

WORLD HEALTH NETWORK

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE

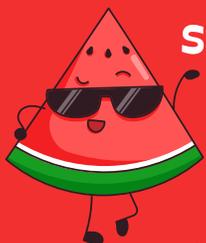


CREATIVITY AND INNOVATION EDITION

CREATING NEW WORLDS: HOW
KIDS CAN TURN THEIR IDEAS
INTO MAGIC

CHECK US OUT ONLINE AT:
WHN.global/KidsZone

THE SCIENCE OF AIR PURIFIERS
COVID-CAUTIOUS VOLUNTEERING
COVID-CONSCIOUS OR COVID-REALIST?
STITCHING THE SITUATION



A BILL'S JOURNEY

... AND MORE INSIDE!



EXPLORE | SHARE | CONNECT



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

Synonyms: COVID-realist, 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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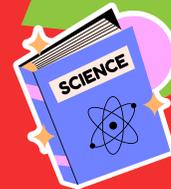
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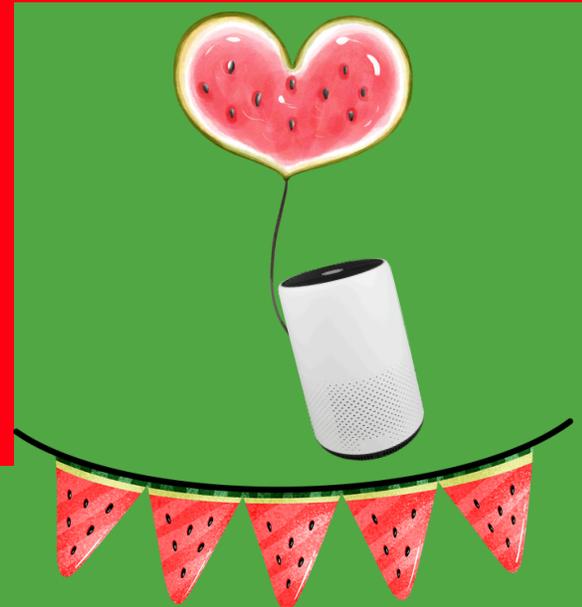
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Guest Editor's Note:

by Aspa



Hello everyone!

This month it's my turn to be Guest Editor, and given that I am so interested in creativity, I thought we should celebrate it at Kids' Zone. We'd love to hear what you think of the issue, and we'd love to know which innovation in relation to COVID-19 is your favourite!

In this issue we are really honoured to have Yaneer Bar-Yam's thoughts on creativity, which I think are incredibly inspiring. Things are so difficult in the world at the moment, and combining our ideas to make the world a healthier, more peaceful and more compassionate place is more important than ever. As Yaneer says, the world needs your magic! I can tell you that volunteering with everyone here at WHN and especially at Kids' Zone feels like magic.

It is such a pleasure to welcome our Interns and their wonderful contributions, including Claire's volunteering as an online tutor!

You'll find some very useful articles on air purifiers too, a very important layer of protection against COVID-19 and other pathogens. We also have another very important blog on legislation, as well as some information on sharks! And so much more!

I hope you enjoy it as much as we have enjoyed making this issue, and please get in touch with your contributions!



The Month Ahead

Here's our pick of July's main events!

ALL MONTH:

PLASTIC FREE JULY (GLOBAL)

1 JULY – CANADA DAY

**2–27 JULY – UEFA WOMEN'S
CHAMPIONSHIP: EURO 2025**

4 JULY – INDEPENDENCE DAY (USA)

5–27 JULY – TOUR DE FRANCE (CYCLING)

7 JULY – WORLD CHOCOLATE DAY

14 JULY – BASTILLE DAY (FRANCE)

**14 JULY – WORLD SHARK
AWARENESS DAY**

17 JULY – WORLD EMOJI DAY

**25 JULY – PALESTINE
TRADITIONAL DRESS DAY**

**28 JULY – WORLD NATURE
CONSERVATION DAY**

29 JULY – INTERNATIONAL TIGER DAY



Creating New Worlds: How Kids Turn Ideas Into Magic

By Yaneer Bar-Yam

WHN Co-Founder

What do you get when you mix a cardboard box, a flashlight, and a good imagination?

Maybe it becomes a rocket ship to Mars.
Or a secret lab for virus-fighting scientists.
Or the perfect hideout for a talking cat and her inventor friend.

That's creativity in action!



What is Creativity?

Some people think creativity is just drawing or painting—but it's much more than that.

Creativity means taking things you already know and combining them to make something new. It's like making a smoothie with your thoughts: you pick a few ingredients—like memories, stories, tools, or feelings—and blend them into a new idea.

Our brains are designed so that this is a major part of how thinking happens. We connect different pieces of knowledge—like building blocks or puzzle pieces—to create something new. These new “composites” help us imagine, solve problems, and invent.



Mixing to Make Magic (That Works!)

Have you ever seen a book where the pages are split into three parts—a head, a body, and a tail? You can flip the parts to create funny animals, like a crocodile head on a panda belly with kangaroo feet.



That's a fun example of combining parts in new ways—some silly, some surprising.

But real creativity goes even further. It asks:

What can we imagine?



and



What actually works?

You can invent a creature with dragon wings and elephant legs—but what if you wanted it to really fly? You'd need parts that fit together in a way that works.

Creativity is about exploring new combinations—and also figuring out which ones can actually help us in the real world. That's how we come up with new stories, new inventions, and new solutions for new challenges—like a changing world during a pandemic.



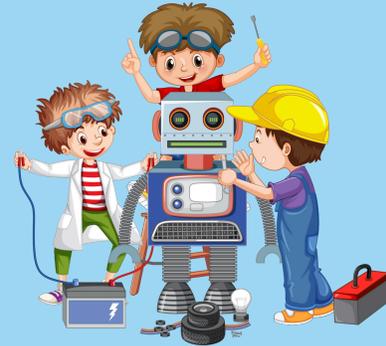
COVID Changed the World - and Kids Got Creative

When the pandemic started, everything changed. Schools closed. Big events were canceled. People learned to wear masks. Life became different—and sometimes hard.

But something amazing happened: kids started creating new ways to live, learn, and play.

Some kids invented games to play over video chat. Others made posters to spread kindness in their neighborhoods. Some wrote poems about hope, drew comics about virus-fighting superheroes, or built robots from old toy parts.

These weren't just ways to pass the time. They were ways of thinking, adapting, changing to stay healthy—and to help others.



Creativity is your Superpower

When you're creative, you're not just having fun—you're using one of your brain's most powerful tools.

You're building new "worlds" by mixing ideas together:

- A memory + a dream = a new story.
- A box + wheels + curiosity = a homemade rover.
- A question + some crayons = a comic strip that makes people think.



Even grown-ups learn from the way kids put ideas together in fresh ways.

Science Spotlight:

Building Blocks of Safety

Just like you can mix ideas to create something new, you can combine different actions to help keep people safe from viruses like COVID.

Each safety tool is like a piece of a puzzle:

Masking	Like wearing a personal air filter to block out germs.
Clean Air	Using open windows, HEPA filters, or air purifiers to remove the virus.
Testing	A quick check to see if someone might be carrying the virus without knowing.
Meeting Virtually	Staying friendly and safe.
Getting Vaccinated	Protects from severe symptoms and, for some diseases like measles, even more.

No one tool does everything—but when you combine them, they work better together! That's called a layered approach, and it's like using teamwork to stop the virus.



What if you can't use one of the pillars?

Sometimes you're in a place where one layer isn't possible. Maybe you are going to a dentist and can't wear a mask during the appointment.

That's when your creativity comes in!

You can:

-  Bring a small battery-powered air purifier—and aim the air at your face.
-  Choose safer times—like going to the first appointment of the week.
-  Breathe through your nose using a Readimask—make a nose mask using a mask that sticks to your face (Readimask) and practice breathing through your nose.



Creativity helps you adjust. You don't need to be perfect—you just need to think, mix, and try.

People Power: Mixing Talents to Make a Team



Creativity isn't just about things or ideas—it's also about how people come together. When people with different talents work as a team, they can solve problems in amazing ways—like superheroes with different powers.

Some kids are great at building things. Others are good at drawing, writing, or asking big questions. When you combine different people, you get more ideas, more perspectives, and more ways to help.

Imagine:

- One person designs a COVID-safe classroom.
- Another draws signs to remind others about air safety.
- Another builds a simple air filter from a fan, a box, and a filter (a Corsi-Rosenthal Box).

That's creative teamwork—and it's how real change happens.

Your Turn: Try these Creativity Combos

Want to boost your creative power? Try mixing up these combos:

🌀 **Story Blender** - Pick a favorite animal, a place, and a problem. Now create a story! (Example: A dolphin in a desert needs to find water—and makes friends along the way.)

🔧 **Junk Drawer Invention** - Find 3 items in your home (ask first!) and invent a tool that helps people during a pandemic.

🎨 **Mood Mixer Art** - What does “hope” look like? What about “safety” or “togetherness”? Draw a picture combining colors, shapes, or symbols to show those feelings.

👥 **Dream Team Builder** - Imagine a team of three people (friends, family, or characters). What skills do they each bring? How would they solve a challenge together?

The Future Needs Your Ideas

COVID showed us that the world can change fast—but it also showed us how powerful our ideas can be. When you use your imagination to build something new, you're not just being creative.

You're helping create a better future.

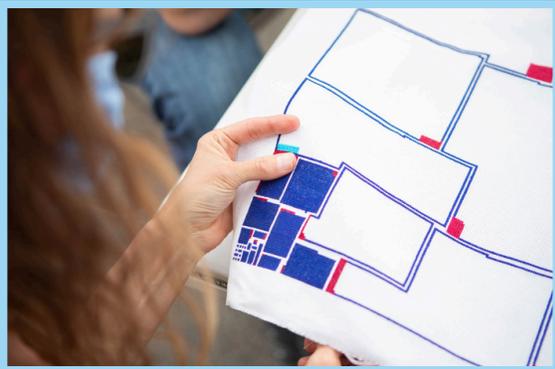
So keep combining, imagining, and inventing. The world needs your magic.



Stitching Down

by: Heather Schulte 

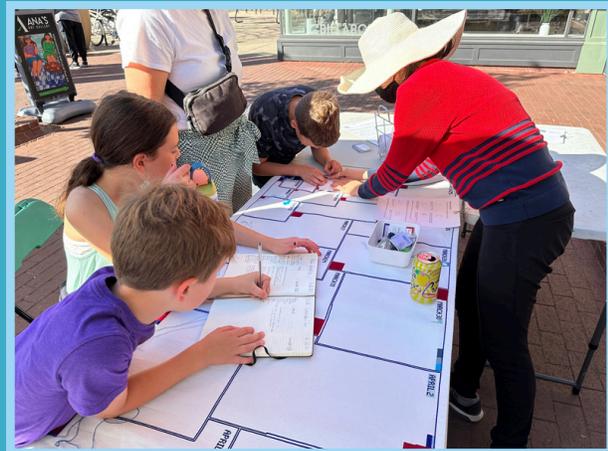
Creativity can be a great way to deal with difficult situations. In the beginning of the COVID-19 pandemic, artist Heather Schulte started making an embroidery to help her through lockdown. She cross-stitched little blue and red stitches (like little x's) on a big piece of fabric as a way to honor the people getting sick from COVID, some of whom died. Each day she would look up the reports in the US, and stitch an equal number of blue or red x's. Very quickly, she couldn't keep up. Instead, she stitched the outline of boxes that would hold the number of stitches for each day. Then, the pandemic grew so fast she knew she needed help, so she invited her neighbors to stitch with her in her front yard. People getting together to make things, especially with thread and fabric, has a long tradition in communities around the world, especially in times of need. Stitching in groups helps us connect with other people, and gives us time to talk about what's happening, and ask for help when we need it. The first months of the pandemic were hard in so many ways, especially because it was dangerous to be together. This creative project helped bring people together safely to make something that helps tell the story of what was happening to each of them at the time, and remember the people who got really sick or died.



Since there have been millions of people with COVID in the US, the project is really big! Heather decided that instead of stitching on one REALLY big piece of fabric, she would send smaller pieces to anyone who wanted to help, no matter where they live. She makes kits with instructions and materials and mails them to people all over the US, and a few other countries. Those folks fill in the fabric with stitches. Because there are so many stitches in each piece, people have made pictures with different colors of blue or red thread. These pictures tell stories, remember people who have died, share information about COVID, and so much more. Some people have stitched very simple patterns, and those are just as meaningful because remember—each stitch represents a person who has had COVID. People find stitching a calming activity, kind of like coloring or drawing, and making something about COVID has helped them feel a little better about how hard things have been. Plus, now that so many people don't think COVID is a big deal, the project is a way to remember how COVID changed us, and our world, and, most importantly, remember the people we lost.



Right now, there are over 400 people stitching all over the country. And remember those boxes Heather stitched at the beginning? She's still inviting people to come hang out and fill them in with stitches. She also started a new way to be part of the project, since a lot of people can't stitch for all kinds of reasons. Now, anyone can share their story by sending it to her website. Stories can be in the form of a poem, a picture, an interview, a recording, or any way people want to share how COVID affected them. Heather then hires an artist to make a pattern based on these stories, and her volunteers stitch them.



If you want to be part of the project, you can go to the website, www.stitchingthesituation.org, and read all about the different ways you can help. There's a gallery of finished pieces where you can see how people have made beautiful embroideries with their stitches. We still have a lot of work to do, but we're not in a hurry. It's important that people have time not only to tell their stories through this project, but also to take care of themselves and their health. We'll keep stitching and sharing our stories as long as it takes. When we work together, we can tell many stories that help our world remember how important it is to support each other when times are hard.



1. What is your favourite innovation up to now in relation to COVID-19?
2. What do you think is the most important innovation we need at the moment?

1. The increased availability of masks. The vaccine is all fine and dandy until the virus mutates and reduces its efficacy. A mask will always prevent infection, no matter what variant or how long it's been since you last got a booster. It only serves to improve the health of yourself and anyone near you.

2. An affordable COVID test that actually works.

Nyss, 21 years old



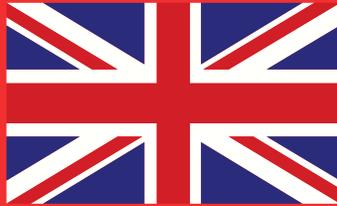
1. Readimasks - I love them for many reasons, partly because they give me a sense of normality because there is no headband, and they don't hurt the bridge of my nose like other masks. You can use the small one as a nose mask when you go to the dentist, and I even found out recently that I can wear the small one as a regular mask!

2. A COVID-19 vaccine that gives immunity against COVID-19 for ever...it's good to dream!

Aspa, 48 years old



1. What is your favourite innovation up to now in relation to COVID-19?
2. What do you think is the most important innovation we need at the moment?



My favourite innovation is stronger online communities, like schools, tutoring organizations, and the World Health Network.

I think we need to develop safe medicines you could take to prevent getting sick.

--Claire



Submit your innovation answers to us at [WHN.global/KidsZone](https://www.whn.global/KidsZone)



Virtual meetings, classes, socials, work, and curbside/deliveries save time, money, resources, and allow my family to connect with people who really share our values, hobbies, etc. while honoring our health, bodies, and finances! They also allow more people to participate, including disabled people, caretakers, etc. I never thought of myself as technological, but I have gained tech skills that allow us to do more, thrive better, and be under less stress. It's also good for the environment because we drive/travel less! I think we need more people realizing the benefits of virtual spaces and remote work, and creating virtual community spaces.

-Shea, age 40; Tommy, age 13



We started a new virtual library-like space -- WHN's new Community Connect Zone (CCZ) Calls every Tuesday! Learn more at <https://whn.global/community-connect-zone-weekly-call/>

Submit your innovation answers to us at [WHN.global/KidsZone](https://whn.global/KidsZone)

The Governor's Desk: What Happens Next?

When a Bill Has One Last Big Step to Go!

So, your bill has made it through committees, debates, and votes in both the House and the Senate. That's a big deal!

 **How will you celebrate?**

But wait—it's not a law just yet. There's one more important stop: the governor's desk.

Let's see what happens when a bill reaches the top!

 **Who Is the Governor?**

The governor is kind of like the president of a state. Each state elects its own governor to lead the government, make important decisions, and—yes—sign bills into law!

When a bill passes the legislature, it is sent to the governor for approval.



What Can the Governor Do?

Once a bill lands on the governor's desk, they have a few choices:

✓ **Sign it** – If the governor agrees with the bill, they sign it—and it becomes a law! 

✗ **Veto it** – If the governor disagrees, they can reject (or “veto”) the bill. But don't worry—there's still a chance!

🕒 **Do nothing** – In many states, if the governor doesn't sign or veto the bill within a certain number of days (usually 5–10, it still becomes law automatically. But in a few states, if the legislature has already gone home for the year, doing nothing means the bill dies quietly—that's called a pocket veto.



Want to Help a Bill Become a Law? Write to the Governor!

Once a bill passes the legislature, the governor decides whether to sign it. That's a great time for you to speak up!

Ask a grown-up to help you:

Look up your governor's name and contact page online

Write a short letter or email asking them to please sign the bill into law.



✎ Example:

Dear Governor [Last Name],

Please sign the [name of bill] into law. It's important to me because [your reason]. Thank you for helping keep people safe!

Your voice can make a real difference—even if you're not old enough to vote yet!

**🧱 What If the Governor Vetoes the Bill?**

If the governor vetoes the bill, that doesn't have to be the end! The legislature can vote to override the veto—but it usually takes a two-thirds vote, rather than a simple majority (50% + 1), in both the House and Senate to do it. That's not easy, but it can happen when a lot of people agree the bill is important.

If the bill doesn't become a law this time, it can often be introduced again in the next session, maybe with a few changes to make it stronger.

**💬 What Happens Next?**

Even after a veto, people can:

- **Keep talking to lawmakers**
- **Write letters and share stories**
- **Ask for the bill to be brought back in the next session**



Often it takes more than one try for a bill to become law—and that's okay! Change takes time, teamwork, and speaking up.

Activity: Write a Thank-You Note!

If a bill you care about becomes law, or even if it doesn't pass in this session, consider writing a thank-you note to the legislators who supported it. Here's how:



Find out who supported the bill: Look up the names of the legislators who voted for the bill.

Write your note: Thank them and explain why the new law matters to you. If the bill didn't pass, let them know you appreciate their work and when it is introduced in the next session you and your family and friends will be supporting it.

Send it: Mail or email your note to the legislators' offices.

This simple act can make a big difference. It lets lawmakers know about the bills you care about and it encourages them to continue supporting important issues.



👉 Send your letter to Kids' Zone! We might feature it in a future issue!

In our next blog: What happens after a bill has been passed by the legislature and signed by the governor? Who makes sure it actually goes into effect and is enforced?

SCIENCE NEWS

by Eddie 

This month we look at how air filters can wipe out COVID particles, and take a close-up look at sharks!

AS this issue of Kids' Zone is celebrating creativity and innovation, we thought we'd take a look at the brilliant invention that is the HEPA filter! This simple piece of tech is small – but it makes a *big* difference to the air we breathe.

WHAT IS A HEPA FILTER?

HEPA is an acronym that stands for "high efficiency particulate air". It's a type of air filter that can remove a minimum of 99.97% of dust, pollen, mould, bacteria, and any other airborne particles with a size of 0.3 microns (μm). Bigger or smaller particles can be caught by a HEPA filter with even greater efficiency. Most HEPA filters can trap 99.99% of airborne particles.

SO WHAT'S A MICRON?

Microns (represented by the abbreviation ' μm ') are a length of measurement equal to one millionth of a metre. So 1,000 μm is equal to 1 millimetre. That's tiny! For comparison, a metre is equivalent to about 3.3 feet and an inch is equal to 25.4 millimetres.

WHAT DOES A HEPA FILTER HAVE TO DO WITH COVID?

COVID-19 is primarily spread through tiny airborne particles called aerosols that are mostly smaller than 4.5 μm in size. So a HEPA filter can capture the aerosols and remove them from the air in a room.

TURN THE PAGE FOR MORE

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)

WHAT DOES A HEPA FILTER HAVE TO DO WITH COVID?

It can do the same thing to particles of various other airborne viruses, such as the flu. The best protection against airborne viruses is a high-quality face mask, but HEPA filters provide a very useful line of defence: they clean indoor air fast and ensure that a room remains free of viruses, allergens, dust and more.

SO HOW DO THEY WORK?

HEPA filters are known as pleated mechanical air filters. The pleats inside the filter create randomly arranged fibres, made of materials such as polypropylene, polyester or fibreglass. These fibres help to catch various particles in the air. And HEPA filters are all about layers: several layers of this filter material are held in place between separation structures, so that they don't touch. This means the air in the device is constantly being filtered through the different layers – the bad airborne particles are removed before the clean air is released back into a room.

HOW ARE THE AIRBORNE PARTICLES REMOVED FROM THE AIR?

These filters use several different processes to get rid of the bad particles. These are called:

- **Direct impact and absorption** – the largest particles are captured and absorbed by the first few layers of the filter material – and they stay there.
- **Interception** – this is what happens to smaller particles as they pass through the layers of filter material and they are eventually intercepted.
- **Indirect diffusion** – the tiniest particles begin to move in a very irregular



motion known as 'random walk'. This wonky movement means the particles are likely to hit the surface of the filter and get stuck there.

- **Electrostatic attraction** – the fibres in HEPA filters have a small electrostatic charge and tiny particles with an electrostatic charge are attracted to the filtration materials. This is due to something called electrostatic attraction. The small, charged particles are 'sucked out' of the streamline and become trapped in the filter.

HOW MANY FILTERS DO YOU NEED TO CLEAN A ROOM'S AIR?

This really depends on the type of filter and the size of the room. But there are reasonably cheap filters produced by famous brands, such as Philips, that can clean a large room's air in minutes – and keep it clean. Many COVID experts have said that, while HEPA filtration doesn't eliminate the risk of catching COVID and other viruses, it reduces it. We at Kids' Zone think it would be great if public buildings – such as schools, gyms, theatres, stores and restaurants – would invest in HEPA filters.

Indoor Air Quality innovations

Multipass
Filtration
Room
Cleaners



Traditional box fan
DIY CR Box, see KZ
issue 5 to learn how
to make one for
approx \$100 USD.



4 PC fan
DIY CR Box, top available to
3d print at Maker World,
(parts sold separate) By
@Brockcop



6 PC fan
kit by HoneyBee Creatives
Lab, available to buy
already-printed housing
(parts sold separately)



7 PC fan
kit CR Box with
certifications by Clean
Air Kits, available to buy
assembled.

Personal disclosure: Submission by: Shea O'Neil: Shea has sent in volunteer blogs and comics to Air Support Project, which are in this article. She has no financial involvement with Air Support Project or to any blog, product, or technology from any company linked or mentioned in this submission.

MORE AFFORDABLE INNOVATION

HEPA purifiers can be expensive, especially if you are trying to meet common infection control standards and get 6-12 air changes per hour in your room or building. You will need multiple HEPA purifying units to achieve that, which can get expensive.

You may have heard of Corsi-Rosenthal Boxes, or CR Boxes for short--they are a type of DIY purifier that can be made for about \$100 USD (see Issue 5 of Kids' Zone for instructions) and they use an innovative concept called "multipass filtration" to help clear a room of airborne COVID-19 viruses over time.

WHAT IS MULTIPASS FILTRATION?

Using less dense (and less expensive) filters than HEPAs, but ones that are bigger with more filter area, and more in number-- like 4 MERV 13 HVAC filters, pull more air through (multiples) and work more efficiently as room cleaners than HEPAS. Jim Rosenthal explains it in his 5 minute presentation at WHN's 2023 Clean Air Expo.

WHAT ABOUT SOUND?

A decibel (represented by the abbreviation 'dBA') is a measurement of sound, and it is often recommended that room background sounds be between 35-45 dBA. CR boxes can be louder than that, especially when run on high which is often needed. So DIYers started using quieter PC (personal computer) fans. Their efficiency and sound depends on the number of fans used. The PC fans are more expensive than the box fans traditionally used in CR boxes. They are still less expensive than HEPAS in the same category, and often come in kits. Most don't come with certifications beyond their individual parts, which sometimes make adoption harder in places like schools.

MODELS WITH CERTIFICATIONS

Clean Air Kits is one example of a company that has multiple certifications for its PC fan models. Their website also shows an advantage over HEPAs not just in cost, but in room cleaning efficiency (energy, time, and air cleaning power (often measured as CADR)).

CADR

is what matters



CADR is the Clean Air Delivery Rate and is listed by the manufacturer.

Total Combined CADR needed in CFM (cubic feet per minute) =
{L x W x H of room (in feet)
x Air Changes per Hour*}
÷ 60

***6-12 Air Changes per Hour (ACH) is often recommended to reduce COVID-19 risks, leaning toward higher end when more people are present, or when closer together.**

WHN KIDS' ZONE MAGAZINE Tips for picking out air cleaners:

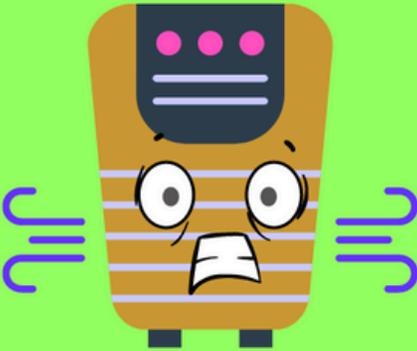
- Check the **CADR Rating**: Clean Air Delivery Rate (CADR) is the most important metric when picking out your units.
- CADR for HEPA purifiers is listed by the manufacturer (use the **smoke CADR rating** for COVID and wildfire smoke), which is usually listed in cubic feet per minute (CFM).
- If it is listed as cubic meters per hour (m³/h), convert it to CFM, by multiplying it by 0.588.
- The typical **CR Box** made with four MERV-13 filters and a Lasko 20-inch box fan has a CADR of 235 cfm.
- Aim to get 6-12 Air Changes per Hour (ACH) by **combining units with high CADR** to achieve the total CADR needed for your specific spaces.
- Avoid ionizers, and make sure it uses HEPA filtration or if it is a DIY, **MERV 13** or higher filters.

The Quest for the Perfect Purifier

I'm all fan and no filter. I just blow around dirty air and have almost no CADR at all!



My manufacturer claims I can clean a bigger space than my CADR shows. You should probably use the formula!



Keep your **eye** on purifiers that mention **IONS!**



IONIZERS like me release harmful **OZONE!**



I'm cute, but I'm too small for most spaces



CADR 126 cfm

At 400 cfm, I can clean a 250 sq ft room at 10 ACH!



ALL ABOUT... SHARKS

It's Shark Appreciation Day on July 14! This yearly event acknowledges one of the world's oldest groups of animals!

by Claire



There are over 400 different shark species, divided into eight groups called orders. Species include the pyjama shark, horn shark, frilled shark, goblin shark, nurse shark, Bahamas sawshark, cookiecutter shark, and angel shark.

Sharks have been around for over 400 million years. This means they are older than flowers, mammals, birds, and dinosaurs!

Sharks lose teeth all the time, and there are always new teeth to take their place. One shark may have over a thousand teeth throughout its life! When was the last time you lost a tooth?

Sharks are carnivores, meaning they eat other animals. Depending on the type of shark, sharks may eat fish, stingrays, turtles, crabs, or shrimp.

Most sharks can live for 20 or 30 years, but the Greenland Shark can become hundreds of years old!

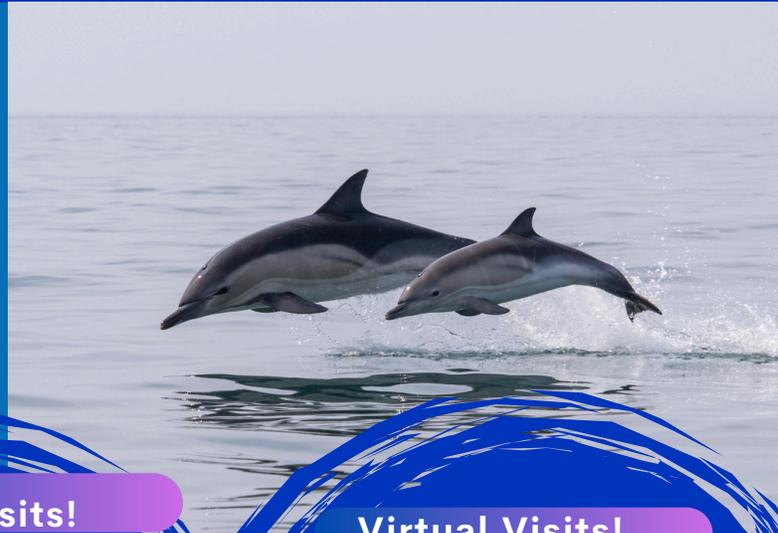
Sharks have babies in many different ways. Some sharks lay eggs, which are contained in protective egg cases. Other sharks grow their babies inside their bellies!



FINAGLING FUN WITH BUBBLES AND PODS



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



"Bubbles" or "pods" have protocols to join with others unmasked, now based on **even more science** than before!

How to bubble....



Masked visits!

Wearing a respirator mask like an N95/ KF94/ KN95/ FFP2/ CAN99, equivalent, or better, is something we can do together to start as we wait to join bubbles! Always keep safety in mind when meeting others and get parental consent!

Virtual Visits!

Dolphins love to zoom! We can video chat, stream a show or movie together, play a game online, or join a virtual class or event together!

2, 4, 6, 8 (Don't Forget to Isolate)

Isolate by staying home as much as possible, ordering delivery or curbside pickup, and aiming for universal (everyone's masking) situations. Do it a minimum of 5 days. If infected prior or during our isolation period, one could be contagious longer than 5 days, which is why we ask for another layer before podding up without masking: Test out or

Test Out

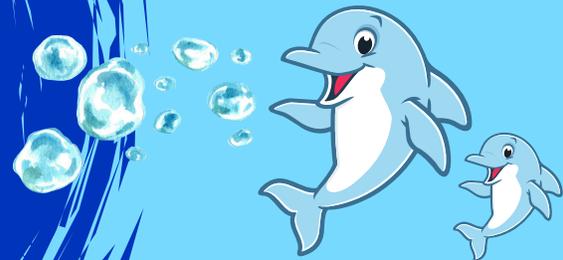
Time **OR** out!

Time Out

To test out, during the 5-day isolation, we require that on the last 2 days you take 2 RAT COVID tests (per person), separated by 48 hours, plus a PCR, LAMP, or NAAT molecular antigen test, and that all tests come back negative. If positive, see this.

If you can't do the tests for any reason, we require the isolation period to be 14 days minimum instead of 5. This is because 14 days is a good estimate for the contagious period after infection in most people (some might be shorter or longer).

How to Isolate, Test Out, and Time Out! ...



We did it! Let's pod up!





A Look at the Literature

Accessible Research for Younger Readers

SARS-CoV-2 induces neutrophil degranulation and differentiation into myeloid-derived suppressor cells associated with severe COVID-19

Published: May 21, 2025



This study investigated COVID's impact on neutrophils. Neutrophils are white blood cells that help fight off viruses and bacteria in your body. They are kind of like tiny soldiers.



However, when COVID infects the body, the neutrophils are tricked! The virus causes them to "change teams" and help the virus spread instead. They do this by telling the T-cells to stop fighting the virus.

Exercise-induced Changes in Microclotting and Cytokine Levels Point to Vascular Injury and Inflammation in People with Long COVID

Pre-Print Study May 26, 2025



We often think of exercise as making us feel good, but when someone has Long COVID, they often feel worse after exercise. Scientists want to know why.



To find out more information, the scientists had people with Long COVID do two days of exercise on bikes. They then measured factors in their blood.

They found that when people with Long COVID exercise, they can experience...



Microclots:

Exercise causes large blood clots to break into smaller pieces (microclots) that stay in the blood.



Inflammation:

After exercise, their bodies acted like they were fighting a sickness, and made them feel sore and breathless.



Fatigue:

Their bodies did not manage oxygen well. Some people had to stop the test early.

Have you seen any research recently that you want to make accessible to a younger audience? Submit a summary to <https://whn.global/kidszone/>

A Look at the Literature

Accessible Research for Younger Readers

Long COVID in Young Children, School-Aged Children, and Teens

Published Online: May 27, 2025 - JAMA Pediatrics

- Long COVID impacts up to 10–20% of children who have had SARS-CoV-2.
- Over 6 million children are affected by Long COVID
- Long COVID is surpassing asthma as “the most common chronic health problem in children.”
- Long COVID presents differently in all children, and characteristics change based on age level.
- There is no specific test to diagnose Long COVID. Diagnosis is based on symptoms.
- Parents can track children’s symptoms over time.
- Long COVID does not have a cure.

Signs and Symptoms of Long COVID in Children by Age

Infants and Toddlers (0-2 years old)

- Difficulty sleeping
- Poor appetite
- Congestion
- Dry or wet cough



Preschool-Aged Children (3-5 years old)

- Dry cough
- Lethargy during the day
- Low energy



School-Aged Children (6-11 years old)

- Difficulty with focus or memory
- Dizziness
- Back or neck pain
- Difficulty sleeping
- Stomach ache
- Nausea or vomiting
- Specific phobias
- School refusal
- Rash



Adolescents (12-17 years old)

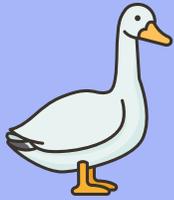
- Difficulty with focus and memory
- Lightheadedness or dizziness
- Back or neck pain
- Headaches
- Changes or loss of smell or taste
- Body, muscle, or joint pain
- Lethargy during the day
- Low energy
- Tired after walking



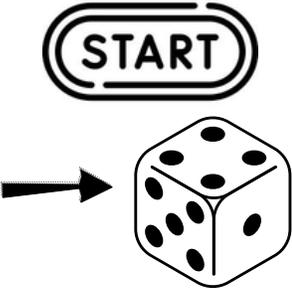
Adapted from the following [graphic](#).



ZONE



The GOOSE GAME



START



"You got your COVID-19 VACCINE"
Go forward 3 squares



"You got symptoms but didn't take a test"
You lose a turn



"You hugged a friend without asking"
Go back to the start



"You respect distance at school"
Roll again



"You sneezed in your mask and changed it"
Forward 2



"You didn't use the sanitizer gel"
You lose a turn



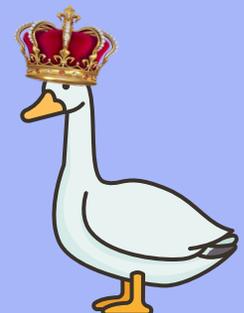
"You have explained what a virus is to your friend"
Forward 4



"You asked your teacher to open the window"
Forward 3



"You wore a mask"
Move one forward



You are a winner!

Labneh and olives on toast: a Palestinian Dish



by Aspa

What you need:

- A slice of bread, toasting is optional
- Strained (thick) yogurt
- Olive oil
- Olives



- On the slice of bread, spread the strained yogurt.
- Put some olive oil on top (a spoonful should be fine)
- Cut up olives, and place them on the toast.
- Et voilà!

For more information, click [here!](#)

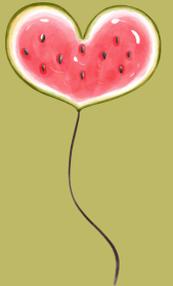
What else would you add to it?

Let us know!

See also [Renad's cooking videos!](#)



POETRY JAM

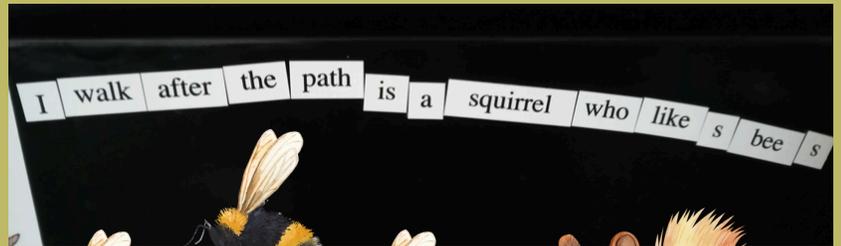
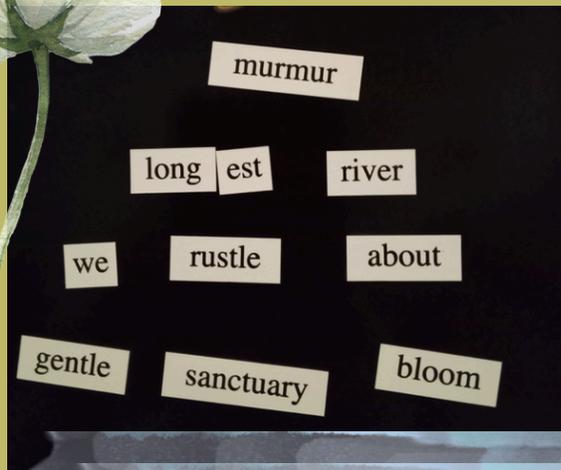
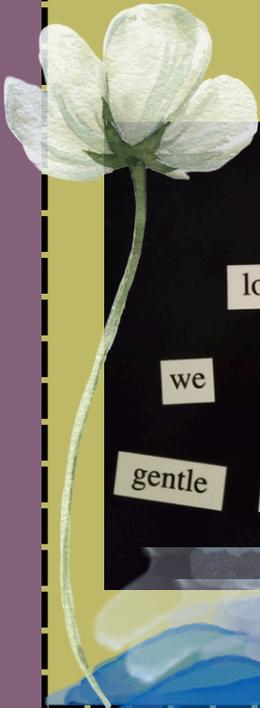


DO YOU HAVE A FRIDGE?
DO YOU HAVE MAGNETIC WORDS?
WHY NOT CREATE A POEM?
YOU CAN DO THE SAME ONLINE:

MAGNETIC POETRY:

PLAY WITH THE ORIGINAL MAGNETIC POETRY KIT

HERE ARE TWO PIECES THAT
SHEA (LEFT) AND TOMMY (RIGHT)
CREATED AND SENT US:



PLEASE SEND US YOUR MAGNETIC POEMS!

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

POETRY JAM

by Aspa



IF YOU TAKE GREECE APART
BY ODYSSEAS ELYTIS



IF YOU TAKE GREECE APART,
IN THE END,
YOU WILL BE LEFT WITH
AN OLIVE TREE,
A VINEYARD,
AND A BOAT



WHICH MEANS THAT
WITH THESE ITEMS
YOU CAN REBUILD IT



ODYSSEAS ELYTIS IS ONE OF MY FAVOURITE POETS, AND I THOUGHT I'D BRING SOME GREEK POETRY TO KIDS' ZONE! CAN YOU CHANGE ANY WORDS TO MAKE THEM RELEVANT TO COVID-19? CAN YOU SEND US YOUR FAVOURITE POEM? WE'D LOVE TO HEAR FROM YOU!

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

What I saw on my daily walk

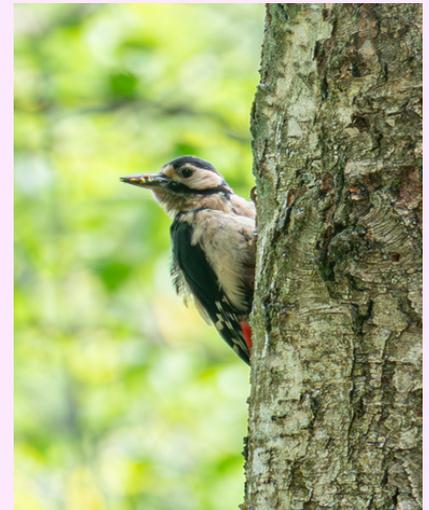
by the Masked Photographer 



WHAT IS STRANGE ABOUT THIS TREE?



DO YOU SEE SOME HOLES IN IT?



WHY DOES THIS GREAT SPOTTED WOODPECKER HAVE FOOD IN ITS BEAK?



WHAT IS PEEKING OUTSIDE ONE OF THE HOLES?

WHAT DO YOU THINK IS HAPPENING HERE?

EXPLORATION
**COVID-CONSCIOUS
 VOLUNTEERING**

This month we are highlighting COVID-conscious volunteering including running and attending virtual calls, volunteer tutoring, and volunteering sharing music!



Volunteer Calls and Activities



Intro by Shea and Tommy



We are parent and child COVID conscious volunteers. We couldn't find funding to help us organize anything that felt safe to us in person. Now, over 5 years later, after freely joining with other volunteers and workers at the World Health Network (WHN), a non-financial institution that is free to join (you can choose how much to volunteer), we started a new weekly Community Connect Zone (CCZ) Call on Tuesdays! We've also met other volunteers who help us—our Kids' Zone crew and interns. Watching the work of many other volunteer teams within WHN is also fun! So in this issue, we wanted to give them all a shoutout and to spotlight a few COVID-Conscious volunteers!

COMMUNITY CONNECT ZONE WEEKLY CALL

All ages!



2 times of day

2 parts

Tuesdays!!

A SPECIAL TYPE OF COMMUNITY CALL, ALL AGES MAY ATTEND AND PARTICIPATE. A MODERATOR WILL BE RUNNING KID-CENTERED, LIBRARY-TYPE ACTIVITIES AND ENCOURAGE COMMUNITY MEMBERS OF ALL AGES TO PARTICIPATE AND SHARE. TUESDAYS AT **10AM-11:30AM ET** AND **6PM-7:30PM ET**



FIRST 30 MINUTES: WHN SLACK CHANNEL #2-CONNECT-ZONE

THE LAST HOUR STREAM AND CHAT WILL OCCUR AT: WHN DISCORD IN THE WHN DISCORD CHANNEL: COMMUNITY CONNECT ZONE



[Download the CCZ Call Guide here](#)

Community Connect Zone



Movie Stream Review of

Paul McCartney: The Music and Animation Collection (2004)

In Case You Missed It (ICYMI): Tommy and Shea's Review of the CCZ Open House movie stream: Paul McCartney: The Music and Animation Collection, which you can watch at our quarterly CCZ Open Houses.



Review by Shea and Tommy



Shea: The first animation short with the fun bongos and drumming and island sanctuary reminded me of the fun CCZ community space we are creating here to socialize and be with community. The second part, with the frogs floating on lily pads on a random Tuesday night, made me think of maskers, kind of seeming silly when seen by other people in their homes, but we are out here! The last animated music part they sang a song with the lyrics "We all stand together!" And I love that theme!



Tommy: I really liked the frogs. I wasn't sure about the ending because the owl seemed very savage and he almost ate the frogs and the little woodland creatures. It was good Rupert, the little white bear, was there to warn them just in time. Maybe they should put a net over the roof opening in the cave. Or maybe they should genetically engineer some giant frogs to eat the owl.

Want to share your movie review with us and other readers? Send it to us at WHN.global/KidsZone or come to the next [Tuesday CCZ call](#) to share!

My COVID-Conscious Volunteer Job: Tutoring

by Claire 

What's a cool way to combine **helping others, learning new things, and meeting new friends**, all from the safety and comfort of your home? Online tutoring! Tutoring is a great way to make a difference in the world, explore your favorite subjects, and even gain recognition through **prizes** and **volunteer hours**.

My name is Claire, and I am a tutor with an online group called **Schoolhouse World**. At Schoolhouse, I help kids with lots of school subjects, like **math, English, and biology**. I also help them study for big tests like the **SAT**. I love helping other kids achieve their goals and gain confidence in themselves.



I also enjoy meeting new friends! I have made great friends at Schoolhouse. These kids really inspire me, support me, and teach me new things. I'm so lucky to work with them! I even get to meet kids all over the world. Whenever a grown-up is worried that I'm lonely because I'm COVID-conscious, I think it's so funny. I have buddies across the **US, Canada, India, and Nigeria!**

The greatest rewards of tutoring are **helping other students understand** tricky concepts and getting their **thank-you notes** as I help them grow. But those aren't the only perks. As a tutor, I also earn **volunteer hours** and gain **new skills** for my career. It's nice to feel appreciated!

The best part about being a tutor is that you can be a student, too. Taking classes from other tutors on Schoolhouse has taught me a lot about tricky subjects like **chemistry** and **government**. I've also joined in awesome events like a **writing competition**, a **debate tournament**, and a **Model United Nations** simulation. It's so much fun to learn with my friends!

It's really easy to join a tutoring organization online. You don't have to be a genius in every subject—just **knowing some pre-algebra is enough** to start teaching. Plus, these groups have lots of supportive tutors to help you get started. Just be mindful of age policies. At Schoolhouse World, **you must be 13 or older** to join.



What if you're too young or you don't feel ready to join a volunteer group? How can you learn to be a tutor? Here are some ideas:



- Help a sibling with their homework.
- Zoom with a friend to share study notes.
- Play “school” at your next COVID-conscious playdate.
- Make a book report or science presentation for your family.
- Send in a submission to Kids’ Zone about science, math, government, or culture.
- Pay attention to your favorite teachers and authors. You can learn a lot about teaching by watching someone who does it well!
- Keep being an amazing, awesome kid who learns new things, makes cool designs, and teaches others interesting facts!

MUSIC MIXER

Today we follow up with a WHN volunteer and COVID-conscious (and humorous) music selector (his mixes - the Wonderland Series - are on [Mixcloud](#)) whom we interviewed in last year's Rockstar Edition of Kids' Zone Magazine! Recall from 2024 interview:

"I collect music and vinyl records from around the world! When seeking out vinyl records, I look for music that is not available in digital formats. So you cannot find this music on Spotify, Apple Music and the like. Searching for vinyl records permits the rediscovery of music that would otherwise be lost."



2025 Plucky Platypus Update (just for fun survey, not collecting responses): "As part of our initiative to continue to offer a service of excellence, we are conducting a poll amongst the listeners of the Wonderland Series to determine what is important for you, our listeners. Please feel free to answer the poll: **1. Length of the episode: do you prefer when the length of the episode is?** A. 9 hours long B. 10 hours long C. prefer not to say **2. What is your favourite animal for a future portrait for an episode?** A. a plucky platypus B. a playful platypus C. this question offends me **3. What activity are you doing when you are normally listening to the Wonderland Series?** A. sculpting B. alchemy C. posting on social media D. all of the above **4. What is your favourite genre of music?** A. disco B. funky disco C. cosmic disco D. nu-disco E. soulful disco **5. Do you find that the Wonderland Series is a critical part of your life? Please choose a number from 1 to 10, where 1 is "strongly agree" and 10 is "very strongly agree".** Thank you for your valuable feedback."

Episode 17 - Wonderland Series



funk, balearic, jazz-funk, dub, world

Episode 18 - Wonderland Series



reggae, disco, afrobeat, chutney parang, funk

Episode 19 - Wonderland Series



afrobeat

Want to share your volunteer work with us and other readers? Send it to us at

[WHN.global/KidsZone!](https://www.whn.global/KidsZone)

FOLLOW-UP WITH A COVID- CONSCIOUS VOLUNTEER MUSIC MIXER

Thank you for the invitation to share some more thoughts with your readers! My name is L'Amateur, a Montreal-based music collector. I create monthly mixes featuring old and new music that is less well known:

<https://www.mixcloud.com/Jesuislamateur/>. I have been invited to produce guest shows for radios in France, recently in Ireland.



I would like to challenge you to find a song that you love by listening to a CD, a tape or a vinyl record (the large, or less large, black discs). Try to find some song that no one else knows, and then ask your friends to do the same and share those songs with you. Avoid using playlists of songs that are automatically generated for you. Make your own playlist by building a story with songs.

If you find the right songs, those songs can be there to drastically improve your mood when you are feeling down. And you will have found these songs by yourself! So they will represent music that resonates with you, representing you when you are at your best.



I invite you to search through old music, as well as new. There is so much amazing old music that has been forgotten, but that is waiting for you to rediscover. I will leave you with the following songs that you could listen to, if you find them!

1. "Slang Teacher" by Wide Boy Awake (this one should be easier to dig up)
2. "Ape Shuffle" by Lalo Schifrin (taken from the original movie of "The Planet of the Apes")
3. "Wild Butterfly" by Payfone (something modern)
4. "Kukura Kurerwa" by Ancestors Spirits Band (this one may be very challenging to find, originating from Zimbabwe, in 1988)

Happy searching!
- L'Amateur

Want to share your or others' volunteer work with us and our readers? Send it to us at

WHN.global/KidsZone !

Why I am COVID-realist, not COVID-cautious

By Nyss



The other day someone asked me if I was COVID-cautious. This wasn't a surprise, as we were the only people at a picnic wearing a mask.

My response speaks volumes about how I truly feel. I said "No, I'm not, I prefer the term 'COVID-realist'".

I'm not "cautious" about COVID, I'm realistic. I've looked at the science of how it spreads and what it can do to your system. I'm wearing a mask not out of an abundance of caution, but because the threat of COVID is very real. I've seen my health decline after repeat infections, the past 10.5 months since my most recent infection have taught me volumes about what it can really do.

I don't want to go through that again, nor do I want to inadvertently spread it to someone else. Some people say that we're stuck in 2020 because we still wear a mask, but I think it's the world that's stuck in 2019 because they haven't adapted to the discoveries made about airborne infection spread and how we can minimize it.

This is about more than COVID, the same black KN95 I always wear outside of home will protect me from the flu, common cold, measles, pollen, wildfire smoke, and even tear gas. If it's a particulate in the air, that mask will keep it from getting into my lungs.

What are your thoughts regarding the difference between COVID-realist and COVID-cautious? Send us your thoughts!

Why I use "COVID-Conscious"

By Shea O'Neil
Editor of Kids' Zone Magazine



Florida,
USA



People often ask me why we use the term "**COVID-Conscious**" in the *Kids' Zone Magazine* subtitle.

COVID is an **acronym**-- which is an abbreviation formed from the initial letters of other words and pronounced as a word.

So COVID actually stands for **C**ORONA**V**IRUS **D**ISEASE (GoodRX). It often includes the suffix -19 because 2019 is technically when it "came out" or was first discovered, although it is still here, now!

Conscious is an adjective that means "aware of and responding to one's surroundings", although it can also refer to "awareness of your unique thoughts, memories, feelings, sensations, and environments." (VeryWellMind)

COVID-
CONSCIOUS



When our Kids' Zone team discussed the mission and "ethos" of the magazine, we also sort of accidentally made an acronym, "**COVID-Conscious ESC**" or "**E**xplore", "**S**hare", and "**C**onnect" COVID-Consciously.

Did You Know?

"In Greek, *ēthos* means "custom" or "character." As originally used by Aristotle, it referred to a person's character or personality, especially with respect to a balance between passion and caution. (Merriam-Webster)"

Living in a way that acknowledges COVID risks can be fun and rewarding, and include passions and values of individuals. So that's why we use COVID-Conscious in the *Kids' Zone* subtitle.

Do you have a favorite term? Tell us why at [WHN.global/KidsZone](https://www.whn.global/KidsZone)!



WHY I WEAR A RESPIRATOR- GRADE FACEMASK 🧐

- ✓ Allergies
- ✓ Mold & dust
- ✓ Wildfire smoke
- ✓ Airborne diseases like SARS-CoV-2 (COVID-19), measles, and flu

I wear a Moldex 4151 healthcare respirator because:

- ✓ Clean air
- ✓ My health
- ✓ Protecting those around

It's about science.

#RespiratorMask #WhyIWearAMask #CleanAirMatters

by: Tigger Holley

**Photo and first draft text made with AI
Final draft reviewed by WHN CAG Team*

Dads' Reasons "Why"

We asked COVID-Conscious dads from around the world the question "Why are you a COVID-Conscious dad?"

Here are the answers we received!

"I want to protect my child from infections, repeat infections, and long COVID."

--SO

"I'm acting on the knowledge gained because I don't like the idea of being responsible for unnecessary, potentially exponential, harm."

--VB

1. Chronic illness is no fun
2. It's the most promising longevity hack I got
3. I'm physically active to keep with the pace of my kids, and I'd like to be able to do that for quite a while longer!

--MH

"I want my kids to have long, healthy lives. Long COVID has become the number one chronic illness in children, and I will do whatever I can to protect them from that. It's just the right thing to do; when people are hurt by something you shouldn't participate in what is hurting people."

--JL



A Flyer for A COVID-Conscious Wedding

I typically don't go to weddings physically because they typically involve higher-risk COVID infection scenarios, such as plane rides, hotel stays, crowding together with others who have recently traveled, etc. But I do like to try to be part of them in some way, and will ask about virtual options or send special gifts, etc. This year, I decided to make a flyer and send some masks along with a relative who was going to a wedding. I wanted to share it, so it is on the next page. Feel free to make copies and use!



– Shea O'Neil
Kids' Zone Editor

**Roses Are Red
Violets Are Blue
These Beautiful Masks
Are Here For Any of You!**

For love and protection
for sneezes or wheezes
or anything that could be on the breezes
Please feel free to wear
(and treat with good care),
as we do to each other
while we stay aware!



See our WHN [Mask Fit Website](#) for tips on finding your best mask
Masks handed out today:

Thank You!

<https://whn.global/kids>

WHAT ELSE CAN I DO BESIDES MASKING?

by: Grae Salisbury

1

CLEANER AIR

Air Purifiers: If you can't wear a mask, you can still stay safer by working towards getting your space cleaner air! The simple addition of an air purifier can really cut down on your sick days!

Air Quality Monitors: If you are not allowed an air purifier in your office, workspace, or classroom consider an air quality monitor! If you are able to show the **need** for bettering air quality, these tools can help support your cleaner air goals!

Move outdoors: Having a party? Move it to the beach, park, or backyard for a great time!

2

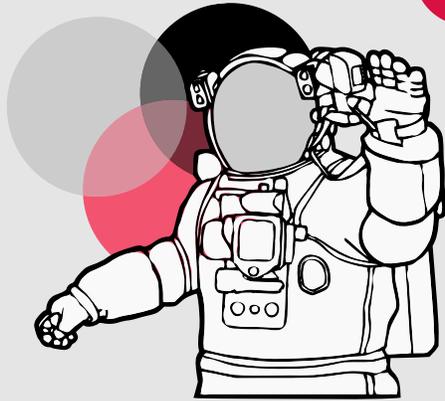
UNIONIZE

If we are able to **stay home when sick** without fearing for our jobs or finances, then public health is much safer! Unions can also help workers achieve fair wages, equity, and continuing conversations surrounding **workplace safety!**



3

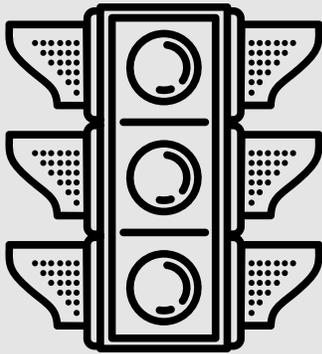
JUST & ACCESSIBLE HEALTHCARE



As more and more folks' health declines our healthcare systems struggle. People in health care **burn out**, become apathetic, and quit. A great way to work towards ending the **current mass disabling event** is to work towards bettering health care! This includes, but is not limited to: better hours and pay for healthcare workers, holding insurance companies accountable for corruption, supporting and working towards accessible healthcare for all, masking in healthcare settings and/or introducing quality air filtration devices in health care settings and indoor spaces.

4

DISABILITY JUSTICE



Disability justice groups and organizations are working overtime! Consider learning about your local orgs and volunteering or donating. Learning about disability justice, accessibility, and **disabled histories** are vital to creating a better world. We all experience sickness, disability, and loss - and we all benefit from more robust **disability programs and supports!**

5

HUMAN RIGHTS



Oppression is a term we all know, but understanding how **systems of oppression** have functioned and still function provides us with information we need to better plan actions, projects, and community events. Learn your histories from those most effected and those whose health, power, and homes have been destroyed. When reading histories ask if you are learning from the perspective of the "victor."

LASTLY, SCHEDULING REST AND DOWN TIME ARE NOT ONLY ESSENTIAL TO OUR NERVOUS SYSTEM HEALTH, BUT ADVOCATING FOR THE REST WE NEED ACTIVELY CHANGES THE WORLD FOR THE BETTER! ARE YOU GETTING ENOUGH REST? WHAT IS STOPPING YOU? HOW CAN YOU ASK FOR ASSISTANCE SO THAT YOU CAN ACCESS BETTER REST? WHAT SYSTEMIC OBSTACLES ARE IN YOUR WAY TO GETTING THE REST YOU NEED? HOW CAN WE WORK TO CHANGE THOSE OBSTACLES?



TO FEEL INTRIGUED ENERGIZED AND ENGAGED

Kids' Zone Magazine is a free, volunteer-made digital publication.

Want it printed? You can download and use a PDF Print and Deliver Service, such as printme1.com (costs money), or print on your own (free)!



WHN.global/KidsZone

Welcome to the World Health Network Kids' Zone Magazine! Although COVID-19 is a serious topic, living a COVID-conscious lifestyle can be fun and rewarding. In this magazine we highlight the many ways kids explore, share, and connect!

LET'S JUMP INTO THE KIDS' ZONE!

