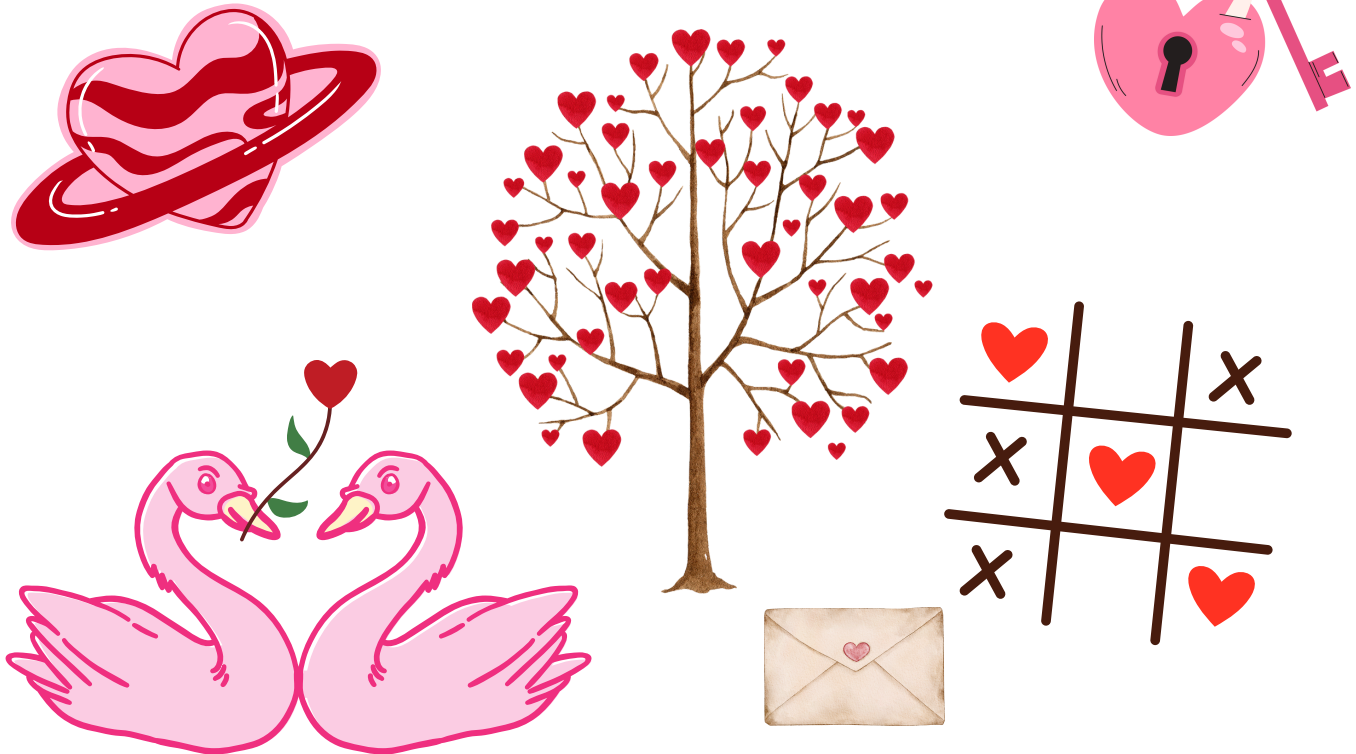


WORLD HEALTH NETWORK

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE



VALENTINE'S EDITION

VALENTINE'S DAY X'S AND O'S

PANCAKE DAY SWEET AND
SAVORY RECIPES

BLACK HISTORY MONTH
SCIENTISTS AND READING LIST

STILL COVIDING RAMADAN

GAMES, POEMS, DANCE
MOVES, GARDENS

... AND MORE INSIDE!



EXPLORE | SHARE | CONNECT



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

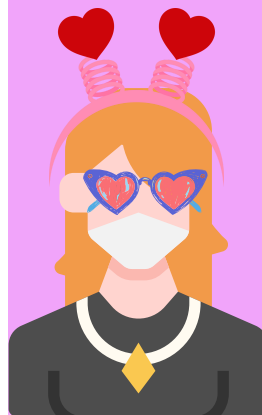
Synonyms: COVID-cautious, COVID-aware, COVID-informed, Still COVIDing, COVID-safe, COVIDing-inclusive

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



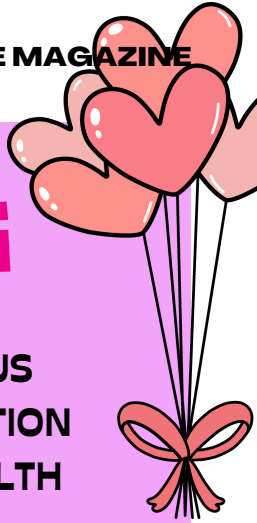
= ARTICLES WRITTEN IN US-ENGLISH



= ARTICLES WRITTEN IN UK-ENGLISH

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VALENTINES X'S AND O'S

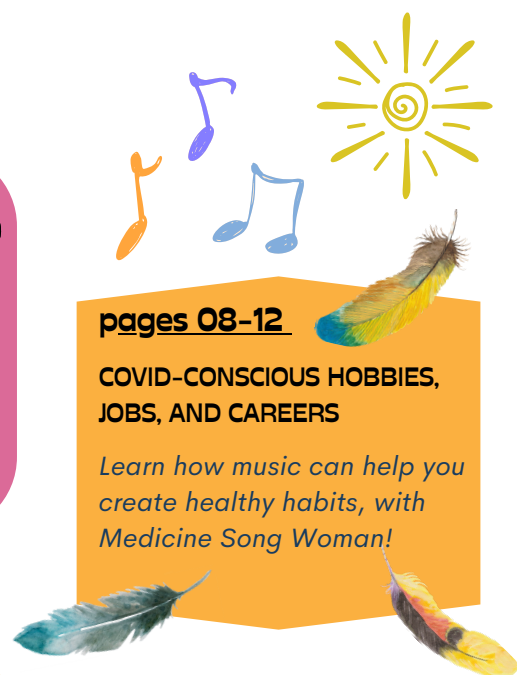
Join us in celebrating this Valentine's season COVID-consciously. Includes directions on how to play Ultimate Tic-Tac-Toe!



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COVID-CONSCIOUS HOBBIES, JOBS, AND CAREERS

Learn how music can help you create healthy habits, with Medicine Song Woman!



pages 15-16

SCIENCE NEWS

COVID and the Heart

and a starry discovery!



pages 13-14

SHROVE TUESDAY SWEET AND SAVORY PANCAKE RECIPES



I LOVE YOU
**BEYOND
MEASURE**



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RAMADAN

Learn more about this holiday and how to make it COVID-safe!



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OUR SCHOOL: CELEBRATING BLACK HISTORY MONTH

Learn about African-American scientists, medics, and more!



pages 28-29
FINAGLING FUN

Dancing at the Royal Garden Light Show



pages 24-27

POETRY JAM

Collective poetry: COVID Rollercoaster, and A Love Poem to Your Mask



COMIC: A MASK DOES NOT WORK WELL AS...

page 30

The Month Ahead

LOVE is in the air – but so is football, the Oscars and more! Here are some of the events we are most excited about in the next four weeks.

ALL MONTH:

LGBT+ HISTORY MONTH (UK)

BLACK HISTORY MONTH (US, CAN)



2 FEBRUARY
GROUNDHOG DAY (USA ONLY)

8 FEBRUARY
NATIONAL KITE FLYING DAY (USA)

9 FEBRUARY
NFL SUPER BOWL LIX [59]

11 FEBRUARY
INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE

14 FEBRUARY - VALENTINE'S DAY

28 FEBRUARY - RAMADAN BEGINS

28 FEBRUARY - WHN GAME NIGHT ON ZOOM AT 5:30PM ET



MARCH IS INTERNATIONAL LONG COVID AWARENESS MONTH

2 MARCH - OSCARS CEREMONY

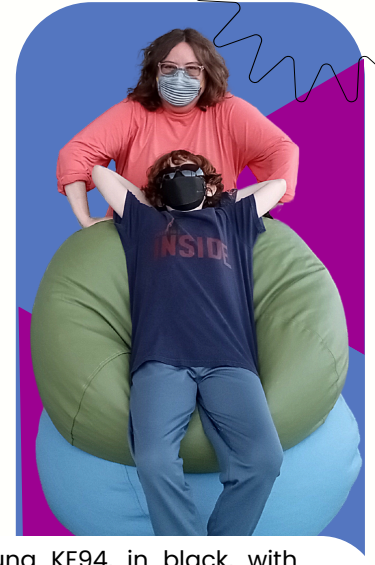
**4 MARCH - SHROVE TUESDAY/
PANCAKE DAY**

**15 MARCH - LONG COVID
AWARENESS DAY**



Valentine's X's and O's

Awareness of COVID-19 does not occur solely in the science, research, and medical fields. It also intertwines in the way we connect with others. Valentine's Day is a day all about connections and celebrating the many forms of love: self-love, friendship, parent-child love, romance, partnership, marriage, and community care (to name a few). Finding unique ways to show and express our love to others is one of the best parts of this special day.



Tommy is wearing Bluna KF94, in black, with added nose foam inserts; Shea is wearing Moldex Airwave 4800, in grey (size M/L).

Weaving COVID-caution into Valentine's Day may take us away from some conventions, like attending crowded dances unmasked (I call these "X's"). But they also invite us to find "O's" — authentic gestures that keep ourselves and our cherished friends, families, significant others, and communities free from a harmful virus, and having a good time. Join us as we share ways to play, cook, dance, and find romance, in this Valentine's Day Edition of Kids' Zone magazine!



**Written by Shea
and Tommy O'Neil**



Ultimate XO Tic-Tac-Toe

Check out this fun, new take on the classic XO game: Ultimate Tic-Tac-Toe! You have 9 smaller Tic-Tac-Toe boards inside one big board. It is a 2 player game, one player is "X" and the other is "O". When you win a small board by getting 3 in a row, write your mark really big over that grid block. When you get 3 large board blocks in a row, you win! But there is a special way to take turns:

Step 1: "X" goes first. Start by playing X on any small square in any grid on the large board.

- The square you pick tells the next player which grid in the large board they must play on next.
Example: If "X" picks the middle square on a small board, "O" must make their next play on the center grid in the big board.

Step 2: "O" now chooses any small square in the designated grid board, and marks it with an O.

- Example: "O" chooses the bottom right square. "X" will now have to play their next move in the bottom right grid in the big board.*

Step 3: Continue this pattern of playing. If you get 3 in a row on a little board, it closes, and you put your letter over that entire grid block on the large board. Put a "C" for any tied grids.

Note: If the grid board you're sent to is already closed, you can pick any open square in any grid on the large board that you want.

The Game Ends When...

- Someone gets 3 big boards in a row (up, down, or diagonal).
- Or, if all the boards are full and no one has 3 big boards in a row, it's a tie!

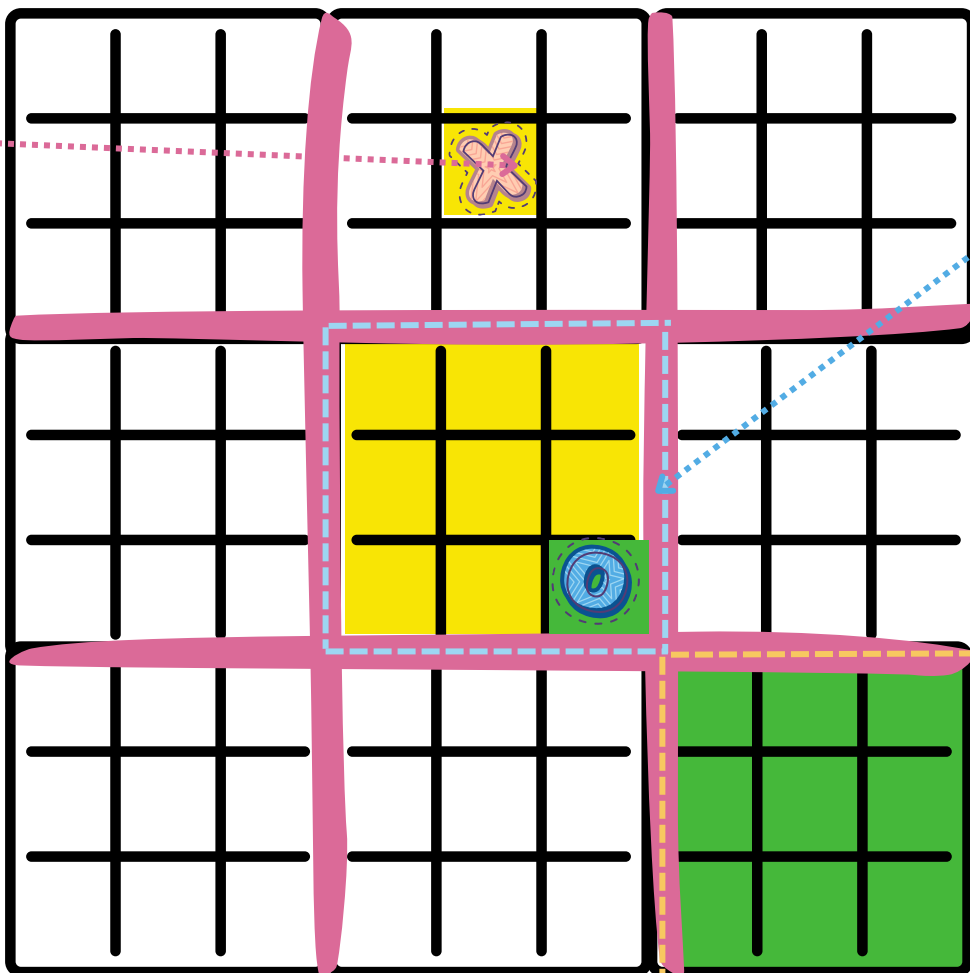
Step 1: "X" can play in any square.



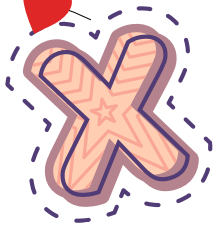
Step 2: "O" must play in the grid that matches "X's" last play position.

XOXO

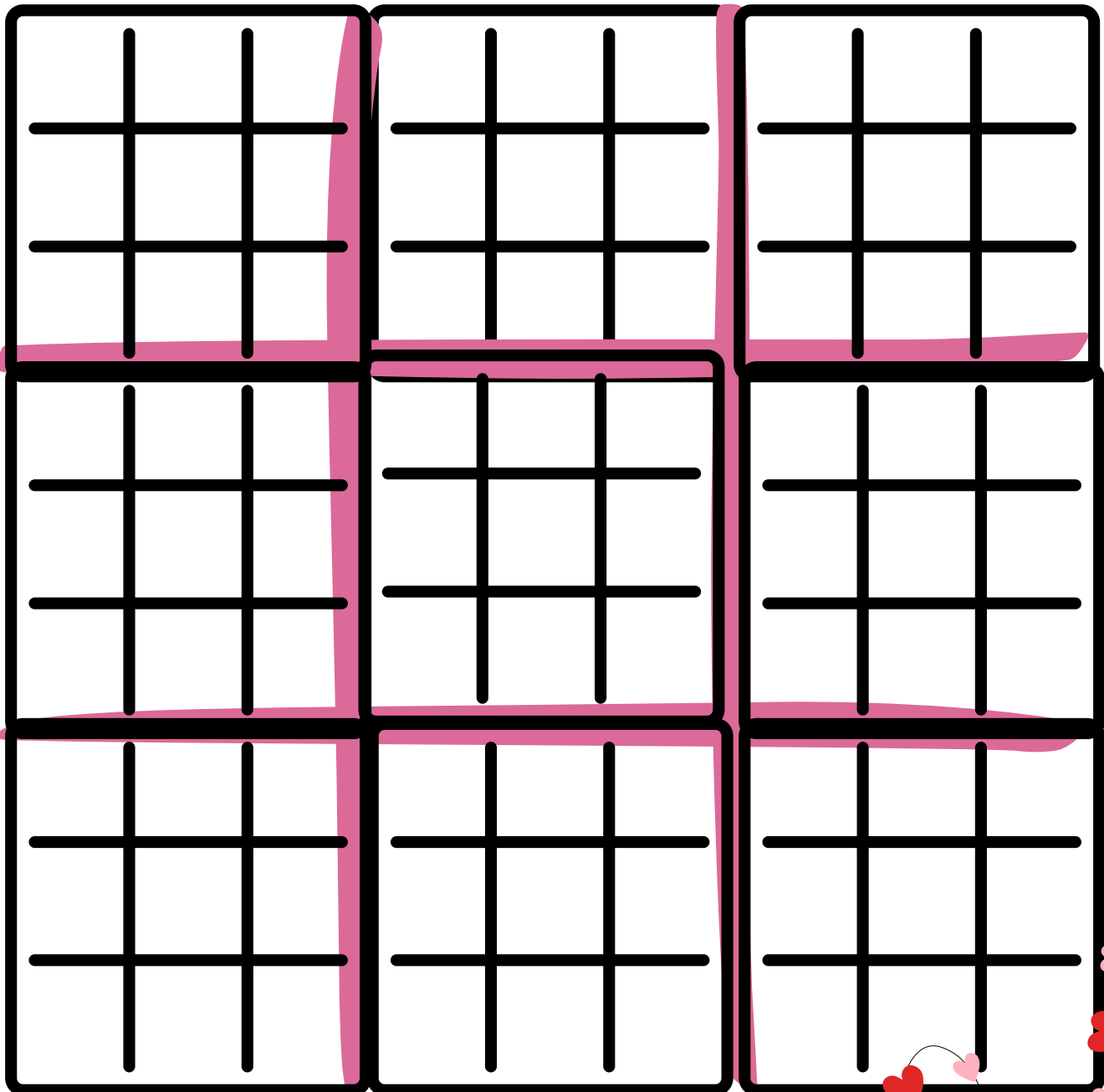
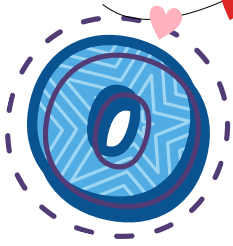
Step 3: "X" must now play in this grid based on "O's" last play. And so on...



Ultimate XO Tic-Tac-Toe



Play board for printing or you can draw your own!
Game instructions are on the previous page.





Brenda performing in her V-flex N95 mask.

COVID- Conscious Jobs, Hobbies, and Careers

Hear the story of how Brenda MacIntyre, also known as Medicine Song Woman, uses music to overcome challenges and develop healthy habits, while remaining COVID-conscious in her professional music and wellness career.

Brenda is a COVID-conscious trauma-informed personal mentor, singer, and speaker living with Long COVID and other disabilities. She delivers virtual workshops and keynotes for organizations, classrooms and COVID-conscious women and families.

Health and Wellness Disclaimer

Brenda MacIntyre is not a medically licensed physician. The suggestions and recommendations made by her in this article are not a substitute for medical attention. If you think you may be experiencing a mental or physical health condition, please talk to an adult about seeking medical support.

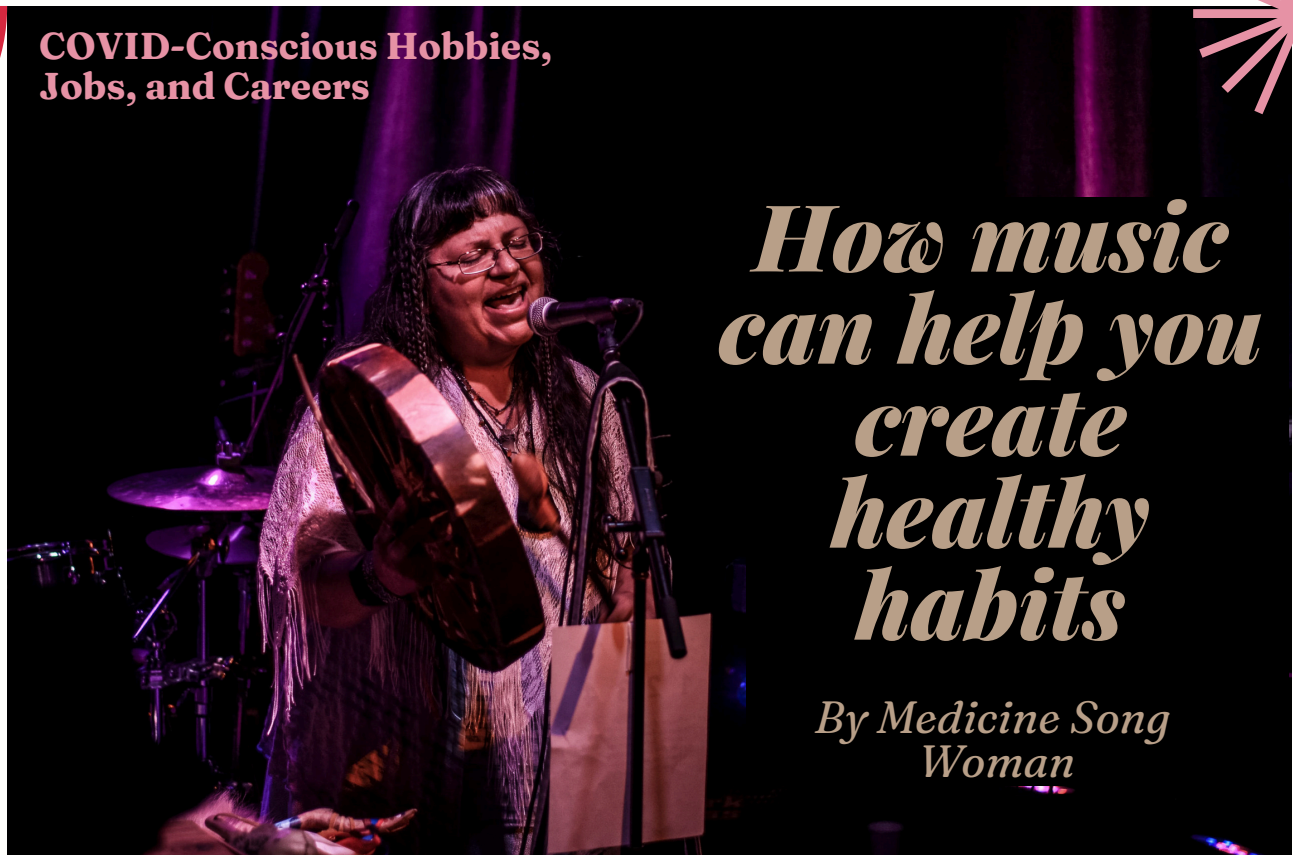
Brenda is also known by her Indigenous name Medicine Song Woman. Adopted at birth, she has Cree/Ojibwe ancestry with Red River roots through her biological father, and settler ancestry through both parents.

Surviving the sudden, unexpected losses of her adoptive parents and her son led Brenda to use her original music and bodies of work to help women who live with grief and trauma.

For over 20 years, Brenda's mentoring, music, practices and teachings have been helping people to power up their natural gifts and creative expression to improve their lives and the lives of others.

Learn more about how music can help you create healthy habits on the next pages, in an article by Medicine Song Woman, Brenda MacIntyre.

COVID-Conscious Hobbies, Jobs, and Careers



How music can help you create healthy habits

*By Medicine Song
Woman*

Photo: Medicine Song Woman, Brenda MacIntyre, performing September 13th, 2019 at Picking Up the Pieces CD launch party.

Music is full of patterns and so are we. We're like walking music boxes without even realizing it.



Did you know that music can help you create and maintain healthy habits?

Even if you are experiencing grief, trauma or sudden, unexpected life transitions, you can use music to help you get some relief while you sneak in and maintain healthy habits. How?

Our brains love and seek out familiar patterns. Music brings us patterns that interact with our own human patterns.

Here are some of the patterns in music and how they interact with some of the patterns of our bodies and our lives, to help us create and maintain healthy habits.

Rhythm



Music can affect your human rhythms, like your heartbeat, breaths per minute, walking gait, Circadian rhythms and even your daily routines. Why do you think guided meditations set to relaxing music can work so well to calm you down and get you to sleep?

Want to calm your nerves while maintaining a new habit? Listen to music that has a slower beat than your heartbeat, or slower than your anger.

Want to feel more energized or maybe your new habit has to do with movement? Listen to music that makes you want to tap your foot or get up and move.

Rhyme



You want to remember your new habit? Make a little affirmation or reminder song, or pick a song with lyrics about whatever habit you're focusing on. Sing along! Or just say the words out loud to yourself. One of my clients was able to change her life and she swore by just singing one of my songs and playing it over and over.

"Be Here Now" is one of the lyrics and it's the title of the song she used. You might just find some new or old favourite music if you go hunting for appropriate rhyming lyrics to help you.

Repetition



Of course, in order to form and maintain a habit, you need to practice it. That takes repetition. Music repeats itself in many ways, often including a chorus, so if you pick the right song, you will have the best "earworm" of all: music that keeps on reminding you to stick to your new habit!

Here's a lovely example of using repetition in music to help yourself develop a new habit: If you want to "fix your sleep," as my daughter calls it, try waking up to **Bob Marley's "3 Little Birds,"** or even better, make it your alarm.

"Rise up this morning, smile at the rising sun" and "every little thing is gonna be all right" could be your earworm for the whole day.

Now your brain is rewiring itself to get up early and also to trust that it will be okay. Much better than repeating old habits by default, right? Create your own body memory defaults.

"It can feel so hard when you don't know what to do, but you can be that space for the power to come through!"

—Lyrics from Everything I Need Lyric Video by Medicine Song Woman



Melody

The melody is the core of any song. It's what makes you want to sing along (or not). Indigenous hand drum songs are like one big chorus on repeat. While not all Indigenous hand drum songs have words, most have a melody that is repeated, usually 4 or 7 times.

Think of one of your favourite songs of any genre right now and see if you can sing or hum the melody. I'll bet you've got it but if you haven't, go listen to it! Sing along! The melody carries the song. Without it, there is no song. The melody keeps us listening because again, it repeats. It also takes us on a musical and emotional journey.

My song **"Medicine Song"** starts off in the past with me dealing with grief but by the end of the song, there is a sense of peace. Why? The medicine that helped me most with my grief after losing my dad was my medicine songs.



Harmony

If some part of a song is off key, how does it feel in your body? How does your body respond? We are wired to recognize **harmony**, as well as **dissonance**. Unfortunately, your brain might look at your “comfort zone” and your old habits as harmony, and treat your new healthier habits as dissonance because remember, the brain loves its familiar patterns.

We are living through a time of a lot of **cognitive dissonance** and disharmony worldwide, in service to the economy over people. **Colonization** has taken not only Indigenous peoples but everyone out of harmony and forced us to live in a song full of dissonance for hundreds of years. It's why we crave comfort. We've been sold a lie and now that the lie is falling apart and our planet is struggling along with us, we need to get back to being in harmony with the parts of ourselves, each other, and Mother Earth.



No matter your background, we need to find our own sources of harmony within and around us, or healthy habits will be broken far too easily, while unhealthy habits can have free reign and take over.

Kids' Zone Glossary of Terms

harmony: a combination of tones that are pleasing to the ear ([The Open University](#)).

dissonance: a combination of tones that are harsh and unpleasant ([The Open University](#)).

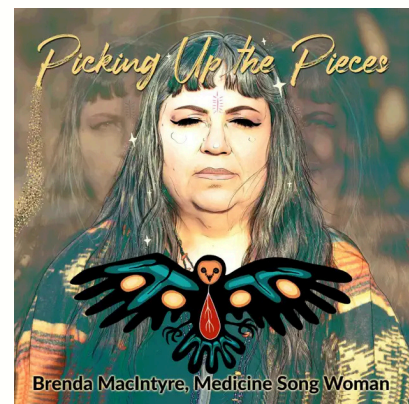
cognitive dissonance: a term for the state of discomfort felt when two or more modes of thought contradict each other ([Psychology Today](#)).

colonization: a process by which a central system of power (often a country) dominates the surrounding land, establishing control over its resources and people, often imposing its culture, language, and economic systems on them ([Fiveable, 2025](#)).

When you're in harmony with yourself, you're going to feel aligned. If you're grieving or in pain, it's almost like the part(s) of you feeling the pain are experiencing dissonance. They are out of harmony with the rest of the body. What if that new healthy habit is simply a cool new harmony to help your body remember its song?



After I found out my son had died, I couldn't do anything at all except sit through the shock and waves of grief. To get myself out of the shock, I tried doing things I loved, but the one thing that worked to bring me out of the shock and back to my body was listening to music. I put on some of my favourite music and my body responded. Maybe that's why I made a whole album for grief called Picking Up the Pieces after losing my son.



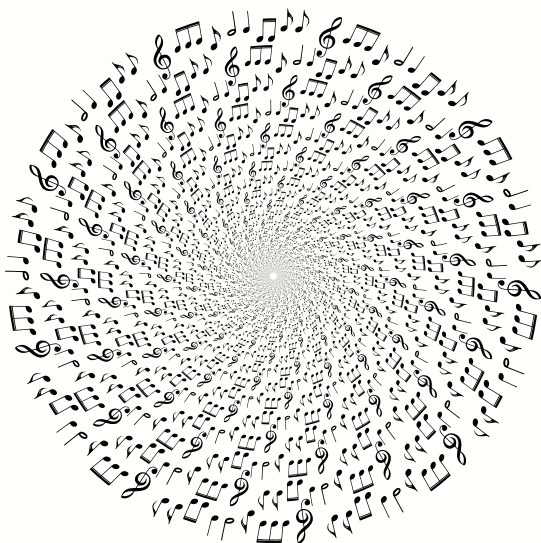
Brain Hack for Resistance

Passively listening to music is still helpful, as it can change your energy very quickly and easily, but if you pair music with mindfulness practices, you will have far better results. Guess what? Singing, dancing, saying rhymes, moving your body to music, or even actively listening to a song – these are all mindfulness practices!

That's why music is so awesome. You can bypass the parts of your brain that like to talk you out of new things and get you back in your (dis)comfort zone.

Your brain is in love with (and full of) patterns. Music is chock full of patterns and if you give your brain a favourite song that resonates with it and with you, it's going to let you sing, hum or dance along, even if the words are about your new habit.

Meanwhile, your brain will literally rewire itself to include that new habit as long as you keep playing that song until you “get it”.



Once your body responds to this new harmony/habit, your brain will accept it (because it feels good and safe) and your body memory will remember it for you. You just have to keep playing that song along with whatever mindfulness practice works for you.

Developing new habits means rewiring the brain and body and your connection to both. Music is loaded with elements that help you to do exactly that.

All right, enough reading, now go put on some music and sing!



You can book Brenda and find her music and events here: <https://medicinesongwoman.com/insta-resources> and view her blog here: <https://medicinesongwoman.com/blog>

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



Recipes



Shrove Tuesday Pancakes

Ingredients:

Makes about 18 pancakes

220g/8oz plain flour
4 eggs

A pinch of salt

400ml/14fl oz milk mixed with

150ml/6fl oz water

100g/4oz butter

Shrove Tuesday, also known as Pancake Day, is the last day before Lent. This year it's on the **4th of March**. It's celebrated by Christians and non-Christians alike, and the way it's celebrated is easy: making and eating lots of delicious pancakes! Here's a simple recipe for making the pancake batter, which you can then fill or top with both savoury and sweet foods. These pancakes are wide and thin, not small and fluffy like the traditional American pancakes.



= Happy =
Pancake
Day!

Directions:

Note: This recipe requires adult help and supervision since it requires the use of a hot frying pan.

1. Use a sieve to sift the flour and salt into a large mixing bowl.
2. Make a well in the centre of the heap of flour and put the eggs into it.
3. Whisk the eggs and flour together.
4. Once they're mixed, slowly add the milk and water mixture, while whisking.
5. Keep whisking until the batter is smooth and without any lumps.
6. Melt half the butter in a medium-sized frying pan (about 18cm/7in). You'll always need some melted butter in the pan before adding your pancake batter.
7. Using a ladle or large spoon, pour around 2 tablespoons of batter into the pan. Move the pan around so the batter fills it completely in a thin layer.
8. Turn the heat down to medium. After about a minute, flip the pancake to cook the other side. You can either use a spatula or 'toss' the pancake in the air – but be careful to make sure it lands in the pan!
9. Once both sides are golden, tip the pancake onto a plate. Cover them in foil to keep them hot. See the next page for toppings/filling ideas!

Recipes

Shrove Tuesday Pancakes

Toppings/fillings:

You can really go wild with your imagination as most things go well with a pancake, but here are some ideas!

Savoury

Cheese (any type)
Ham
Mushrooms
Bacon
Cooked chicken
Tomato
Sweetcorn
Grilled vegetables

Sweet

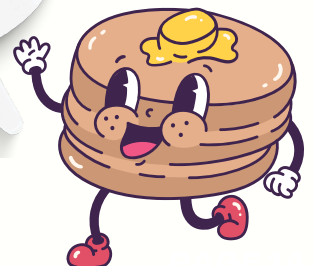
Sugar + lemon juice
Chocolate sauce
Maple syrup
Fruit jam (jelly)
Hazelnut spread (such as Nutella)
Strawberries, blueberries, raspberries
Ice cream
Golden syrup



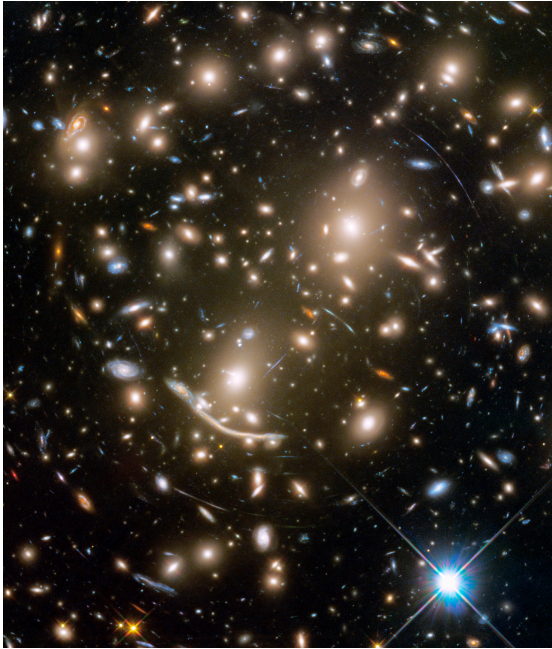
Directions:

1. This is an easy one. You can either keep your pancake open, as a big disc, and put some of the items above on as toppings, almost like a pizza.
2. OR you can add some of the items above on to your pancake and roll it up into a tube, or fold it into a triangle!

You can make the batter ahead of time and keep it in the fridge for 30 mins or even overnight!



SCIENCE NEWS



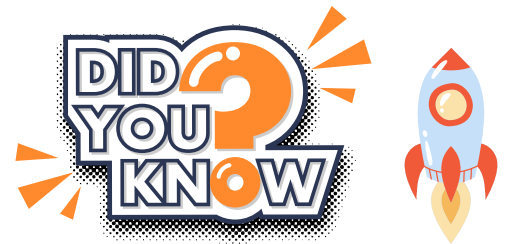
THIS is the galaxy cluster Abell 370, photographed by NASA's Hubble Space Telescope.

Behind this galaxy, there lurk galaxies that are too faint for Hubble to see directly. And that's where a team of scientists in Britain discovered 44 stars.

Physicists at Durham University in England helped discover the stars in the Dragon Arc galaxy, which is nearly 6.5 billion light-years from Earth.

The reason this is a big deal is that it's the largest number of individual stars ever detected in the distant universe. Until now, scientists have only spotted one or two stars outside of the Milky Way at any one time. Professor Mathilde Jauzac, who led the research, said: "I see it first of all with the eyes of a little girl, in that what we see is fascinating and absolutely amazing."

This month: COVID's effects on the heart and blood, and a starry discovery behind a galaxy far, far away....




Spaceships would take around 27,000 years to travel a single light-year!

A plane travelling at 600 mph (965 km/h) would take 1 million years and a car travelling at an average speed of 56 mph (90 km/h) would take 12 million years!

SCIENCE NEWS



HOW COVID CAN AFFECT THE HEART

by Eddie 

AS Valentine's Day is all about the heart, we thought we'd take a look at how the ongoing pandemic of COVID-19 can affect heart health.

Scientists have known for many years that COVID can cause heart problems. The UK's leading heart health charity, The British Heart Foundation (BHF), says, "it has become clear that COVID-19 infection has important effects on the heart and circulatory system".

While many people still think COVID is a respiratory disease, the BHF has recognised for years that complications from the virus can be caused by the way it affects the lining of the blood vessels, called the endothelium.

This is a layer of cells that allows or blocks substances from entering or leaving our bloodstream.

By damaging the endothelium, COVID can cause blood clots, inflammation and reduced blood flow to certain parts of the body – as well as symptoms of long COVID.

Studies have shown a higher risk of heart attacks, blood clots and strokes after infection with COVID.

It is thought vaccines reduce this risk, but a lot is still not known about long-term effects as the virus has only existed for a little over five years.

Dr. Hooman Allayee, a professor at the University of Southern California, led a study into COVID's effects on the heart and blood.

The research, which was published late last year, looked at people who were infected with the virus in 2020. It found they may have double the risk for future heart attacks, strokes or premature death from any cause up to three years later – even if they weren't severely ill with the virus.

Professor Allayee said: "COVID, despite the vaccines, is still a public health issue. Not only does COVID infect the lungs and cause long COVID, this thing just loves the vascular (blood vessel) system."

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



February is Black History Month in the US and Canada. During this month, we celebrate African American culture, honor historical figures, learn about important historical events, and more.

African Americans and Labor

Each year, the Association for the Study of African American Life and History (ASALH) selects a theme for Black History Month. This year's theme is African Americans and Labor. This theme explores "the various and profound ways that work and working of all kinds – free and unfree, skilled, and unskilled, vocational and voluntary – intersect with the collective experiences of Black people."

Black Scientific Discoveries:

pg_18

Black History Month Book Reading List:

pg_19

Black History Month Virtual Field Trips:

pg_20

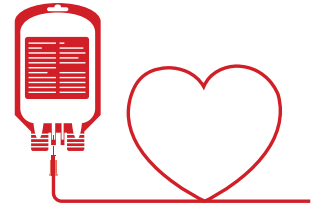
BLACK HISTORY MONTH



Let's explore some Black scientists throughout history, whose work has paved the way for critical discoveries, and the movement toward racial equity in health related fields!

Dr. Charles Drew (1904-1950)

Did you know that a Black Scientist developed the system for modern blood donation and blood banking? Dr. Charles Drew created methods for storing blood, transporting blood over long distances, and completing blood transfusions. His work has saved countless lives!



In addition, he directed the first Red Cross Blood Bank, but left this role due to contesting policies that restricted blood donation from Black individuals. He was also the leader of the "Blood for Britain" project during World War II, and the head of Howard University's surgery department.

Dr. Daniel Hale Williams (1856-1931)

Dr. Daniel Hale Williams was one of the first doctors to complete open heart surgery in 1893. He completed this procedure without any anesthesia or antibiotics, and his patient went on to live 20 years after surgery. He was also one of the founders of America's first Black-owned hospitals: Provident Hospital and Training School for Nurses.



He was one of the first members of the National Medical Association and worked to combat inequalities related to healthcare access.

Dr. Solomon Carter Fuller (1872-1953)

Dr. Solomon Carter Fuller, the first African American psychiatrist, was also pivotal in some of the initial research of Alzheimer's Disease. He worked in Alzheimer's lab, and translated much of Alzheimer's research into English.



His contributions have led to a further understanding and motivation to continue studying Alzheimer's Disease.

Dr. Rebecca E. Crumpler (1831-1895)

Could you imagine what it would be like to be the first female African American to graduate from medical school? Well, in 1864, during the Civil War, Dr. Crumpler did just that! In 1883, she published the "Book of Medical Discourses." Among her other work, Dr. Crumpler worked with the Freedmen's Bureau to provide medical care to freed slaves.

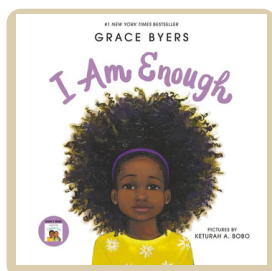




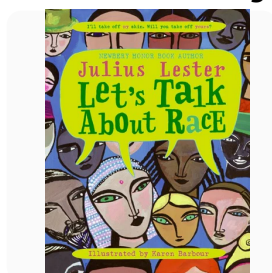
Black History Month Book Recommendations



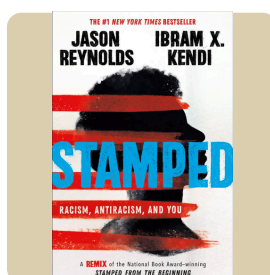
Preschool



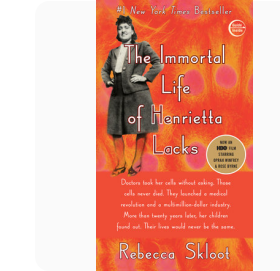
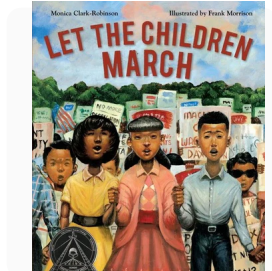
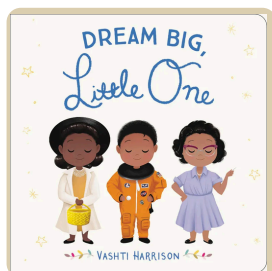
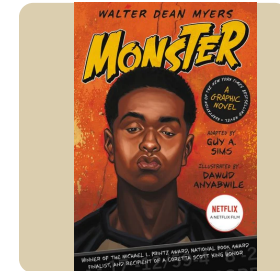
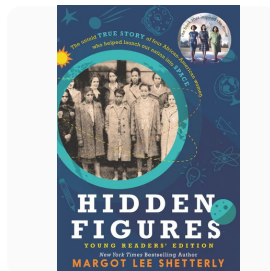
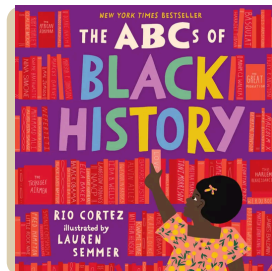
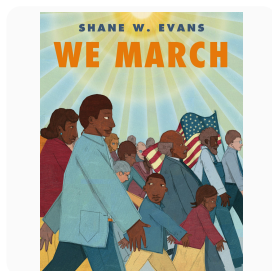
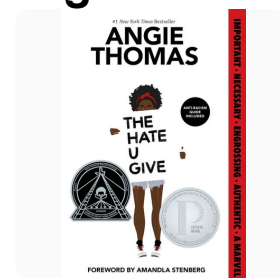
Elementary



Middle

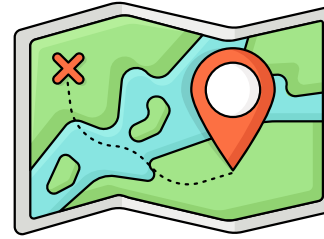


High School





5 Virtual Field Trips for Black History Month



1



National Museum of African American History and Culture Searchable Museum Washington D.C., USA

Learn more about African American culture and history through interactive videos, timelines, artifacts, stories, and more.

2

United States Civil Rights Trail Interactive Map

Navigate through a map of the United States to discover locations, historic events, important sites, and stories from the Civil Rights movement.



3



National Constitution Center Virtual Museum Experiences

Sign up for a scheduled virtual tour to learn more about Civil Rights, Rosa Parks, and the history of black labor.

4

National Geographic Education Black History Month Virtual Field Trip

Watch a video virtual field trip video exploring Black History from around the world.



5



28 Days of Black History National Park Service

Complete an activity each day throughout the entire month of February to learn about black history.



***With caregiver permission, scan the QR code or click the field trip title to access virtual field trip links. By scanning, you agree to access websites outside of the WHN.

RAMADAN

February 28 - March 29, 2025

What is Ramadan?

Ramadan is the ninth month in the Islamic calendar and is considered holy since it is the month during which the Qur'an was received. Muslims around the world celebrate this month by fasting from sun-up until sundown. Each night, after evening prayer, Muslims end their fast with iftar. Iftar is a special meal celebrated with friends and family.



Ramādān Kareem

Ramadan Greetings?

"Ramadan kareem" or "Ramadan mubarak" are traditional greetings for the holiday. These expressions mean to have a "blessed" or "generous" Ramadan.

Does your family celebrate Ramadan?
We would love to hear about your celebration!
Submit your pictures or articles at
whn.global/kidszone/

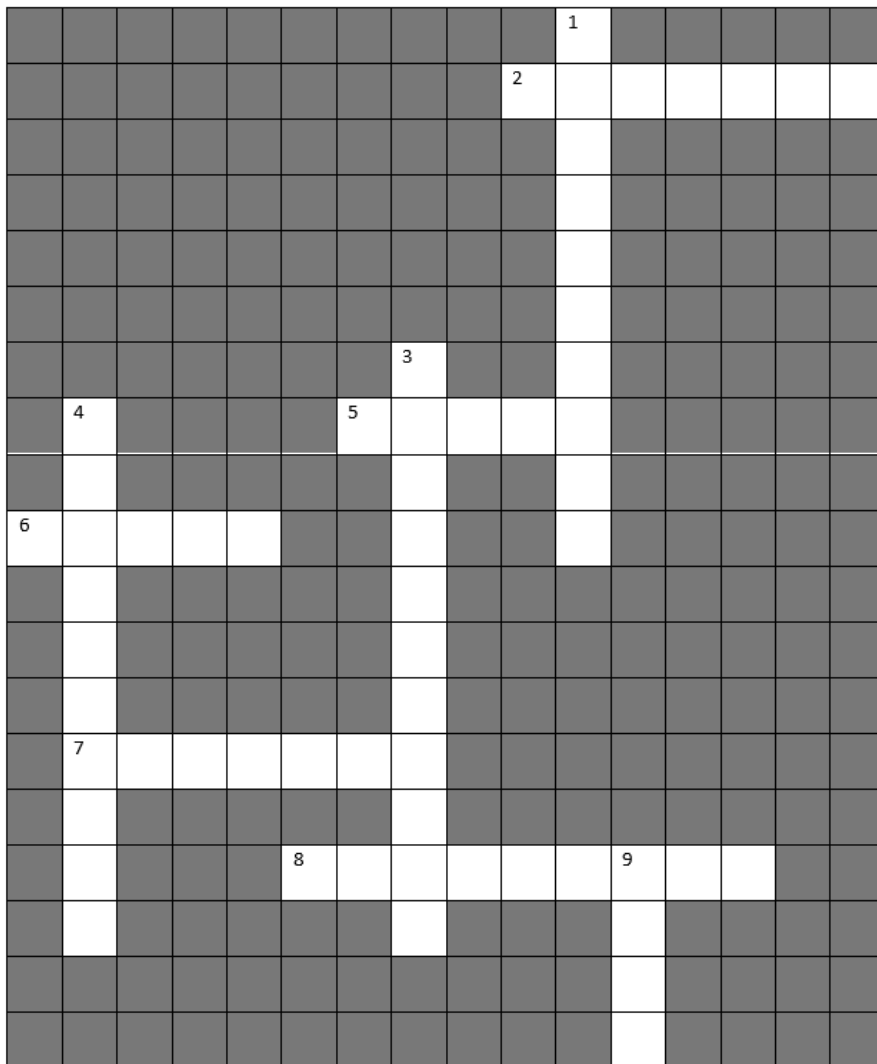


Creating a Still COVIDing Ramadan

During the month, Muslims also try to practice "zakat," or charity, one of the 5 pillars of Islam. WHN also has 5 Pillars (of protection from COVID-19): Masks, Distance, Air Purification, Testing, and Vaccination that you can incorporate to make a Still COVIDing holiday.



Crossword



ACROSS

2. A group of people or things that are connected to one another (hint: the "N" in WHN).
5. The name of an organ and shape that is celebrated in February.
6. The animal that represents the Chinese New Year in 2025.
7. A way to measure how effectively a mask protects the wearer (2 words).
8. A rodent that, in the US, has a special day devoted to it during the month of February.

Down

1. A device that can be worn on the face to prevent the spread of airborne viruses.
3. One of the easiest tools to reduce the amount of airborne virus concentration in a room. Opening a window is one example.
4. A number that can follow the letter "N" in a commonly used PPE tool.
9. A common acronym that precedes the word "filter."

Answers on [Page 31](#)



GAME ZONE

Submit your responses for the games below
[here](#)



Caption This!

Write your best caption for the image to the left.
 Submit your answers to: [this link](#)

Your answers may be featured in next month's magazine!

Scavenger Hunt

Can you crack the code? Search through the magazine and find the hidden message using this format :

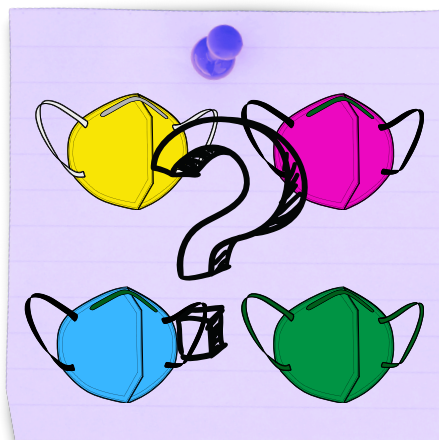
(page #, article section, line #, word #)

(14, COLUMN 2, 6, 2)

(25, TITLE, 1, 2)

(30, TITLE, 1, 5)

(5, ARTICLE, 1, 3)



Answers on [Page 31](#)

Brainteaser: The Masked Puzzle

You are at an outdoor event where everyone is wearing a uniquely colored mask.

- There are 3 times as many pink masks as green masks.
- There are 4 times as many yellow masks as there are blue masks.

There are 6 green masks. There are 49 masks in total. How many masks are there of each color?

POETRY JAM

TODAY'S JAM: MODIFY A LOVE POEM



CAN YOU CHANGE THE WORDS TO THIS LOVE POEM BY
ROBERT BURNS?



Robert Burns

1759–1796

*O my Luvie is like a red, red rose
That's newly sprung in June;
O my Luvie is like the melody
That's sweetly played in tune.*



*So fair art thou, my bonnie lass,
So deep in luvie am I;
And I will luvie thee still, my dear,
Till a' the seas gang dry.*



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

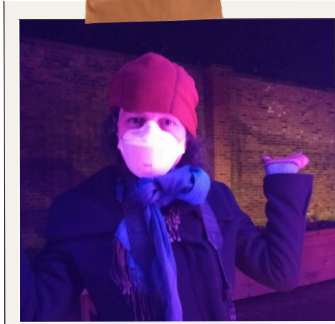
Check this video of [children reciting the poem](#)

Also here is a video where [Eddie Reader](#) is singing it!

See our A Love Poem to One's Mask on the next page



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



A Love Poem to one's Mask

Oh my mask is like a white, white shield,
that keeps me COVID-safe.

Oh my mask is like a fair white shield
That hugs around my face.

Oh my mask is like a red, red rose
The love of protection for my nose
So fair art thou, my precious mask
So deep in love am I;
I never knew I needed you,
'til COVID swung on by;

And I will love thee still, my dear,
'til all the air is safe and clear!

A collective poem from the WHN 2025 New Year Party



Dancer is wearing a white 3M
Aura N95 Respirator Mask.

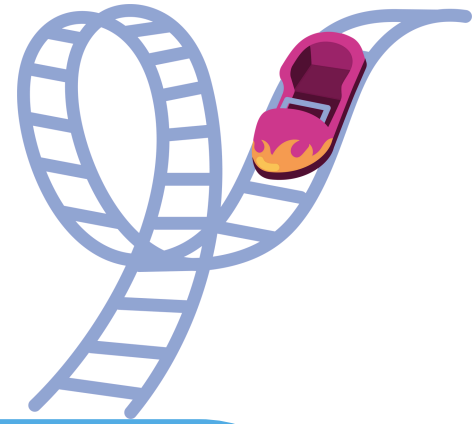


Tommy is wearing Bluna KF94,
in black, with nose foam inserts



Shea is wearing an N95 Moldex
Airwave 4800, in grey (size M/L).

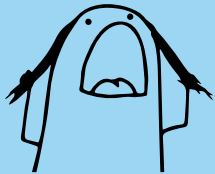
POETRY JAM



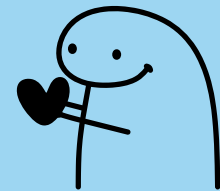
EMOTIONAL ROLLERCOASTER

Be part of a collective poem about your emotions in relation to COVID. You can use these prompts to help get you started. Then send it to us and we will join all the submissions together!

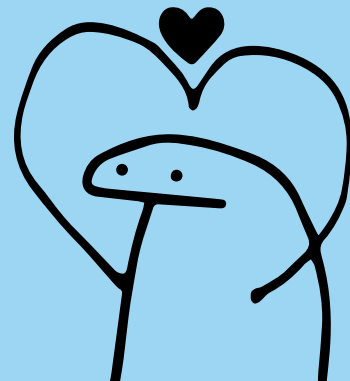
Emotional Rollercoaster Collective Poem Tips:



- Start with negative emotions, finish with positive emotions in relation to COVID-19.
- 11 or 12 syllables per line
- Some of the lines could rhyme perhaps?
- Feel free to not follow the rules!
- You could start each line with these:



- I am angry 'cause....
- I am sad because....
- I accept that....
- I am proud because...
- I am happy 'cause....
- I am joyful 'cause...
- I am hopeful 'cause...



See an example on the next page!

The Emotional Rollercoaster of COVID-19

A collective poem



I am scared
because
many people
don't seem aware

I am angry because
of
disappointing
friends

I am angry
because indoor air
is not being made
as safe as
possible
for everyone

I am angry
cause everything
is different now
forever

I am angry
cause my dentist
wasn't masking

I am angry
because people
in authority
didn't do
what they should

I am sad not to do
the things
I used to do

I am sad cause
I have lost
friendships and
health

I am sad because
I want to stop
having to think
so hard about
everything

I am sad
because
it could have been
so much better

I am sad because
it was not
my very own
choice

I'm sad because
I love you so

I am sad
because
my brain is slow

I am sad because
of dwindling ends

I am concerned
for the future
and what comes
next

I am concerned
for the health
of the people
I love

I am bored
of walking
around
my
neighbourhood
all the time

I miss
going
to the theatre...

I miss
playing music
live
with a large
group

I wonder whether
I will ever
make music
in the old ways
again

I accept that
I'm going
to have to keep
surviving this

I accept that
they don't
know better

I accept that
we must adapt
to the abnormal
new normal

I accept that
this is going to take
a long time
to change

I accept the risk
is high for me

I accept
cause real
is always real
to me

I accept
I cannot work

I am hopeful
because
I can still
keep surviving this

I am hopeful
because so many
people are paying
attention
to what is
important

I'm proud
when you mask
for me

I am proud
that I have helped
keep my friends
alive

I am proud
cause I am helping
to make community

I am happy
because I have met
so many
wonderful new
people

I am grateful
for the health and
fitness
that I do have

I am grateful
to my husboo
for standing
strong with me

I am joyful
that I have gotten
to know
my local wildlife
and ecosystems
so much more deeply

I am hopeful
cuz human beings
are good

I'm joyful
in your loving
support

I am full of joy
for the new things
I've found

I am happy cause
it is fantastic to
LIVE

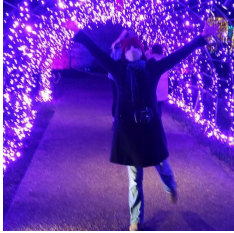
I am joyful because
I still have a life to
live

I am joyful cause
joy is my birthright

But most
importantly
I am so proud,
cause I'm learning
herkle-derkling
which is "to lie in
bed or lounge about
when one should be
up and about"

I am grateful that
hurkle-durkling
has entered my life
Cause hurkle-
durkling is fab
and cuts down
strife!

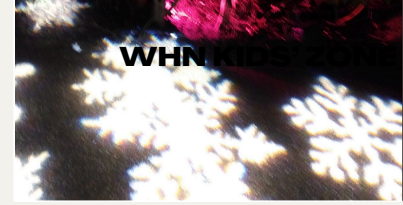
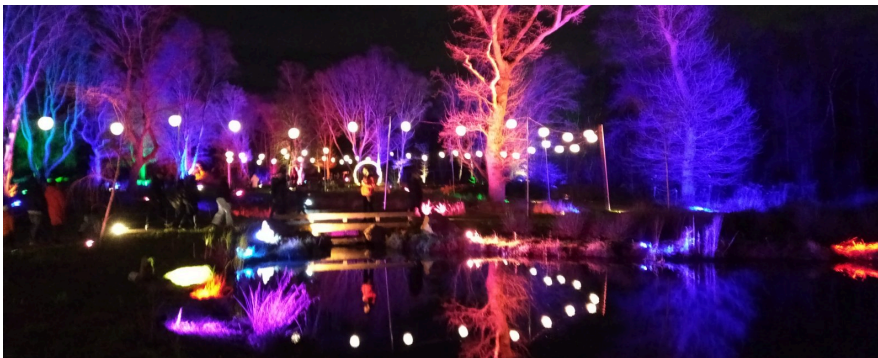
Finagling Fun ♡



At the end of December we went to an outdoors light show in one of the Royal Horticultural Society's gardens. One of our friends had already been to the show and told us there was barely a soul in sight. It sounded like an excellent COVID-safe event and we decided to go!

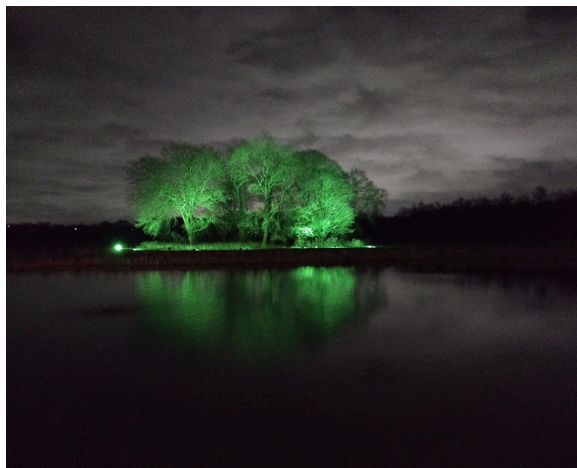
Unfortunately, when we went it was very busy! But we felt relatively safe because we were wearing our FFP3 masks, it was an outdoor event, and we planned to stay for no more than an hour.

The event was nothing short of enchanting—trees and shrubs lit up in a rainbow of colours! And with recorded orchestral music playing, it felt like we had stepped into a fairy tale. Perfect place for dancing, no?



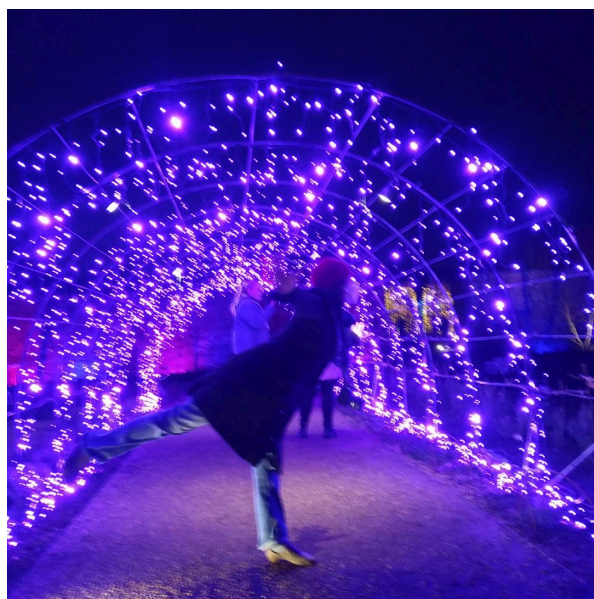
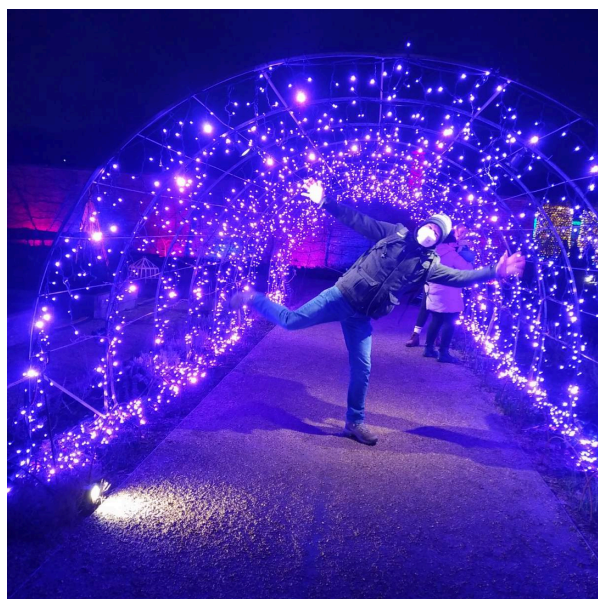
Person on the left is wearing a white 3M Aura FFP3; person on the right is wearing a Handanhy FFP3





But my favourite moment was at the very end. We stood gazing over a shimmering lake, where a collection of trees was adorned with a kaleidoscope of colours...If that was not enough, there was also a recording of an actor reciting a poem—making the whole thing even more atmospheric! What a great evening that was!

Have you taken any photos of snazzy dance moves with your mask?
Or by some cool street art or other interesting finds?
Feel free to send them to us!



COMIC: A MASK DOES NOT WORK WELL AS...



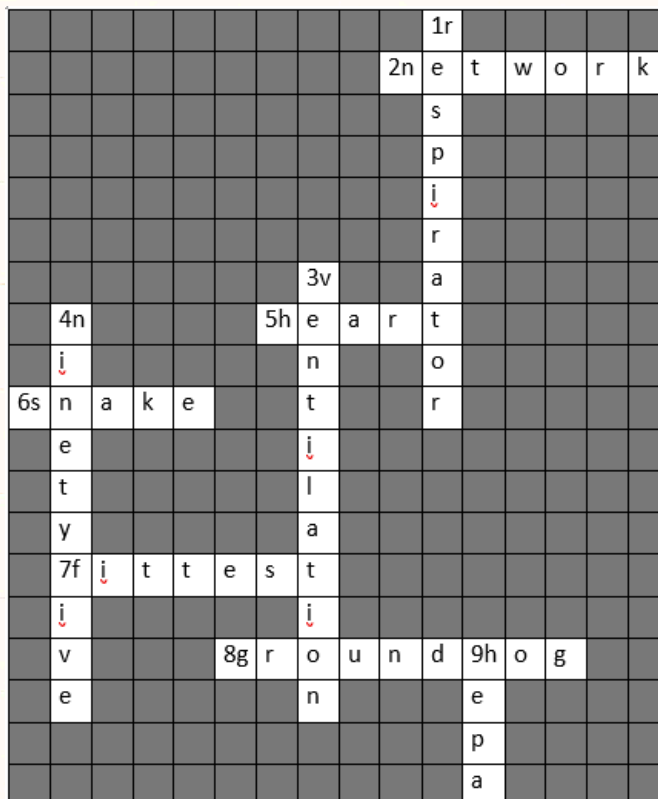
by the Maskers Comic, age 39

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

GAME ZONE

Answers for pgs. 22-23

Crossword Answers



Scavenger Hunt Answer

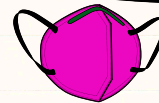
spread

Love

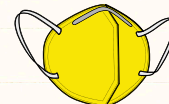
NOT

COVID-19

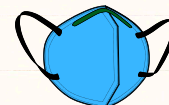
Brainteaser: The Masked Puzzle Answer



18 Pink Masks



20 Yellow Masks



5 Blue Masks



6 Green Masks

Brainteaser: How to Solve

We know: there are **6 green masks**

Step 1: We know: pink = 3 x green,
so... 3 x 6 green = **18 pink masks**

18 pink + 6 green = 24 masks

We know:

Step 2: pink + green + yellow + blue = 49
so... 49 - 24 = **25 remaining**,

so we now know:

yellow + blue = 25.

Step 3: We know: yellow = 4 x blue
so... yellow + blue = 25 is the same as
(4 x blue) + (1 x blue) = 25
or simplified, 5 x blue = 25
if we divide both sides of the equation
by 5, then there must be **5 blue masks**

Step 4: Since yellow = 4 x blue,
then yellow = 4 x 5
There are **20 yellow masks**

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volunteer-made digital publication.

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Service, such as printme1.com (costs
money), or print on your own (free)!

TO FEEL INTRIGUED ENERGIZED AND ENGAGED



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!