

JANUARY 2025

ISSUE 06

WORLD HEALTH NETWORK

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE



2025



NEW YEAR EDITION

25 FABULOUS RESOLUTIONS

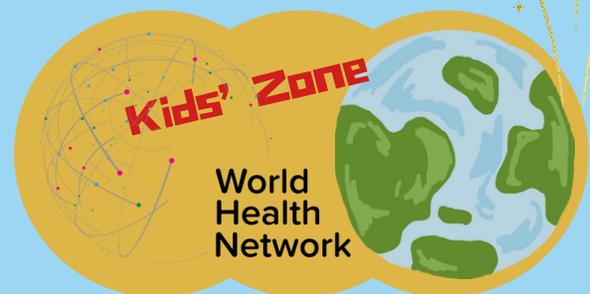
EXPLORING HOBBIES:
BIRD WATCHING

CAREER SPOTLIGHT: COVID-
CONSCIOUS THERAPISTS

NEW YEAR BABY SCIENCE!

WE MADE A SCHOOL!
... AND MORE INSIDE!

CHECK US OUT ONLINE AT:
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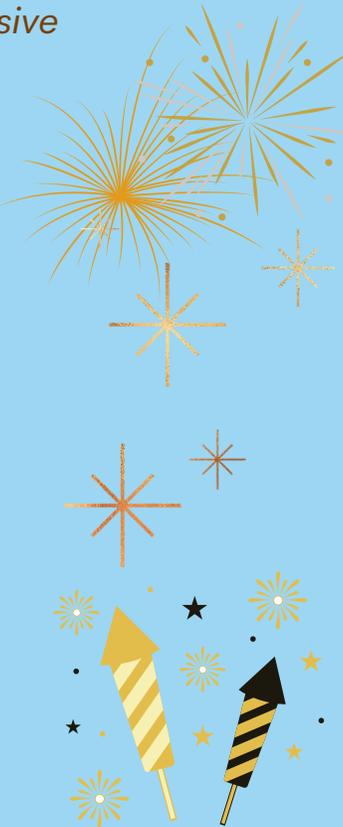
EXPLORE | SHARE | CONNECT



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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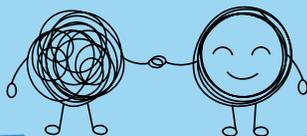
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STILL COVIDING



New Year's Resolutions

for 2025!



by Shea and
Tommy O'Neil,
Florida, USA



Resolution: (n.) A firm decision to do or not to do something.

DO:

1. Take a virtual tour of a museum or zoo (or see KZ Issue 4 for COVID-conscious visit tips).
2. Create a "Vision Board" by collaging words, pictures, and ideas that you are drawn to together (may use old magazines, draw, print out, or make electronically using MS Paint, Tux Paint, Canva, etc).
3. Fly a kite, a drone, or a paper airplane at a park or other open area.
4. Go to a COVID-conscious or virtual movie night. See next pages for more information.
5. Go on a nature hike and try to identify 3 plants and 3 animals and learn more about them.
6. Learn how to sing and/or play a new song on an instrument.
7. Set a computer or video game goal such as learning how to do a new skill, build a complex build, or defeat a hard boss.
8. Create a hero and villain character and draw a comic where they face off.
9. Watch and/or perform a play or puppet show.
10. Learn a new recipe or try a new food.
11. Learn a dance, martial arts, or yoga move.
12. If you know a baby, play virtual or masked games with them (see page 17)

DO NOT:

13. Do not burp out full phrases at dinner.
14. Do not tell a joke right when your friend or family is taking a sip of beverage.
15. Do not spend all your birthday money on Minecraft add-ons.
16. Do not download files from unknown website without consulting a trusted adult.
17. Do not fly a drone (that is not waterproof) over a lake (RIP little Drone-y).
18. Do not put an open beverage near electronics like computers.
19. Do not invade the space of wild animals to try to take a selfie or "boop" their noses.
20. Do not forget to use a layered approach to prevent the spread of COVID-19 and other airborne-spread diseases with the 5 Pillars: Masks, Air Quality, Distance, Testing, and Vaccination.
21. Do not forget to turn on your air purifier or CR-Box and/or air out spaces when able to.
22. Do not eat something that has fallen on the floor (even if it has been under 5 seconds!)
23. Do not forget to bring a back-up mask with you in case yours gets dirty, wet, or damaged.
24. Do not take the last of the toilet paper without replacing the roll!

25. Give yourself a pat on the back for keeping being COVID-aware!

5

Tips for hosting a COVID-Conscious Movie Theatre Group Event



Our friend's Still COVIDing group was able to put together a COVID-safe movie showing of *Wicked*. This is how they did it:

5 Tips for Organizing:

Tip 1: Find out the capacity of the theatre and book it for no more than half. In our case, the theatre held 50, so she booked a private showing for 25. The cost to rent was \$250, so \$10 per person.



Tip 2: She collected the money in advance and only pays (using collected funds) if enough money has been collected. Otherwise it gets cancelled, and the money gets returned. She books early or late showings before or after the theatre is open for regular business.

Tip 3: Explain set-up. Not only was the movie amazing, but the setup was great because there was no one directly next to each other. In fact, the theater had these wide wood blocks in the middle of each row, so families were able to separate on each side of the block.

We had no one behind us, a family a few seats down on our left, no one to our right (we were on end of aisle) and two folks in front of us. Plus, it was just us in the theatre and we went straight in, no previews just movie and out before they opened. Loved it!

Tip 4: Be clear on needs. We required masking (respirators including N95/KF94/KN95).



Some adults don't want to be around kids or little ones that can't mask yet, so be clear on your rules for that.



It was also awesome that we all agreed to no sing-along.

(I've heard regular showings have lots of singing loudly) so not only were we safer but could also enjoy the movie in peace.

Tip 5:

ENJOY THE
SHOW





How to host a Virtual Movie Night



One way to host a virtual movie night is to have your parent/guardian set up an invite using a private server on the platform Discord, and share it with your friends' parent/guardian(s). Discord is a free voice, video, and text chat app that's used by tens of millions of people, but minors must have a parent/guardian make the account, and have their approval/supervision to use. You can watch a movie together with others using the screen-sharing feature, while playing or streaming a movie onto your computer. Here is a guide for parents/guardians:

Steps for the Adults:

Step 1: Have an adult host the event. The host will need to check their internet browser settings, and make sure to "disable hardware acceleration".

Step 2: Both the host and viewers will need to install the Discord app, and create an account or log in. The host will need to create a private server, and navigate to an audiovisual channel within the server. Right click on it to copy invite link to share (notify other parents/guardians they will need their own account to log in and use that invite link).

Step 3: Have the host launch the movie in a separate window or tab using their streaming service, or the program used to play the movie.

Step 4: In Discord, the host will click the "Screen" button (at the bottom left near your username) to start screen sharing. Select the movie window or tab from the options presented, ensuring the audio sharing option is enabled, and start streaming. Tell viewers to click "watch stream".

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Important Notes:

Many countries, states, and jurisdictions have laws on children under 18 using apps and social media. Discord states only children 13 years and older can have their own accounts. Because laws vary across location and over time, it is important for all hosts/viewers to always get parent/guardian(s) permission before hosting and/or inviting minor friends to watch.

Make sure to check and adhere to copyright regulations of streaming services used.

The quality may vary depending on internet connection, speed, and device. If you have volume issues, have each person check their Discord audio output settings, ensure their computer volume is at an appropriate level, and (if applicable) adjust the video player's volume. Also have them mute mics while watching. Unmute after to discuss the movie together! (see next page)

Virtual Movie Night

Discussion Prompts



Part of the fun of watching a movie together is discussing it afterwards. Here are a few go-to prompts:

What did you like about it...

...What DIDN'T you like about it?

- **The writing:** Was it a good plot? Thought-provoking? Entertaining? What was one of your favorite parts, or lines? What was a part you did not like?
- **The characters:** Did you have a favorite? Or one you didn't like? Did the actors do a good job? Were they believable? Did the character change throughout the story (for better or worse?)
- **The accuracy:** Did it fit with a certain history, culture, or canon? Which parts were accurate, and which parts were not?
- **The emotions:** Did it make you laugh, cry, or get jump-scared? Did you feel inspired by any parts? Upset?
- **The lesson:** What were some of the lessons, themes, or morals? Do you feel changed by watching it?
- **Should there be a sequel or remake?** Or a video game or TV show based on it? If it was a sequel, series, or remake, how does it compare to the others?
- **Who would/wouldn't like this movie?**
- **What is your overall rating out of 5 stars?** ☆☆☆☆☆

Want to share your movie review with us and other readers? Send it to us at

WHN.global/KidsZone



New Year

Recipes

For Kids, By Kids



by Shea and
Tommy O'Neil,
Florida, USA

Magic Mix

Ingredients:

Magic:

2 tbsp butter
1/2 cup Sunbutter
(Sunflower seed butter)

Mix:

(Create your own!)

We use:

5 cups Rice Chex
1.5 cups Mini
Marshmallows
1 cup broken pretzel
sticks
1 cup Teddy Grahms
1 cup chocolate chips



Directions:

Note: This recipe requires adult help and supervision since it requires the use of the oven, hot pans, and hot ingredients.

1. First make the "mix". Combine all the mix ingredients together in a large mixing bowl. And mix!
2. Next make the "magic". With adult help and supervision, melt the butter in a saucepan on medium low heat. Then mix in the sunbutter until smooth, and heat for about a minute. Turn off heat, and carefully pour it onto the "mix". Stir it in so that the "magic" evenly coats the "mix".
3. Let cool for about 5 minutes. Then use tongs to spoon it into ziploc baggies. We put about a cup in each bag. It makes about 6 bags. Store in fridge. It makes a great holiday treat, and is also good to take on hikes for a quick energy snack, or to share with friends and family!

New Year



Recipes

Experimenting



Fruit Crumble

by Aspa



Ingredients:

Base

Pears or apples
Oat flour (or other kind
of flour)
Baking powder
Water
Cinnamon
Nutmeg
Chocolate powder

Toppings

Desiccated coconut
Honey
Sunflower seeds
Nuts (if you are not
allergic)

A Note From the Experimental Chef:

I've got a confession to make: I don't usually follow recipes and I don't measure ingredients or time! I cook by eye. I also try and eat as healthily as possible, and try to avoid refined sugar. I have heard that honey has some good properties, so I prefer to use that instead of refined sugar when I need something sweet. Think of this as an experimental recipe and try to see what works for you!

Keep an eye on what you are baking, make sure it doesn't burn!

Activities: How can you improve the recipe, so that it is yummiier but still healthy? Can you find any healthy but yummy recipes?

Directions:

Note: This recipe requires adult help and supervision since it requires the use of the oven, hot pans, and hot ingredients.

1. First, cut up the pears or apples.
2. Put them in a pan with a bit of water and boil them.
3. In a bowl put oat flour, baking powder, spices, and mix. (Or just have self-raising flour, just experiment!)
4. Put the pears or apples in and mix.
5. Put more flour if you need to.
6. In a baking container, put a little bit of olive oil on it so the mix doesn't stick.
7. Put the mix in.
8. Bake at 375 degrees F. Probably needs about half an hour. Keep an eye on it!
9. Take out of the oven, and cut a piece.
10. Put honey on it. Then put the sunflower seeds (and nuts if you are not allergic).
11. Enjoy it with some tea!



Lunar New Year

Paper Snake Craft



The Year of the Snake

Lunar New Year, also called Chinese New Year or the Spring Festival, starts on January 29th in 2025 and it lasts for 16 days. Celebrations are held in many places in East and Central Asia, each a little different.

In China it is considered the most important day of the year and includes a 7-day national holiday, with many celebrations, festivals, and cultural traditions. Similar to other New Year's traditions, Chinese New Year represents new life and fresh starts.

Did you know?

During the first dated Chinese New Year's Eve (475 – 221 BC), a ritual called "Big Nuo" was recorded being carried out, which was believed to expel illness.



There are many fun traditional ways to celebrate, such as wearing red, making paper crafts, and eating oranges!



The Chinese tradition also assigns one of the 12 Chinese Zodiac Animals, along with one of the five elements (Wood, Fire, Earth, Metal, and Water) to each new year. 2025 is the year of the:

Wood Snake!

The Snake is a symbol for wisdom and transformation, as well as personal growth and change.

Wood represents growth, flexibility and tolerance. And, because it nurtures fire, it is also believed to bring growth, vitality, and creativity!



The Year of the Snake Paper Chain Craft



Step 1: Cut your choice of colored paper into thin strips (about 1-2 inches thick, and 11 inches long).

Step 2: Form a loop with the first strip and use scotch tape to close it.

Step 3: Take the next strip and weave it through and tape it.

Step 4: Repeat until you reach the desired length.

Step 5: Draw eyes or add googly eyes to one end of the snake for its head.

Step 6: Cut out a tongue shape and attach it with tape for the mouth.

Step 7: Optional: Connect it to a stick to hold it.



Lunar New Year

COVID-Safe Celebrations

Our Lunar New Year

Lunar New Year is a significant holiday for many people. Like Thanksgiving and Christmas, people who celebrate it like to spend time with their loved ones during the first few days of lunar new year. Togetherness is an important element.

Many kids love lunar new year because they get to receive red envelopes,



which contain gift money, usually from their relatives. They can also enjoy many special yummy treats!



As a COVID-cautious family, we have celebrated it differently since the COVID-19 pandemic started.

We do video calls instead of in-person visits. We can still send traditional treats and gifts to our loved ones, instead of sharing food and exchanging gifts in a gathering.

One of the most popular greetings is kung-hei-fat-choi which can loosely translate into "congratulations to your wealth". Health is wealth. May we all have good health in 2025!

By Lily Lin



Kid-friendly Recipe: Longevity Noodles

Noodles are believed to bring the eater longevity — the longer the noodle, the longer the life! (Adult help required).

Steps:

1. Boil half-a-package of Chinese stir-fry noodles (spaghetti will also do the trick in a pinch) until al dente. Drain and set aside.
2. Heat up a batch of your child's favorite fresh veggies in a large pan or wok with a bit of oil. (We like sweet peppers, celery, garlic and green onion with a bit of kale tossed in.)
3. When the veggies are cooked but still crunchy, add in the noodles plus a bit of soy sauce mixed with a dash of rice vinegar and sugar and cook until blended thoroughly. Serve hot or cold.

Note: This recipe requires adult help and supervision since it requires the use of the stovetop and hot pans.



SCIENCE NEWS

Baby New Year Edition!



This month we give a special Baby New Year's focus on some of our littlest scientists: babies!

This month's questions:

- Are babies and young children at risk from COVID-19?
- Does playing with babies help their brain grow?
- What protections are available to babies?
- What is a HEPA baby buggy and how does it work?



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.

JANUARY BABY NEW YEAR

By Naomi Bar-Yam



Starting a new year makes me/us think about new babies. You were once a new baby, so were your parents, grandparents, and teachers. Maybe you have a younger sister or brother and you remember when they were new babies. You might even have a new baby brother or sister at home right now!



Here are some fun facts about babies and what they eat:

- Babies don't have any teeth when they are born, so they can't eat solid foods like cereal or candy, or even mashed potatoes. They can only drink.
- Most babies across the world drink their mothers' milk, usually directly from their moms' breasts. The more babies drink, the more milk their moms make for them. Cool, right?
- Mothers' milk is not just food to help the baby grow. It's also medicine to keep the baby healthy.

DID you
KNOW?



The tradition of using a baby as the symbol of a new year dates back thousands of years to Babylonian, Egyptian, and Ancient Greek times ([Britannica](#)). The baby was often portrayed in a basket (the top hat came later!)



A Layer of Protection for Babies

It takes time for babies to grow up - their bodies, brains and immune systems (the parts of our bodies that fight diseases) develop over time. That's why mom's milk has antibodies (immune protection) to fight sickness and to help babies grow their own strong immune systems. You are old enough to eat hamburgers and French fries and chocolate, and you can also fight many diseases on your own. Babies can't (yet).



Each mom's milk is different; it tastes different depending on what she eats. It also makes antibodies especially for the sicknesses that are in the place where the baby lives. How cool is that? This is super important with diseases like COVID-19, flu, and RSV.



Babies can't wear masks like you can. Although mom's milk may give them some protection, you can also help protect yourself and the babies in your life by wearing a mask when you are in school, or the store, or wherever you are. You can also wear a mask when you are visiting babies and other people whose immune systems aren't as strong as yours.

To parents:

Congratulations if you are or know a new mom. Babies' immune systems are immature, making it more difficult for them to fight viruses and infections. This makes breastfeeding an important pillar of protection for babies. With COVID-19 and other serious viruses all around us, online breastfeeding support is a way to protect the health and safety of mothers and babies.

While breastfeeding is “natural,” it is not always intuitive. Many new moms face breastfeeding challenges. Peer and professional support can make all the difference in helping you reach your breastfeeding goals, and helping your baby to develop a robust immune system.

Here are a few reliable US-based places to get online information, support and consultation.

- WIC – Women Infants and Children – a program of the US Department of Agriculture providing education and nutrition support for expectant parents, babies and children up to age 5, for low income families. Their information is available online to anyone. Support groups and consultation is also available online.
- ZipMilk is a clearing house website that provides a platform for individuals and businesses that serve the breastfeeding community to share information about their services. It is a searchable data base by zip code, what support you need, and whether online services are offered.
- Baby Cafés are free, drop-in, informal breastfeeding support groups offering ongoing professional lactation care and intervention. They have online support groups.
- La Leche League International – has online, and phone breastfeeding support.
- Each US State has a breastfeeding coalition with local breastfeeding supporters and resources.





Online Mom and Baby Nurse: Supporting New Parents and Growing Families Navigate Early Parenthood

By Maria Coronado



Imagine having a nurse at your house to ask all your questions about pregnancy and babies, but she is not there! That's what Maria Coronado does. She's a real nurse who helps new moms and dads care for their babies. But instead of visiting your home, she helps you online.



Having her first baby in 2020, right at the beginning of the COVID pandemic, was her motivation to create more opportunities to educate parents on topics that she saw were a challenge for her too.

Why Online?

- It's super convenient: Parents and babies don't have to leave their house! It is accessible and inclusive.
- It's flexible: Parents can talk to her whenever it works best.
- It's safe: Parents don't have to worry about airborne viruses.

What can she help with?

- Getting ready for baby: She can teach expecting parents about pregnancy and what to expect.
- Taking care of newborns: Parents learn to bathe, feed, change and soothe their baby.
- Breastfeeding: She can help families learn how to breastfeed and answer any questions.
- Feeding babies: She can help each family choose the best way for them to feed their baby, whether breast milk or formula.
- Helping babies sleep better: Maria can teach how to help babies sleep through the night and during naps and will support parents for weeks.

So, if you know a new parent who is feeling overwhelmed, Maria can help! She creates plans that fit each baby and parenting style. She is COVID-19-conscious personally and professionally, friendly, knowledgeable, and kind. She is always there to support and help parents feel confident caring for their baby and gently sleep training.

“I love meeting each new family I work with. Seeing parents grow confident in caring for their babies and babies who are content and loved is the best part of my job!”

–Maria Coronado, Registered Nurse, BSN

Website: maria-coronado.themamacoach.com

Playing with babies builds their brains



RESEARCHERS at the [Center on the Developing Child](#) at Harvard University found that playing simple games with babies and toddlers helps their brains develop, teaches them to focus their attention, strengthens their working memory, and helps them develop basic self-control. Our brains are built over time from the bottom up, starting at infancy, and continuing through adulthood. Playing games with babies can set them off to a great start! Many of these you may already know!

The researchers found games like "Peek-A-Boo" and "Patty Cake" (for 6 months), "Where Is It?" and "Baby See Baby Do" (for 9 months), "Matching and Sorting" and "Finger Games" (for 18 months), "Follow the Leader" and "Puzzles" (for ages 2-3 years), "Freeze Dance" and "I Spy" (for ages 4-7 years) and more, help develop sturdy brain architecture, the foundations of lifelong health, and the building blocks of resilience. Parents, siblings, and friends can play these types of games with babies and young children while remaining COVID-conscious. They work virtually and while masked.

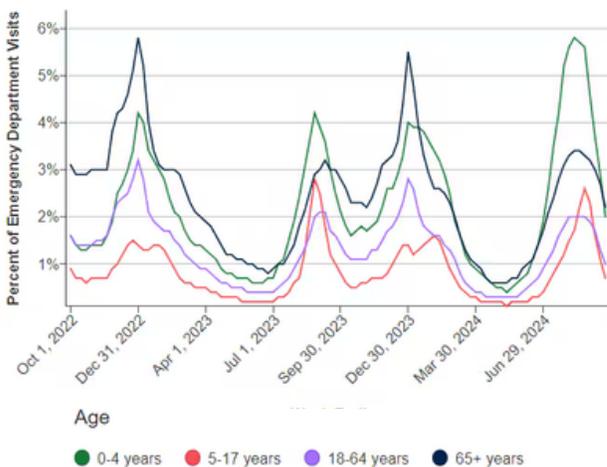
There are many supportive toys and videos that use these types of brain-building games in them, including Baby Einstein Old McDonald Had A Farm (available to watch for [free on YouTube](#)) that uses puppets and toys along with classical music to engage young children. Babies and children respond both in-person and virtually with others (see [free virtual Peek-A-Boo game](#) made by a pediatric Occupational Therapist). Keep playing!

Are babies and young children at risk from COVID-19?

by Shea O'Neil 

Infants younger than 6 months of age have higher hospitalization rates than any other pediatric age group (12.6 per 100,000), and this is comparable to the rates in adults ages 65 years and older. During the wave in August 2024, 5.8% of emergency department visits among children younger than 5 years of age were due to COVID-19. Numbers rise in the winter due to increased travel and exposures. On top of initial infection risks, babies, children, teens, and adults of all ages and health statuses are at risk of long COVID. For these reasons, avoiding infection and reinfections is important all times of year.

CDC, [Protecting infants and children from COVID-19-associated hospitalization \(2024\)](#).
[COVID-19 Associated Emergency Department Visits by Age](#)



COVID-19 presents a threat all times of year. Cases often peak after times of increased gathering indoors, such as around holidays, resulting in spikes in ER visits. Using precautions can help.

To protect young children, use [WHN's 5 pillars of protection](#): masking, social distance, testing, air quality, and vaccination. Because some children are too young to mask, or are still learning how to, it is especially important that those around them who can, do. Sheltering at home, virtual visits, enhancing air quality, vaccination when able, and avoiding unnecessary travel are other layers to help keep young children safe during the ongoing COVID-19 pandemic. Using many layers is recommended.

RIDING IN STYLE:

HEPA BABY BUGGY

A Stroller with a Twist!



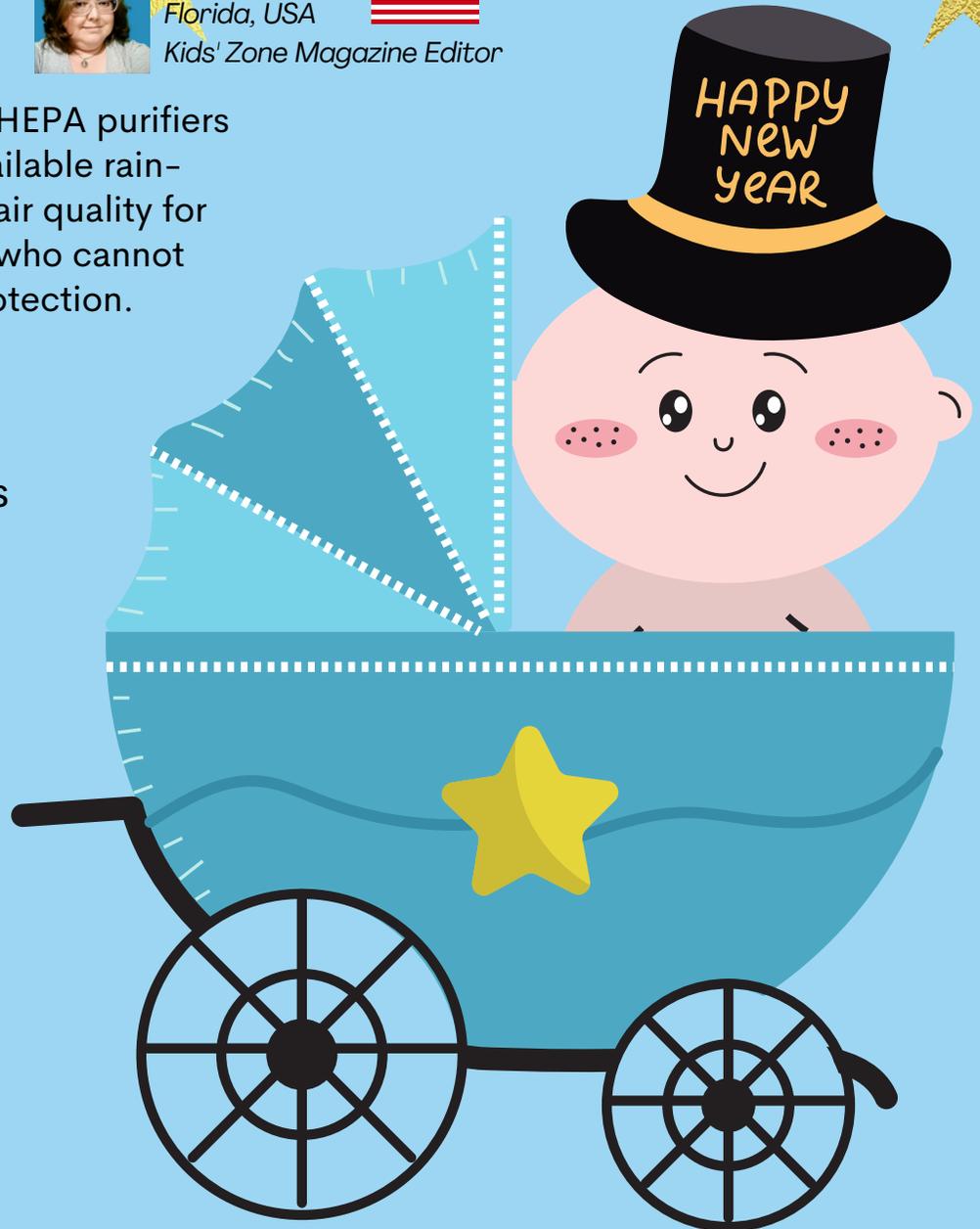
by Shea O'Neil,
Florida, USA
Kids' Zone Magazine Editor



HEPA buggies involve using HEPA purifiers underneath commercially available rain-covered strollers to improve air quality for babies and children under 2 who cannot wear a mask, as a layer of protection.

 Tongue twister: Can you say "Rubber baby buggy bumper" 5 times fast?

Rubber baby
buggy bumper,
Rubber baby
buggy bumper,
Rubber baggy...
Buddy...
bunkzer???.
ahhh!!!



... For more information on HEPA Baby Buggies, visit <https://whn.global/kids-HEPA-Baby-Buggy>

OUR SCHOOL

How do you
school?



This issue we
spotlight:

BIRD WATCHING



Birding is a very popular hobby among adults and kids because you can find birds everywhere, and it doesn't take a lot of equipment to pursue. Follow along with an experienced bird watcher to learn more!

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](https://www.whn.global/KidsZone)!
If under 18, ask your parent or guardian to enter your submission.

BIRD WATCHING

by Pamela Wang
Indiana, USA



Artwork by Grae Salisbury

You may have heard people talking about how much fun bird watching is. You may have seen pictures or heard descriptions about how beautiful birds are. Or you may have seen birds in the trees or heard them singing when you were outside, and wondered, 'What kind of bird is that?'

No matter which part of the US you live in, birds are there, in all seasons. In most parts of the country, different birds live there in different seasons, and bird watchers can watch the different birds come and go as the seasons change.

Birdwatching doesn't have to be an expensive hobby. All it really takes to get started is a comfortable pair of walking shoes. After that, you can decide what you would like to add: maybe a pair of inexpensive binoculars or a book about birds in your area, or maybe even a camera.

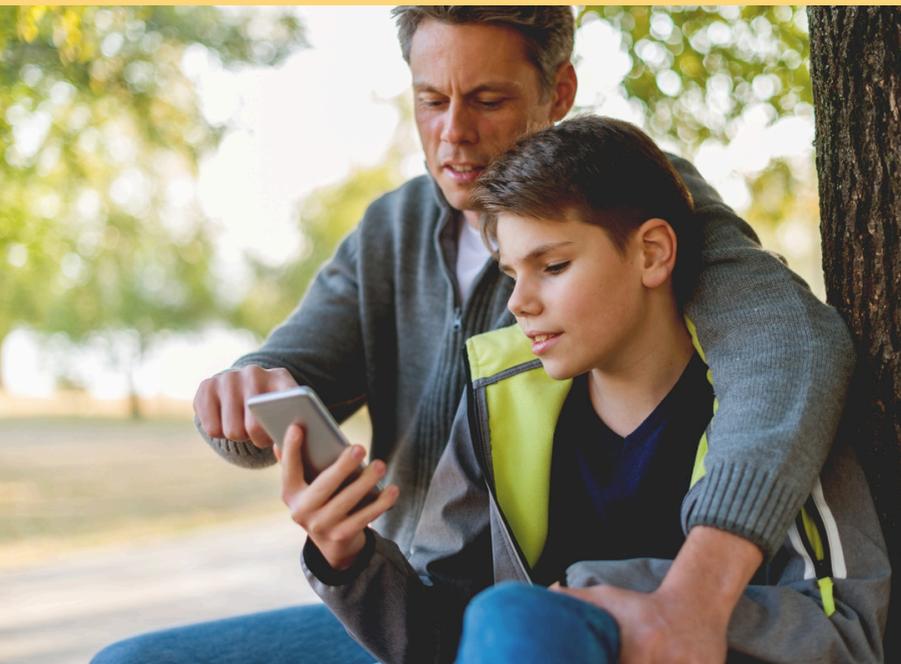


There are two main ways to see birds: you can go outside and look for them or you can bring them to you.

If you want to go looking for birds, the best way to find them is to join a group that is interested in bird watching (or birding, as it is also called) and go with them when they do their bird walks. The Audubon Society, the American Birding Association, or even your local park may organize free bird walks. Most of these are on the weekend and are specially meant for beginners.



If you prefer to walk on your own or with an adult, a beginning birdwatching book or a free birding app for smartphones called “Merlin” is essential.



You can also find out more about the birds in your area by looking on the internet. Try searching “backyard birds of [your state]” or “birds of [your state].” (Be careful when using the internet—it is always a good idea to do searches with an adult helping you.)

The other main way to see birds is to buy a bird feeder and bird food and get the birds to come to you. Birds are always looking for food and if you put the feeder within sight of the windows where you live, you should be able to see the birds easily. However, not all birds are attracted to a feeder, and while bird feeders and food are not expensive, they are also not free.



Whichever method you choose, it's important to get an adult in your life involved—they may need to help you and they may want to learn how to bird watch too!

Here are some pictures that I took either while on bird walks or at the bird feeders at my house in Indiana. Each picture has a little explanation of the birds you are seeing. Let's start with birds I saw on bird walks:



Photography by Pamela Wang

White pelicans taking off: White pelicans are very large birds that eat fish, so they live near water. In the spring, they fly to lakes in Northern Canada, where they lay their eggs and raise their babies.

When it starts to get cold in the fall, they fly to warmer areas, like the southern US, Mexico, and Central America. I see them in Indiana, but they usually don't live here. They are just stopping here to rest and feed on their way either to the north or south. When birds regularly fly between distant locations like that, it's called "migration."

2. This is a picture of a large woodpecker, known as a "pileated woodpecker." If you have ever seen the cartoon character "Woody Woodpecker," he was based on this bird.



Photography by Pamela Wang

Pileated woodpeckers have colorful red crests on the top of their head, which they can raise and lower, and long, strong beaks, which they use to pry insects (mostly ants) out of rotting wood. They also eat fruit and nuts. Sometimes they will come to bird feeders, as they are attracted by suet.



Photography by Pamela Wang

3. This is a picture of a large hawk, called a "red shouldered hawk." It lives in Indiana full time. Unlike smaller birds, hawks usually eat meat, not seeds or berries. They eat mostly small mammals, lizards, snakes, toads, frogs and crayfish. They also eat other birds.



Photography by Pamela Wang

4. This is a group of eastern bluebirds that have come to the birdbath during a snowstorm. There is a heater in the bottom of the birdbath that keeps the water from freezing, so this is one of the few places where birds can get water to drink during the days when the temperature is below freezing. The feeders attract large numbers of bluebirds in the winter because they can get not only water to drink, but also food from the nearby feeders.

5. This is a picture of an adult male bluebird (on the right), feeding its baby mealworms that it has gotten from a nearby feeder.

The baby is a "fledgling". It can fly and has just left the nest, but it doesn't know how to get food yet.

Photography by Pamela Wang



Its father and mother will continue to feed it for a week or two and show it how to hunt insects and how to get food from a feeder.

6. This is a picture of a very common bird, an American robin, eating a berry while sitting in a bush. The robin is a medium-sized bird that eats both fruit (like berries) as well as insects: you may have seen one hopping across a lawn, hunting for worms.



Photography by Pamela Wang



Photography by Pamela Wang

7. This is a picture of a barred owl. It is a large bird and unlike most other birds, is most active at dawn, dusk and during the night, usually sleeping during the day. Like other large birds, it is a meat eater. It eats small animals, as well as frogs, snakes, insects, fish, and, occasionally, birds.

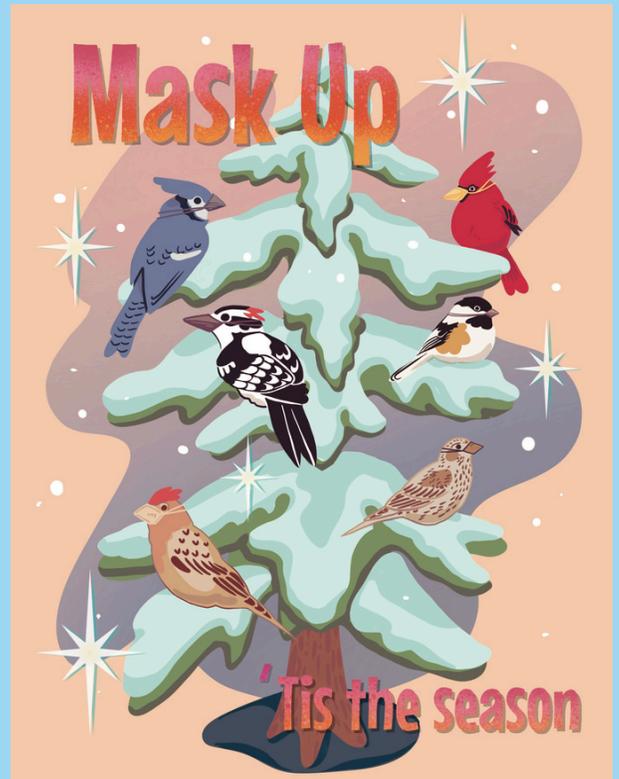
This owl had a nest in a dead tree across the street and it had come to the feeders to find something to feed its babies, since there are usually mice or voles on the ground eating the fallen birdseed. Here, it is perched on the metal hook that holds the bird feeders.

Safety Tips for Birding

by Shea O'Neil



Avian influenza (aka "bird flu" and H5N1) is now a persistent threat to avian (bird) and human (and other mammals) health worldwide. For this reason, the World Health Network recommends taking special precautions to stay safe while enjoying your hobby!



Artwork by Grae Salisbury



- Minimize direct contact with wild birds. For instance, do not feed out of your hand. If you see a sick, injured, or dead bird, do not touch it, and notify a trusted adult. Prevent pets from contact with wild birds as well, since they can also catch and spread avian influenza.
- If you are in very close contact with birds, wear protective equipment like masks, gloves, and protective eyewear.
- If cleaning or filling bird feeders or baths, wear protections (including masks, gloves, and protective eyewear), and take extra care like removing soiled shoes outside, washing hands, changing clothes, and showering.



REAL LIFE STORIES: WE MADE A SCHOOL

SAY YES, AND...

HOW ONE PERSON'S IDEA CAN GROW INTO A COMMUNITY

Submission by Lynne Morioka



A

bout one year after the COVID-19 pandemic started, Lynne Morioka's three-year-old daughter asked when she would get to go to "big kid school?"

Lynne didn't know how to answer that question. For a small kid with a high-risk medical condition and a mom who had one too, going to school in person wasn't a safe choice.

So, Lynne started doing some homework – researching how to start a school of her own. If her family wasn't able to go to school safely in person, other families must be facing the same problem, she thought.

She started asking people in groups online of people living in Minnesota with COVID-conscious guidelines if they would be interested in their kids attending a school where the kids learned outdoors as much as possible, and where masks were required for everyone when indoors. Many families answered, "YES!"

But Lynne knew it's not enough to have an idea and share that idea with others. In order to spark action, make changes and build community, you have to say, "Yes, and..." DO something to make it happen.

That's when the work really started.

Lynne took a class on how to start a school and did a lot of research into what families needed, how much money you need to start a school, what the mission of the school would be and much more.

As it turns out, it takes A LOT of work to start a school. There are laws to follow, forms to fill out, fees to pay, teachers to hire and you also need to find a place for this school!

START A SCHOOL, HOW AND WHY?

'Lynne's goal is to continue working hard to grow the COVID-safer community in Minnesota and support grown-ups and kids connecting in ways that are safer for everyone.'

It took one whole year, but Lynne found a place for the school – renting a building that had lots of space for kids to play outdoors, but also a classroom indoors for when the Minnesota winters got too cold. She opened a bank account for the school and did all the legal work to make it official and then she connected with all the families who said they were interested.

Then the [Hearts and Minds Learning Community \(HMLC\)](#) in Minneapolis, Minnesota opened.

During the first year, there were only a few students ages three to six for the mixed-age kindergarten class led by one teacher, Ms. Emily. But Lynne wanted even more kids to have the opportunity to experience fun and togetherness in a safer way, so she worked to create weeks of summer camp programs.

In the second school year, there were 12 students in the mixed-age kindergarten program, but the school was able to add a part-time program for kids ages six to nine if they were also homeschooled or in online school.

HMLC hosted summer camp again with dozens of kids ages three to 10 visiting from across Minnesota and even traveling from other states to spend one or more weeks of fun, meeting new friends and doing masked activities.

This year, HMLC has full-time, in-person masked school programs for kids ages three through nine and is working hard to grow to include a program for kids ages 10 through 12. But HMLC is not just a school and a summer camp. It's also a community.

As new families have enrolled in school and camp, they have found other ways to be involved. Some volunteer as class assistants and others have even started a Clean Air Club making Corsi-Rosenthal boxes and finding new and smart ways to clean the indoor air.

HMLC families have organized safer swimming, dance and sports lessons and are finding new ways to connect from Zoom and Facetime calls to masked movie days.



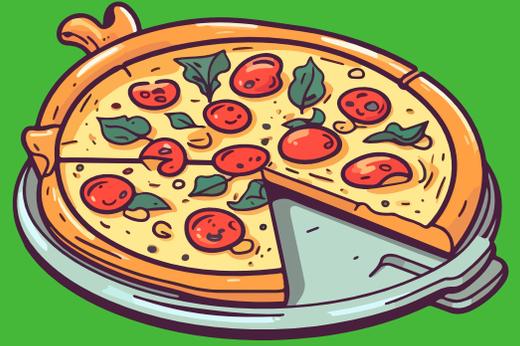
HMLC all started with one idea. But, often, when people have ideas, they don't always make it far. If you believe in your idea, say yes to it. But remember to say, "Yes, and..." because when you add action to an idea it can start as something small, but grow into something bigger and magnificent. It takes lots of hard work and dedication, but you can make magic with your idea too.

What ideas are you going to make happen starting today?

The Kid Who Wouldn't Try Pizza

A silly fill-in-the-blank story

by the Hearts and Minds Learning Community



Word Bank

- | | | |
|---------------------|--------------------------------|------------------------------|
| _____ (food) | _____ (color) | _____ (silly word) |
| _____ (food) | _____ (vehicle) | _____ (describing word/adj.) |
| _____ (food) | _____ (bug) | _____ (describing word/adj.) |
| _____ (verb/action) | _____ (something in the trash) | _____ (describing word/adj.) |

Fill in the words in the word bank and then add them into the story below.

There once was a kid who ate just about every food, but would NOT try pizza! "I will NOT try it!" said the kid. "I like _____ (food) , _____ (food) and _____ (food) , but I will never try pizza."



When offered a slice of pizza, the kid _____ (verb/action).

When asked why not pizza, the kid would always just say, "Pizza makes me turn _____ (color)."

One day, a pizza was delivered by someone driving a _____ (type of vehicle). But this was a pizza unlike any other. On top were _____ (type of bug), _____ (something in the trash), and _____ (silly word) cheese.



Suddenly, the kid WAS interested in pizza, very interested. That pizza smelled _____ (describing word/adjective). That pizza looked _____ (describing word/adjective). And _____ (silly noise), that kid took a bite and loved pizza forever after.

EXPLORATION COVID-CONSCIOUS CAREERS

This month we are highlighting COVID-conscious therapists. Therapists are types of mental health professionals that specialize in working with individuals, families, and/or groups of people to help them overcome struggles by using tools and practices involving thoughts, emotions, and communication.

AFFIRMATIONS

For the COVID conscious community

My voice matters

I get to set my own boundaries

It's okay to feel angry, scared or overwhelmed

I am protecting my family and my community

I'm doing my best under difficult circumstances

I can be present in this moment

I'm part of creating a better future

Oliviabelknaptherapy.com

COVID-conscious Therapy

Submission by Olivia Belknap, Therapist Associate

I'm a COVID conscious Marriage and Family Therapist Associate in California, and I love working with COVID conscious clients. My clients find me because they know I won't make negative judgments or assumptions about them because they continue to take COVID seriously. I've been running therapy support groups for COVID conscious people and I feel so happy to be able to create a safe space for people to share their feelings and express themselves with others who understand why they're still trying to avoid COVID.

AFFIRMATIONS

For COVID conscious kids!

I am not alone

I'm proud of who I am

My family loves and cares for me

It's okay to stand out or look different

It's okay to be sad or scared sometimes

I can do hard things

I am a health hero!

I am brave and strong

Oliviabelknaptherapy.com

Affirmations

I know how hard it can be to be one of the only ones you know still taking precautions, so I also created an affirmations series to help lift your spirits when you're feeling low or remind yourself that what you're doing matters. If you're a kid who is still masking, I think you're awesome! You're doing a good thing by protecting yourself and the health of your friends, family and community. It's okay to feel sad, or lonely if you're the only kid masking in your class, but I want to let you know that you're not alone and lots of people are supporting you from afar.

Helpful handouts

I've also created one page handouts like, "Why Your Patient is COVID Cautious", "the Long COVID Info Sheet", and "COVID Safety Isn't an Anxiety Disorder" to give to health care providers or loved ones to help explain why you're taking precautions and why it's important.

Why Your Patient is Covid Cautious:

A guide for healthcare workers with patients who request Covid precautions



Covid safety in the healthcare system

- As a healthcare worker, the safety and well-being of your patients is likely very important to you.
- The healthcare facility you work for may no longer require Covid safety measures, like universal masking or testing.
- When healthcare facilities don't implement Covid-safe policies, patients are more likely to avoid accessing care, leading to worse health outcomes.
- When healthcare providers adopt Covid-safe practices, it makes healthcare more accessible and helps patients feel safer in their provider's care.
- Many patients have ongoing concerns about contracting Covid while accessing healthcare services. Many of these patients already have long Covid, are considered high risk, or have high risk family members.
- The mortality rate of nosocomial COVID-19 is nearly 10%, with some studies showing higher rates (Kim et al., 2023).
- Long COVID and associated conditions (LCA/C) can qualify as a disability under the ADA/Section 504, entitling patients to accommodations.

What we know about Covid & Long Covid

- 75.4% of U.S. adults had at least one increased-risk condition, 40.3% had at least two, 18.5% had three or more conditions (Ajulu et al., 2021).
- CDC defines high-risk populations: "racial and ethnic minority groups," pregnant people, infants, age 65+, developmental disabilities, mood disorders, diabetes, asthma, autoimmune diseases, & more
- CDC says: symptoms can last weeks, months, years or be lifelong
- American Medical Association: at least 20-30% of patients will develop Long Covid
- 200+ potential symptoms, across all organ systems
- Risk increases with each infection (Bowe et al., 2022).
- 70% of individuals with long Covid exhibited evidence of damage to at least one organ (Li et al., 2023).
- Covid is airborne, and can have in the air for multiple hours.

How you can support Covid cautious patients

- Patients have valid reasons to want to avoid Covid infections, and asking providers for safety precautions can feel scary for patients. Empathizing with patients' concerns can help them feel safer with you.
- You can support patients by: wearing an N95 mask, adding air filters to help clean the air of viruses, opening windows for ventilation, offering them first appointment of the day and permit waiting outside before appointments (Bonus: lots of these measures keep you safer too)
- Advocate for increasing Covid safety measures in your workplace.
- Learn more about Long Covid and share information with your colleagues.

Created by Olivia Belknap, M.S.
All sources linked in QR code

LONG COVID INFO SHEET

75.4% of U.S. adults had at least one increased-risk condition, 40.3% ≥ 2 & 18.5% ≥ 3 conditions (Ajulu et al., 2021).

CDC defines high risk: "racial and ethnic minority groups", pregnant people, infants, age 65+, developmental disabilities, mood disorders, diabetes, asthma, autoimmune diseases, & more

- CDC: symptoms can last weeks, months, years or be lifelong.

American Medical association: 20-30% will develop long Covid

- 200+ potential symptoms

Risk increases with each infection (Bowe et al., 2022).

70% of individuals with long COVID exhibited evidence of damage to at least one organ (Li et al., 2023).

Many LC patients meet criteria for ME/CFS (Jason & Dorn, 2022).

Children are impacted at similar rates to adults

Multiple potential pathogenic pathways



Created by Olivia Belknap, M.S.
All sources linked in QR code

POTENTIAL SYMPTOMS

- Brain:** memory loss, concentration problems, dizziness/balance issues, autonomic dysfunction, depression, anxiety, increased suicidality, PTSD, psychosis, stroke, sleep issues, tinnitus, increased risk of neurodegenerative diseases
- Gastrointestinal:** GI disorders (IBS, IBD), constipation, loss of appetite, new food sensitivities, abdominal pain & heartburn
- Respiratory:** cough, breathing difficulty, hypoxia, chest burning, pulmonary embolisms
- Cardiac:** myocarditis, tachycardia, atrial fibrillation, micro-clots, inflammation, arrhythmias, heart attack
- Reproductive:** menstrual changes, clotting, worsened PMS, miscarriage, stillbirth, erectile dysfunction, decreased sperm count, fertility issues
- Immune systems:** immune dysregulation, increased susceptibility to fungal/bacterial infections, lymphopenia
- Musculoskeletal:** musculoskeletal & joint pain, loss of muscle tissue & decreased skeletal muscle mass
- Other:** Fatigue, weakness, seizures, POTS, paresthesia, loss of vision/hearing/smell/taste, kidney problems, swelling legs/feet, rashes, hair loss, liver damage, autoimmune diseases, inflammation, pancreatic problems & more

Covid Safety Isn't an Anxiety Disorder:

Why Health Care Professionals should avoid pathologizing Covid precautions



What we know about fear & anxiety

- In the DSM-5 TR, Criteria D for a diagnosis of "Specific Phobia" states "the fear or anxiety is out of proportion to the actual danger posed by the specific object or situation and to the sociocultural context."
- We know that "anxiety and fear responses are necessary components of adaptive behavior" (Ahmari et al., 2009).
- So what about those who have fears about Covid?

What we know about Covid & Long Covid

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- CDC defines high-risk populations: "racial and ethnic minority groups," pregnant people, infants, age 65+, developmental disabilities, mood disorders, diabetes, asthma, autoimmune diseases, & more
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- 200+ potential symptoms, across all organ systems
- Risk increases with each infection (Bowe et al., 2022).
- 70% of individuals with long COVID exhibited evidence of damage to at least one organ (Li et al., 2023).
- Covid is still a novel virus, and while we know a lot about the harm it can cause, there are likely many health problems that may take years to come to light, much like HIV and AIDS.

Putting it all together

- With all that we know about Covid, the harm it can cause, and the potential for many negative long term health outcomes, it is very reasonable to take steps to avoid infection. The best way to prevent long Covid is to prevent infection in the first place.
- Taking safety precautions like wearings masks, avoiding large gatherings, and limiting time in indoor spaces are all rational choices that are proportional to the dangers of a Covid infection.
- We would never deter someone from wearing their seatbelt or helmet, applying sunscreen, or using condoms. Covid safety measures are no different than these other precautions many of us use on a daily basis.
- You can help support patients by wearing an N95 mask, and adding air filters to help clean the air of viruses. (Bonus: these measures keep you safer too!)



Created by Olivia Belknap, M.S.

My advice for dealing with mask bullies

First of all, I would suggest telling a trusted adult about what's been happening so they can help advocate for you. Bullying is never okay, especially when it comes to things we do to protect our health and safety. I would tell kids that are being bullied or teased for wearing masks that I'm proud of them for doing the right thing, even when it's really hard, and that lots of other people are proud of them too. Doing what's best for you, even in the face of peer pressure shows that you're a very strong person, which is an impressive trait to have. You're being a leader by protecting yourself and your community. If you can, it can be great to connect with other people who are still masking to help you feel less alone.

POETRY JAM

TODAY'S JAM:
FOR DAYS GONE BY

by Aspa



Artwork by Grae Salisbury

MODIFY A POEM BY BURNS

"Burns Night", also known as "Burns Supper", is celebrated in Scotland on the 25th of January to honor the renowned poet Robert Burns, as well as to celebrate Scotland's enduring legacy of creativity.

Can you change the words of one of Burns' poems?

Robert Burns

1759 -1796

Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne!

Chorus:

For auld lang syne, my dear,
For auld lang syne.
We'll tak a cup o' kindness yet,
For auld lang syne.

(The rest of the poem is [here](#))



Search: what are the words 'auld lang syne' mean?
Check out this [youtube video](#)!

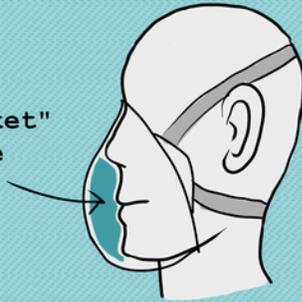
Submit your poetry to us at [WHN.global/KidsZone](https://www.whn.global/KidsZone) for a chance to be featured!

MASK POCKET COMIC

BY MELISSA SMALLWOOD, AGE 31

LIFEHACK ALERT!

The N95 mask contains a "pocket" between the face and the mask.



This pocket contains "clean filtered air" for "breathing".

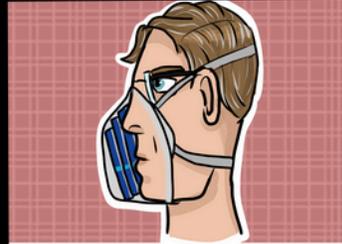
The pocket can store other things as well!!!



Parking Fare



M&Ms



Business Cards



Toy Robot



A Bee



Baked Beans



A Bad Attitude



Victorian Ghost



Neutron Star Material (10 M Tons)

Submit your comics to us at 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!

