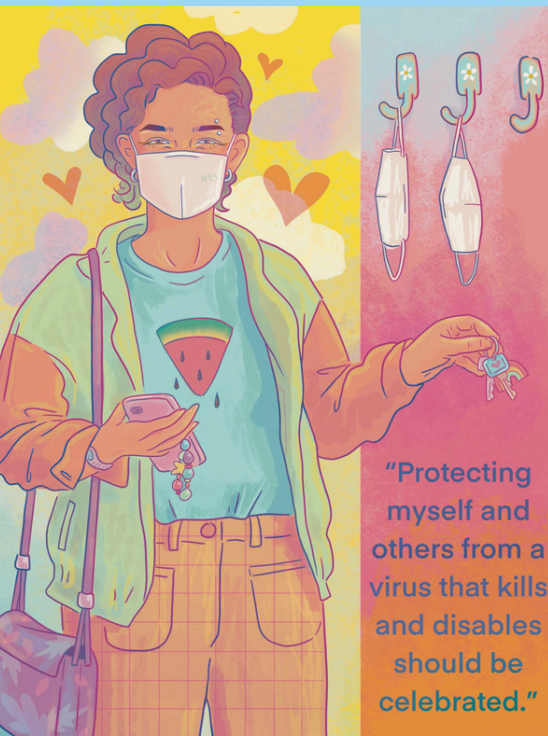


Image By Grae Salisbury

COVID Advocacy and Art

By Grae Salisbury

Have you ever heard the saying: "a picture's worth 1,000 words"? The saying is meant to explain how visual art is able to communicate complex ideas quickly and effectively that otherwise could take quite a bit more time to explain. Art has always been used to inspire and to raise awareness about important social issues, but art has also been used to manipulate large groups of people into believing false narratives; this is called propaganda. I chose to study how art can be used to make the world a better place in university. Specifically I studied "arts based social change theories and practices", which is just an academic way to say I studied how different ways of making art, and the art itself, can create and/or support social change.



"Protecting myself and others from a virus that kills and disables should be celebrated."

Art with Purpose

In my Feminist Arts Practice class I learned that knowing your viewer, working from your personal perspective, and planning out a piece before making it are all very helpful for creating impactful art pieces that your audience will remember. We can't magically jump into another person's life to judge our art from another perspective, but we can ask ourselves:

**"Why do I want to make this art?
What is my goal?"**

And if we know this, there is a good chance we will make some very impactful art!

Image By Grae Salisbury

Using Art to Communicate Science

When my partner got long COVID in 2020 it was immediately obvious that there was a lot of misinformation about COVID and long COVID being shared by governments, health organizations, and in our communities. Figuring out how to find accurate information became a big job for my partner and I as there were not many support groups that existed yet. We often found ourselves wishing that our friends and families knew the hard facts about COVID, and we often struggled to create an impact when we shared these facts in person. We understood that many people were not able to keep up with the latest science or learn from pre-existing disabled online communities, so we started dreaming about different ways to better communicate what we had learned to our loved ones and communities. And of course this involved art!

Using Art to Communicate Emotion

My COVID-conscious friends and I had many conversations about how hard it was to see masks disappear as the mask mandates ended. We felt profoundly hurt and confused seeing spaces that once proclaimed "protect your community" revert to pre-2020 ways of functioning even as the infection numbers remained high and long COVID numbers rose.

"What I wanted to figure out was how to communicate what seeing other people wearing masks in public made people like us feel."



We knew how disposable and forgotten we felt in public spaces, but what I wanted to figure out was how to communicate what seeing other people wearing masks in public made people like us feel.

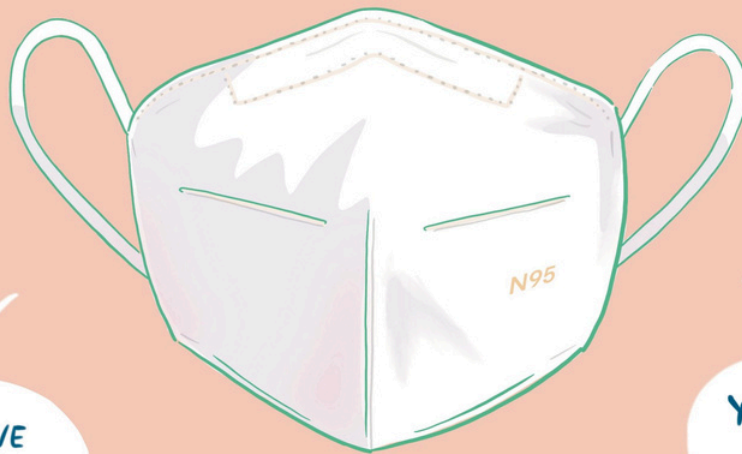
Going Viral-- In the Good Kind of Way!

I created the "What Your Mask Tells Me" poster in 2021, and I have since sent it to people all over the world. I have since created an updated 2024 version for free download featuring an N95 mask. The poster was simply a collection of the phrases from my conversations with my friends displayed in a way that showcased that a mask communicates a lot, and that was enough to make it go viral on Instagram.

**Free
"What Your Masks Tells Me" Poster
on Next Page**

Make Your Own Poster on Page 23

WHAT YOUR MASK TELLS ME:



YOU DESERVE ACCESS TO THIS SPACE.

YOUR LIFE IS OF WORTH.

I DO NOT ASSUME THOSE AROUND ME ARE ABLE BODIED.

I APPRECIATE MY COMMUNITY.

I TAKE MY ROLE IN PUBLIC HEALTH SERIOUSLY.

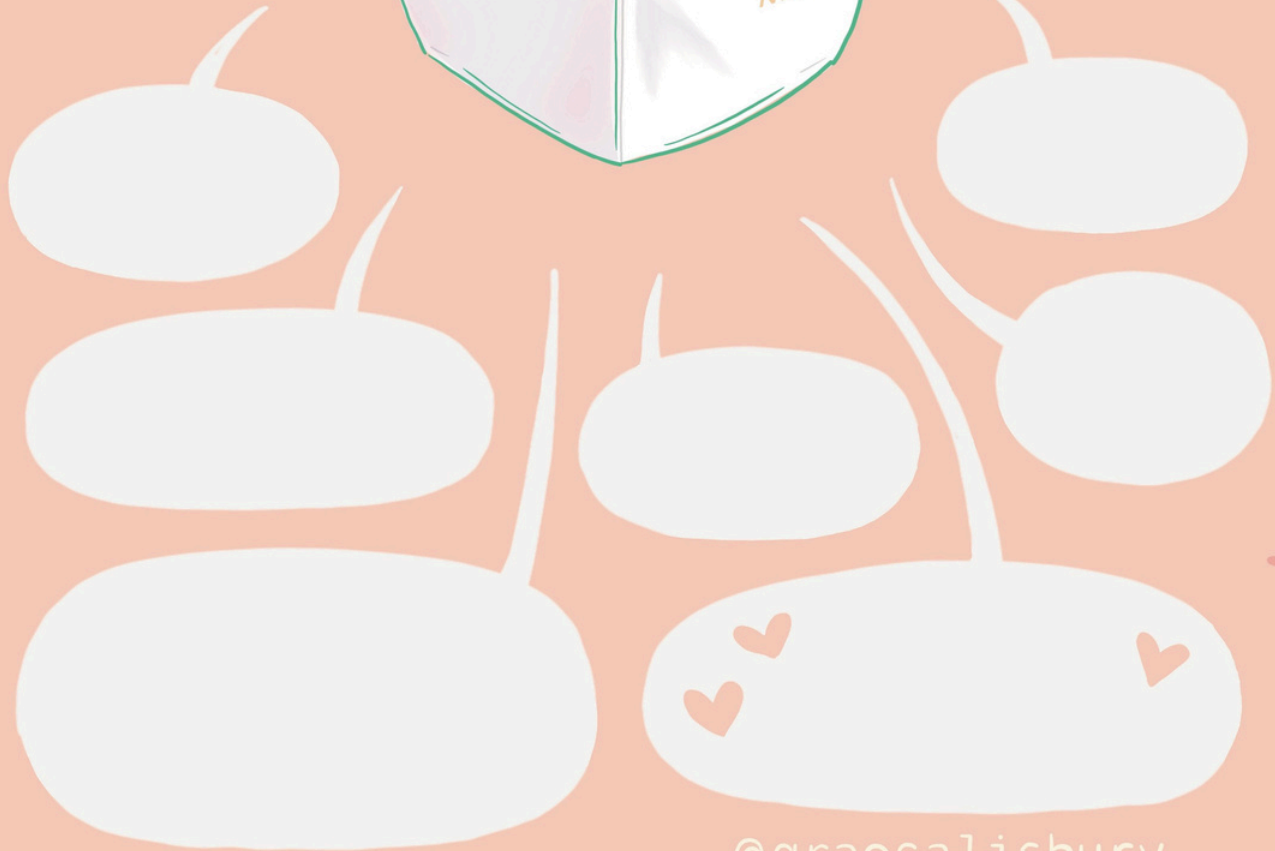
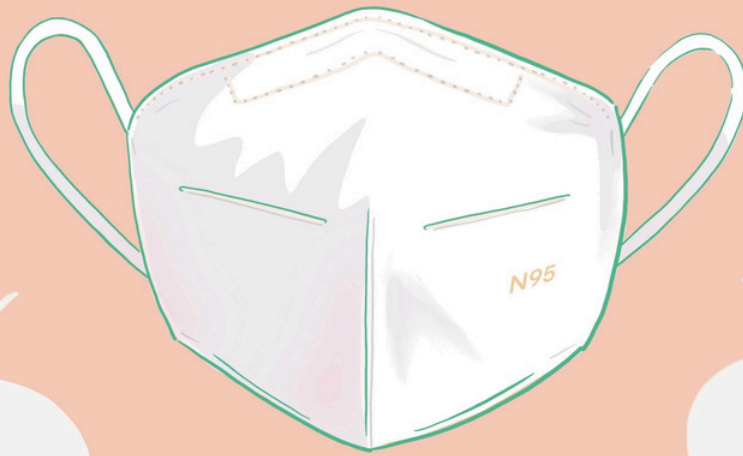
I ACKNOWLEDGE THAT I COULD BE CARRYING COVID EVEN IF I DON'T FEEL SICK.

NO DEATH IS ACCEPTABLE WHEN IT CAN BE EASILY AVOIDED.

@graesalisbury



WHAT YOUR MASK TELLS ME:



@graesalisbury



Visual Art Informs

Anyone wishing to communicate important ideas could benefit from working with an illustrator or drawing something themselves. Visual art informs an audience of the mood, aesthetic, & attitude of an event, character, or story at a glance. Although visual symbolism does vary culture to culture, art is able to communicate many messages without the need for any text translation. Art can help an audience connect with and remember key messages the artist wants to leave the viewer with and this is key for making activist art!



Anyone Can Do It

You don't have to be a professional artist to make impactful art. Your art could be seen by only a couple of people and still be hugely important to them, even life changing! And don't forget that even if you never show your art to another person, your art can still be very important in continuing to nurture and grow your own personal relationship with yourself.

Advice for Young Artists

Don't be afraid to make art for you and people like you! You don't have to try to convince those who won't be convinced that what you have to say is valuable. Often we remember and feel greatly impacted by art we feel is relatable. Finally, small simple truths can be the most impactful!

Interactive

- What art pieces do you remember even if you haven't seen them for some time?
- Why do you remember them?
- What are these pieces communicating?
- Do you have a truth or perspective that you want to share?
- Who do you wish understood your perspective?
- Could creating a drawing, sculpture, or infographic help you communicate with person/people you want to be in communication with?



Welcome to the Multilingual Museum!

By Aspa



Get involved in an online activity
with a museum in the UK!

Manchester Museum have taken photos of some of their objects and are inviting everyone to translate the description, and also comment on their translation and the object.

Why not start with the 1,700 year-old sock?

Or the mask?

Here is the link!



<https://multilingualmuseum.manchester.ac.uk/>



You can record it, you can handwrite it and send a photo, you can just type it, anything you prefer! You can upload it to the multilingual museum, and/or send it to us at <https://WHN.global/KidsZone> !

OUR SCHOOL

How do you school?



This issue we spotlight virtual educators who tutor, teach, and create interactive socials online!



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.

Virtual Educator Spotlight!



Olivia's Online Zoom Tutoring Services

Olivia is a recent college graduate with a Bachelor's degree in English and Writing. She is also COVID-conscious with a passion for tutoring online.

Virtual Impact!

The impact that virtual online education has had on kids recently has been explosive! There are so many topics to explore and classes offered now which will only increase in the future. This is why I wanted to make a virtual impact by offering my tutoring services online!



zoom

Olivia's Online TUTORING SERVICE

LANGUAGE ARTS

READING

GRAMMAR

HOMEWORK HELP

Make Learning

FUN!

**Covid Conscious
in the PNW!**

Education: Bachelor of Science Degree in English & Writing

Contact: olviateachesu@gmail.com

WHN.GLOBAL/KIDSZONE

Using Zoom to Tutor

I have always wanted to share my love of Language Arts and Literature with kids and after earning an online Bachelor of Science degree in English & Writing, I decided that this would be a great way to teach while living a COVID-conscious lifestyle!

If you would like to become an educator someday, there are lots of online colleges and universities where you can study and obtain your degree in a subject that you are passionate about and then you too can make a virtual impact!

Virtual Educator Spotlight!

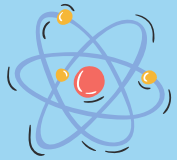


Science Mom, Virtual Educator



ASTRONOMY

Middle School



SCIENCE MOM



Virtual Classes Using Teachable

Science Mom offers engaging science courses designed for homeschooling families. Their secular curriculum has user-friendly, open-and-go lessons that minimize prep time for parents. They use the platforms [Teachable](#), with courses listed at their [website](#).

Interactive Experiences Online

Each course has video lessons with interactive elements such as follow-along notes and comprehension questions. They have middle school classes for biology, physics, and math.

Try It Out!

You can try out [sample lessons for free](#), and if you like it, there are both self-paced and live courses (paid, with scholarships available). They also run the [Science Mom YouTube channel](#).

New LIVE Astronomy Course

On January 13th, 2025, Science Mom will launch a [middle school Astronomy course](#) that will cover topics from Earth's moon and the solar system, to stars and galaxies! The course also includes several hands-on projects.

Our Favorite Parts:

Science Mom classes are **live-streamed** with multiple showings across different time zones, and also **recorded** so they can be viewed at any time! Livestreams include **interactive poll questions**, a **chat feature to ask questions**, as well as access to **special software** such as the Astronomy course's Starry Night Simulator, that gives fabulous visuals of the night sky and more! They have free videos and samples, priced courses, and scholarships, increasing accessibility.



Virtual Educator Spotlight!



Jolene ST STEAM Gaming w a
Neurodivergent Educator

★ Star Educator ★ 5.0 (406)

Empowering Creativity, Inspiring Curiosity,
Affirming Inclusivity

“As a neurodivergent individual myself, I'm passionate about empowering all learners through shared interests, such as Minecraft. My classes incorporate elements of STEAM, a respectful growth mindset, and aspects of Social Emotional Learning.”

-- Ms. Jolene- Outschool Educator



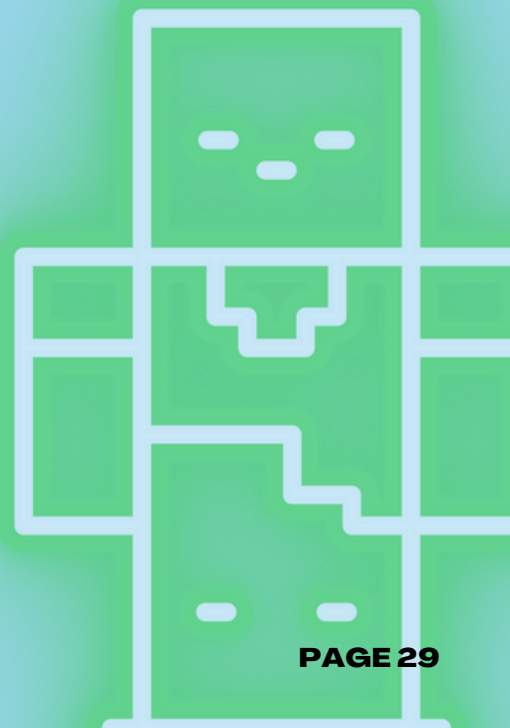
How to Become and Outschool Educator

What is Outschool?

Ms. Jolene ST is a 5-star rated educator on Outschool-- an online education platform that offers tutoring, core classes, electives, and just for fun classes from educators across the US and other countries. Learn more about becoming an Outschool Educator [here](#). Ms. Jolene ST is also active in the Facebook Still COVIDing communities and has offered to freely mentor anyone (adults 18 and older) interested in becoming an Outschool Educator.

What is Minecraft?

Minecraft is an open-world sandbox video game that you can play single or multiplayer with classmates or friends online in shared worlds or realms. You can focus on being creative and using blocks to build things in creative mode, or explore and try to survive by mining and crafting objects and buildings to protect yourself from hostile “mobs” (mobile entities-- zombies, skeletons, etc). There are many settings and ways to play Minecraft. Learn more about Minecraft for beginners [here](#).



Education and Experience

On top of having a Master of Science in Curriculum and Instruction in the college of Education, and a Bachelor of Science in Psychology with 20 years of teaching experience, Ms. Jolene is also certified in Minecraft Education! You can learn more about how to get certified in Minecraft Education [here](#).

What Type of Classes?

Ms. Jolene offers a variety of class types using Minecraft Bedrock Edition. In order to recreate the trusted teacher-mentor relationship, along with the desire to create classes that are inclusive and accessible, Ms. Jolene offers **self-paced classes** in a unique and engaging way. Using Outschool's virtual classroom, and Minecraft's creative allowances, she has designed courses in a way that builds upon the learner's passion for the game, while infusing it with what they are learning about in school.

The self-paced classroom allows space to share work with Ms. Jolene and other learners taking the course in a safe way. Ms. Jolene provides thoughtful and engaging feedback on all posts.

She also offers fun, weekly **live classes** where regular groups of kids play, explore, create and survive together using different themed worlds (like those with dragons, cars, and planes), in different styles, from survival achievements, to creative fun.

And finally, she offers **one-time "party" classes**, where kids can jump into special-themed carnivals and haunted mansions with their classmates, playing and interacting with unique games like Whack-A-Mole, target practices, and even photo booths for their avatars.

EPIC FUN!



[View all Jolene ST's classes here.](#)

Tips for Signing Up For Minecraft Classes



Know Your Version!

In order to play with others outside your household you must have internet connection, and the same Edition of Minecraft as them (some Editions only work on certain devices (see below). Anyone using consoles must also have Online Play purchased. (Note: Ms. Jolene's classes use Bedrock Edition).

- **Minecraft Bedrock Edition** (Available on Windows 10/11, Xbox, PlayStation, Nintendo Switch, and mobile devices), ***NOT on MacOS**. You can play cross-platform with others who have Bedrock Edition if you have internet, however on video game consoles, you must also purchase Online Play (sold separately by console). Supports free and paid Add-Ons that are safe for download.
- **Minecraft Java Edition** (Available on Windows, Linux and macOS; ***Not on Consoles**; Supports user-created skins and mods. NOTE: Adults should check before downloading individual Mods, since these are not checked for viruses.
- **Minecraft Education Edition**: A special version of Minecraft with extra teaching tools and features. Many schools have Minecraft Education included with their Microsoft Education license. You can also purchase individual licenses for homeschooling and family use. For more information see: WHAT IS MINECRAFT EDUCATION? AN INTRO FOR FAMILIES.

Tips for Keeping the World Fun and Social

Setting class rules, gently reminding, and holding learners to them is part of creating a fun, social experience in Minecraft. Some of Ms. Jolene's are:

- **No tricking**: For instance leading someone into a trap that would cause them to lose their inventory, get exploded, or anything like that.
- **No trapping**: Don't block someone in an area.
- **No griefing**: No breaking each others builds, stealing items, overspawning mobs, intentionally creating lag in the game, hurting people's pets, or otherwise trying to upset classmates.

Other than that, the sky is the limit! (320 blocks to be exact)



Virtual Educator Spotlight!



Jenny Johnson-Blanchard, Martial Arts Instructor



Virtual Martial Arts

Jenny Johnson-Blanchard, aka "Instrutora Vespa" and "Sensei Jenny", teaches capoeira (capu-EH-ra), a Brazilian martial art that integrates music, dance, acrobatics, language, and culture, as well as karate. James Lynch, aka "Instrutor Coruja" teaches virtual martial arts as well. All their classes are **virtual and live, with classes available for kids, teens, and adults.**



What Is Capoeira?

Originating in Brazil during the 16th century, it was developed by enslaved people from Africa who were brought to the country. It emerged as a form of self-defense disguised as a dance to evade authorities. Today it is practiced worldwide by people from all walks of life, & is celebrated for its community spirit & for its symbolism as a tool to resist oppression.



Students doing capoeira from their living room, learning basic techniques with playful movements, rhythmic music, and fun games.

Virtual Capoeira

Students learn kicks and martial arts techniques, acrobatics, songs and Portuguese language, instruments, and how to play capoeira virtually with their classmates! They even earn belt promotions!

Quente ou frio?



Learn more and view classes at
<https://ignitecapoeira.com>

Virtual Martial Arts



Virtual Karate

Students in virtual karate classes learn karate kicks, strikes, & blocks. They learn how to apply them for self-defense, in forms or patterns, and for kickboxing & striking pads, in order to live a healthy way of life.

Students earn belt promotions, and even perform in non-competitive virtual karate tournaments where they earn medals and trophies!

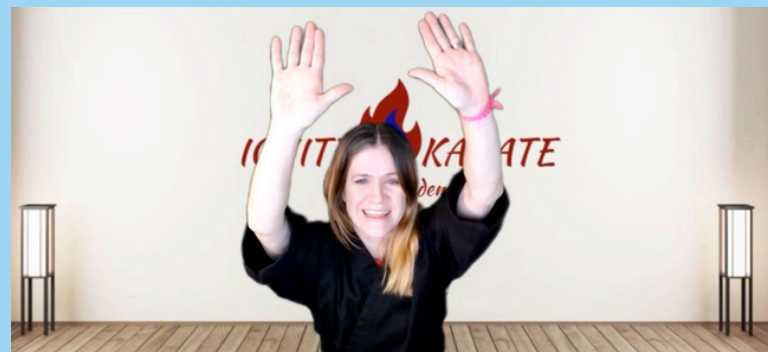
Learn more and view classes at
<https://ignitekarateacademy.com>

What is it like teaching virtual martial arts?

I love teaching virtual martial arts! It has given me the opportunity to build a wonderful community of COVID-cautious students, and I have been able to meet amazing kids and families from all over the world.

One of my favorite things about teaching virtually is that it allows me to share something that I love very much with others, but in a way that is accessible and safe for more people.

--Sensei Jenny



Martial arts teaches us to respect ourselves, other people, and our world. Providing fun and healthy activities virtually is one way that I can help to make a positive difference in the lives of others.



POETRY JAM

WITH ASPA AND PAN



TODAY'S JAM:
MODIFY SONG LYRICS

December Poetry Challenge:



MODIFY A HOLIDAY SONG TO MAKE
IT RELEVANT TO COVID!

Can you change the words of a popular Holiday song
to make it relevant to COVID-19?

For example, you could modify the 12 Days of Christmas!

Here is an example of how it could be modified:

On the 5th year of COVID my true love gave to me:

One Omnimask
Two CO2 Monitors
Three FFP3 Masks
Four HEPA Filters
Five Golden Masks!



Why not make your own version and sing it at a COVID-safe Holiday do?
You can try the same activity with other Holiday songs too.



Did You Know?

Group singing can make you feel happier!



There is a choir you can participate with if you or someone you know have Long COVID.
Even if you don't participate, you can admire their singing here!

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

Windows Comic

--by Aspa, age 48



I have started using ffp3 respirators with a plastic window when teaching, and I think they help!

At Christmas I wore a red hat, along with the window mask and I think that was a pretty good Santa Claus, if I may say so myself?

Who am I kidding, I think I look very weird in them

So, why am I still masking?

Why am I using air purifiers?

Why do I wish the windows at work opened?

Do I want to go back to not wearing masks? To eating in restaurants and going to the theatre? Of course I do!

But not yet...

Because according to the information I've got we are still in the Covid 19 pandemic, and covid 19 infections can cause serious permanent damage

3

Submit your comic to us at WHN.global/KidsZone for a chance to be featured!





Cat Masking Comic



--by Vera, age 10



Submit your comic to us at WHN.global/KidsZone for a chance to be featured!



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!