

JUNE 2025

ISSUE 11

WORLD HEALTH NETWORK

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE



JOURNEYING THROUGH SUMMER SAFETY EDITION

STAYCATIONS AND VACATIONS

THE SCIENCE OF OUTDOOR
TRANSMISSION

SHORT STORIES AND POETRY

PRIDE MONTH

A BILL'S JOURNEY

... AND MORE INSIDE!

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



EXPLORE | SHARE | CONNECT





Art by Grae Salisbury

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

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



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

ABOUT?



= ARTICLES WRITTEN IN US-ENGLISH



= ARTICLES WRITTEN IN UK-ENGLISH

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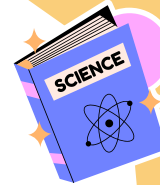
Enjoy art by a
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heron's journey



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Join Boston Private
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The Month Ahead

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

ALL MONTH:
PRIDE MONTH (GLOBAL)

5 JUNE – WORLD ENVIRONMENT DAY

8 JUNE – WORLD OCEAN DAY

14 JUNE – WORLD BLOOD DONOR DAY

15 JUNE – FATHER'S DAY
(MANY COUNTRIES)

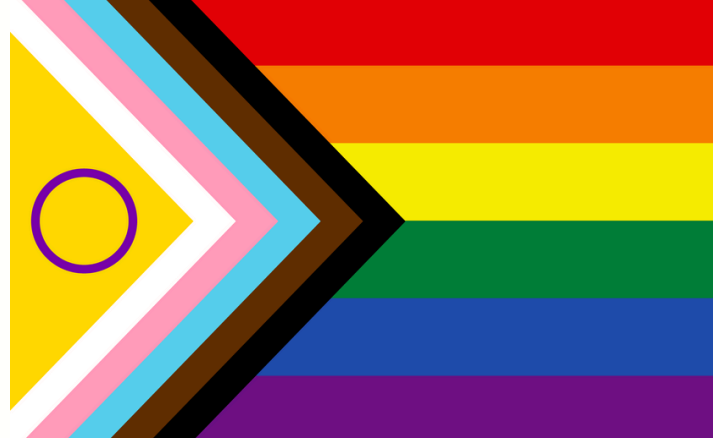
15 JUNE – 13 JULY – FIFA CLUB
WORLD CUP (SOCCER)

19 JUNE – JUNETEENTH (USA)

20 JUNE – WORLD REFUGEE DAY

21 JUNE – WORLD GIRAFFE DAY

21 JUNE – SUMMER SOLSTICE
(NORTHERN HEMISPHERE)



Editor's Note:



by: TRak 



Summer has always been my favorite time of year. Summertime activities were where I discovered my passions and developed the initial skills to become a teacher and work with neurodivergent learners.

The backdrop of summer, the outdoors, and its endless possibilities opened up friendship and communication opportunities for the kids I worked with that were well-beyond the confines of brick-and-mortar school.

Throughout high school, I worked as a counselor at a day camp. I remember all of the trainings going through the steps of being safe and protecting our campers. Make sure to reapply sunscreen every two hours, take frequent water breaks to avoid dehydration, do not have any campers share food in case of allergies, make sure all campers take a swim test, ensure there is a lifeguard present before entering the pool, etc. etc. etc. Every rule was excessively important, and for good reason. At just 15-years-old, I was responsible for the well-being of younger kids, and it was of utmost importance that I keep them safe in the southern heat.

At the end of every training manual, without fail, was written the most important rule in big bold lettering: **"Have fun!"**

At the age of 15, in a pandemic-free world, where safety guidelines could be written in a manual that everyone followed, having fun did not seem like a luxury, but rather a necessity and entitlement. In the past few years during the ongoing pandemic, I have learned that fun and joy don't always come from novelty and excitement, but can also be found in day-to-day activities and routines.

Living a COVID-Conscious style, and taking care of ourselves and others, does not always need to be exclusive of the rule "Have fun!" We just require some adjustments to all those other safety rules in the manual. Especially, since it appears that not all counselors have received a copy of their updated manual at this time 🍌

There are lots of ways to continue to find joy while remaining COVID-Conscious. In this edition of Kids' Zone we explore safer summer activities including staycations, trips around the world from the safety of your home, short stories from our readers, the science of outdoor transmission, and more!

Thanks for journeying through summer safety with us! We would love to hear some of your stories of how you are having fun while protecting yourselves and others.



A large, stylized graphic with the word "Vacation" in a white, cursive script font with a thick orange outline and a drop shadow. Below it, the word "TIME!" is written in a bold, white, sans-serif font with a thick orange outline and a drop shadow. The entire graphic is set against a white background with a solid orange horizontal bar at the bottom.



Here are some tips for taking a safer vacation this Summer!

1



Home rentals, guest house rentals, and even some inns with private external entrances for each room are great options for a COVID-safer vacation!

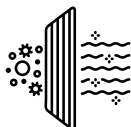
4

Having extra respirators always ensures that you have an extra layer of protection at your fingertips if you are interacting with others.



2

Bring HEPA filters (far UVC lights if possible) with you when you arrive. Leave them running for a few hours before you unmask in case anybody has been in the space recently.



5

Backyards, uncrowded beaches or lakes, emptier parks, decks, or other outdoor spaces, have better airflow and provide ample opportunity for outdoor fun.



3

Roadtrips can eliminate the need for interactions on public transportation. Play fun roadtrip games in the car and have plenty of room for your safety tools!



6

If you pick a place with a kitchen, have plans to have groceries delivered or bring groceries with you! You can also find places with outdoor walk-up windows (masked) and go when there is no line, or drive-thrus. Remember, layered protection strategies are best.



SAFE SUMMER ACTIVITIES

SUMMER FUN

by Shea and Tommy O'Neil



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Staycation Speaking
Cards

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Respirator Masks Are
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Worth It!

SUMMER STAYCATION SCRAPBOOK

by Judy



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Staycation Ideas for
COVID-Conscious
Families



STAYCATION



CAN MEAN A LOT OF THINGS!
WHAT IS A STAYCATION TO YOU?

by Shea and Tommy O'Neil



What is a staycation to you?

To us, it is learning about a place without physically traveling there. We often do stuff at home to research its food, culture, crafts, and fun things about the place! Sometimes it can be finding gems around home or nearby that remind us of that place or that are special on their own, and we DO physically go to those for the day!!

What was the most exciting thing you did on staycation?

One time we wanted to learn more about Hawaii, so we planned a small, masked Luau-like event. We printed a Hawaiian values sheet and used it to make art. We also made crafts with them, like leis, and we made recipes to pass out and eat later. We played Hawaiian music and watched dancing too!

What is your dream vacation destination?

We have always kinda wanted to visit Ireland, Australia, Ohio, and New Mexico, some of which we have done staycations to, and some of which we will do this summer or in the future!

How do you usually staycation?

Usually it's a multi-day process of learning more about a place and culture from home, and involves multiple ways of exploring it, and experiencing it in creative ways from afar, that keep us and our health and lifestyle and comfort and COVID-Consciousness in mind and in practice.

Do you like staycationing with your family or friends?

We do, although for any get-togethers we require them to follow our COVID-Conscious practices (like masks-required, we send food home, don't eat it together, etc). Some are COVID-Conscious, so we just double-check that we are all comfortable with precautions in advance.

What's your favorite thing to do when you're on a Staycation?

We love to watch movies that are about or from the place. Some fiction, some documentaries, sometimes BOTH! We like to talk about it after too!

Where have you visited on a Staycation?

Hawaii, USA; Ireland; Colombia (South America), our local, uncrowded beach, Australia, home sweet home!

Have you visited a local place for a staycation or just stayed at home and done something fun?

We set up a tent in our carport and did a mini camp trip that was fun. We did it in the living room once too! We went to the beach, which was kinda far, and then set up our tent and spent the whole day there. We found a very spaced out empty place to set up, since masking was hard there, we had just made sure to find a big, private space.

You can print out your own copy of blank staycation cards: [here](#)

#1 Staycation Idea:

Play travel to a far away place you've heard of, or that a friend lives near or has recently visited!

Inspired by the following event summary and photos sent from WHN Member and fellow Still COVIDer, Irene Stark. WHN 5 Pillars used: Air Quality (Mostly outdoor, uncrowded.) Masks (masked up both outdoors and in any indoor areas)

#1 : Staycation to Australia

COUNTRY/REGION	South Australia
TIME OF YEAR	May 2025
PLACE TO GO:	Belair National Park

by Shea and Tommy O'Neil



A few kangaroos found throughout the park. They are a small variation of kangaroo that is typically non-aggressive, but I do not get close or approach them to be safe, as wild animals can be unpredictable. I give them a respectable distance.



I saw a koala! I heard there are sometimes emus and other animals at this park too, like, deer.



The first government house (referred to as Old Government House).



The servants' quarters of the old government house (I wouldn't mind staying here!)

For more info on this location, you can visit:

<https://www.parks.sa.gov.au/parks/belair-national-park>



STAYCATION #1 PLANNER



Destination: South Australia

LIVE CAMS

Koalas are most active in the mornings- these cams are from a place in the UK. (So 10AM UK time is... 3pm US EST) It's a good thing to check time zones!

<https://www.edinburghzoo.org.uk/animals/webcams/koala-cam>

Underwater Exploration Cams:

<https://oceanobservatories.org/streaming-underwater-video/>

BOOKS/MOVIES/SHOWS ABOUT AUSTRALIA

Don't Call Me A Bear for ages 3-5

Back to the Outback : G, 7+

Netflix: Kangaroo Valley (Documentary)

Australia : PG-13, 14+

INSPIRED RESEARCH/ EDUCATION (FOR OUR FAMILY: AGE 13 HOMESCHOOL)

We heard they used something called "preferential voting" there, that we were curious about, so we researched it at the [AEC](#) and asked our friends from there how it worked since they were having an election!



STAYCATION PLAN

Month of: Watch cams, chat with friend, read books, watch shows, do research, make recipes, plan outing to our local park or beach, or house/yard.

Week of: Do any needed shopping.

Day before: Make blueberry muffins, pack play vacation bags: overnight bag, day bag, and lay out clothes for the day.

Morning of: Load car like we would for a day trip outing to park, beach, or house/yard.

Day of: Pack cooler with waters, snacks, and lunch. Have outdoor picnic at local park.

ITEMS NEEDED



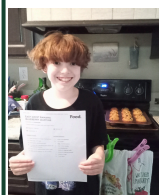
WEATHER TODAY



KEEPING TRACK OF WATER



FOOD IN ADVANCE FOR AT HOME



Blueberry Muffins

Hard-boiled duck eggs and coffee

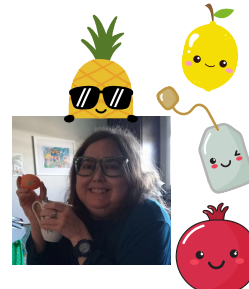
Aussie Burger!



Special Drinks



We served it with Tommy's favorite drink: lemonade (1/2 portion), black unsweetened iced tea (1/2 portion), with a splash of pomegranate juice on top! Served over ice!



4 Other Fun Ideas for Coming Up with Staycation Journeys and Destinations!

A place a friend lives:
Colombia, South America



Watch together virtual stream:
Disney's Encanto (takes place in Colombia)
Virtual visit with friends who live there who showed us different fruits they have!
Watch travel documentary

A place you've heard fantastical stories about: Ohio, USA



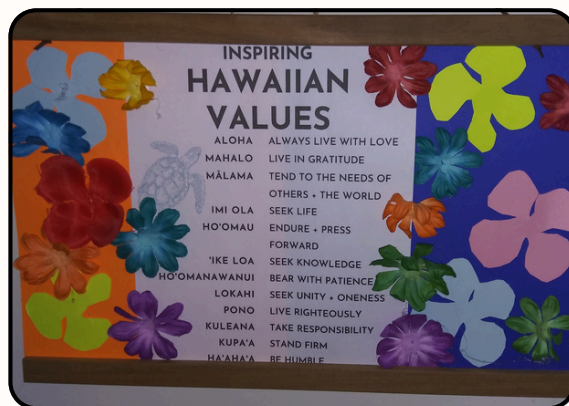
Find out why people say "Only in Ohio .."
Investigate stories of "Skin-Walkers"
Draw and share spooky stories!

A place you've dreamed of moving to:
New Mexico, USA



Watch virtual photography tour
Map trip out
Pick out an area/park to play visit
Pack a play bag for practice

A place someone you know is traveling to: Hawaii



Host a small masked Luau party
Research Hawaiian culture and values
Make crafts
Make Hawaiian foods to send home

Respirator Masks are Safe to Wear and Worth it!

PLAYFUL DISCOVERIES FOR FUTURE ASTRONAUTS, SCIENTISTS, AND EXPLORERS

What is the difference between a surgical mask and a respirator mask, like N95/KN95/KF94/FFP2, equivalents, or better?

The regulating agency, NIOSH states: "Surgical masks are not respiratory protection... They do not form a tight seal against the skin or filter very small airborne pathogens... involved in airborne disease transmission."

The US Food and Drug Administration (FDA), which regulates surgical masks in the U.S., states "surgical masks are NOT intended to provide protection against pathogenic biological airborne particulates and are NOT recommended for use in ...any clinical conditions where there is significant risk of infection through inhalation exposure", and "a filtering facepiece respirator (e.g. N95) with a tight fit is recommended to provide a more reliable level of respiratory protection against pathogenic biologic airborne particulates."

Learn more information [here](#)

SUMMER STAYCATION SCRAPBOOK

STAYCATION IDEAS FOR COVID-CONSCIOUS FAMILIES

by: Judy



For swimming, we have rented a backyard pool in the Swimply app! The hosts we worked with were very receptive to letting us in while we were masked and not coming back to the pool area while we were unmasked. I had previously read a book on teaching your kids to swim and used some time for learning. We took a picnic, and spent a lot of time playing! We were able to find a pool within 45 minutes of us that had a big built-in slide as well. If you have a pool at home, a new floaty, a fun music playlist and poolside picnic can make an extra fun pool day. When it's really hot we've also set up a floating movie night with a projector (on land) and a big floating pool mat.



Pool Party

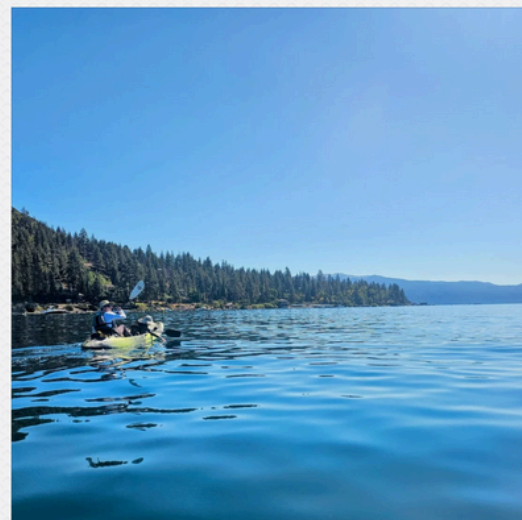


Beach Day

We are lucky to live within driving distance to the coast. We scoped out the beach with the least activity in Google Maps with the smallest parking lot and found a great spot, especially for weekdays. We often don't see anyone for hours, so we wear PFDs near and in the water (even adults). We usually don full wetsuits to boogie board, play in the sand, watch wildlife with binoculars, fly kites, read and have a picnic.

I've always loved kayaking. We have 2 spots we've always gone and both purveyors have been very kind about ringing us up outside, and most of the time they mask up while speaking with us outside as well! Different places have different age requirements for kids, but over 5 is usually

OK. I always take water and snacks and we wear our own PFDs. In one location we can see amazing wildlife and it's always fun to pair with an audio book involving some of that wildlife during the drive. The other location is a beautiful lake that has great swimming and rock scrambling.



Kayaking Adventures



Camping

We bought a cheap projector early on in the pandemic and it has really outlasted 😂. We have had some fun movie nights by setting it up outside and using the house as a screen. Sometimes we early access a streaming movie and invite some masking families over to join us on blankets, pillows and hammock. If it's something we've been waiting to see I try to make a whole day of it by making associated crafts and making food associated with the movie. For Moana 2 we bought new tropical fruits to taste and made Hawaiian dishes.

We usually go camping a couple times in the summer. We've generally settled with a small campground where we can get an end site and the one next to it, so we feel very safe unmasked there. I love cooking over the fire and we generally go for hikes during the day and kayak or go to the beach on the way home.

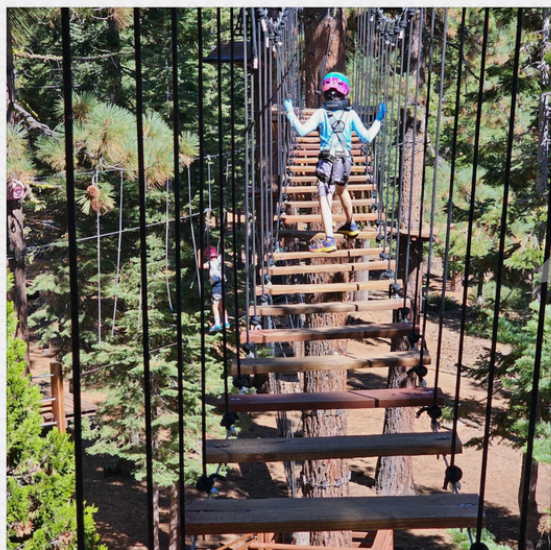


Movie Nights

We've had a good time with learning a small amount of golf. There are some smaller mini golf courses around that have outdoor kiosks and are not crowded right at opening. We also have enjoyed trying out the driving range even though we barely know how to golf 😊. We were handed down used clubs and found a driving range that has an outdoor ball machine. You would be surprised how fun it is to spend an hour whacking things.



Golf Games



Zip Line

Another thing we've really enjoyed is an adventure zip line course. These are getting more popular so hopefully more are around. They allowed us to wear our own helmets. At the place we've been, you space out from everyone else on the elements, except for a brief introduction. Our older kid especially loves this outing.

Since I love food, we spend a bunch of our vacation days visiting farms with U-pick.

Weekday mornings have never been crowded. In our area we can pick strawberries, cherries, blueberries, peaches, nectarines, pluots, mulberries, figs, pomegranates, and persimmons over the spring to fall. Then we work together on pies, ice cream, smoothies, etc. We freeze and dehydrate some. If I were better at gardening, I'm sure that could be lovely too.



U-Pick Farms



A Look at the Literature

Accessible Research for Younger Readers

Long COVID clinical evaluation, research and impact on society: **a global expert consensus**

GOAL



To spread really important information about Long COVID and to provide recommendations to doctors, researchers, and policy makers. Including information on Long COVID's:

- Definition
- Diagnosis
- Treatment
- Research
- Social Issues

The World Health Network Long COVID working group study collected data from 179 participants from 28 different countries including doctors, researchers, and people with Long COVID.

METHOD



The team sent out three rounds of surveys using a “modified Delphi method”:

Survey 1: Beginning open-ended questions

Survey 2: Statements with open-ended questions after each group of statements

Survey 3: Statements based on Survey 2

The results of the surveys were analyzed to determine which statements had the highest level of agreement.

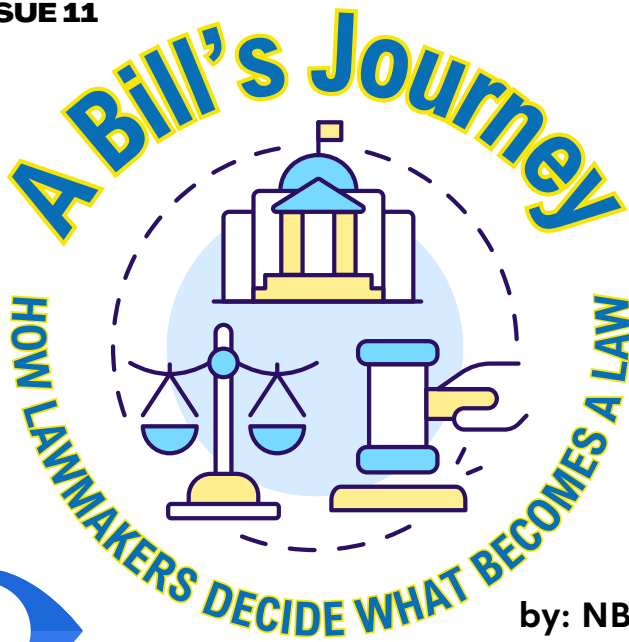
Results highlighted:

RESULTS



- Long COVID impacts many parts of the body and appears differently across people
- Doctors need to listen to patients with concerns following a COVID infection
- Finding ways to diagnose Long COVID is extremely important
- More research is urgently needed to understand how to treat Long COVID
- It is really important to understand the impact of Long COVID in children, especially with regard to their development
- Long COVID impacts many aspects of society including the economy, and these impacts need to be addressed
- More training is required for medical professionals

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



So far, we've learned what a bill is, who makes the laws, and how a bill gets written.

But what happens next?

A bill can't become a law just because one person thinks it's a good idea. It has to go through a long journey—and every step gives lawmakers and the public a chance to speak up.

Let's follow the bill's path!

by: NB 

1

Step 1: The Committee Hearing – Where Ideas Are Tested

Once a bill is introduced, it doesn't go straight to a vote. It first goes to a committee—a small group of lawmakers who focus on a certain topic, like education, health, or the environment. Each committee considers many different bills on their topic.

What happens in a committee hearing?

Lawmakers read the bill carefully.

Committees hold hearings, where experts and community members testify and speak directly to the committee about why the bill is a good (or bad) idea.

Experts, kids, or family members sharing real stories about how the bill would affect them is very important testimony.

Hearings include testimony about many different bills. Committee members can ask testifiers questions to make sure they understand the bill and its effect on people.

Over the weeks following the hearing, the committee discusses, makes changes, and then votes on whether to send the bill forward.

This is often where bills succeed—or get stuck!

2

Step 2: Floor Debate – Talking It Out

If a bill passes the committee, it goes to the full House or Senate, depending on where it started. This is called going to the floor.

On the floor:

All the lawmakers debate the bill, sharing their opinions.

They can suggest amendments (changes to make it stronger or fairer).

After discussion, they take a vote.

If the bill passes, it moves to the other chamber (House or Senate) to go through the same process again.

How Do Lawmakers Decide What to Support?

We asked a state lawmaker how they decide whether to vote for a bill. Here's what they said:

"I listen to people in my district, read the bill carefully, and ask myself—will this help my community? I also look at who's supporting the bill and what they've said during committee hearings."

That means your voice matters, even if you can't vote yet!



Activity: Role-Play a Committee Hearing!

Want to see what it's like to be a lawmaker, witness, or community member? Try this activity with your class or at home!

Step 1: Choose a Bill Idea

Example: A bill to allow kids to wear masks in school without being told to take them off.

Step 2: Pick Roles

- Committee members
- People testifying (a student, parent, nurse, teacher)
- A reporter taking notes
-

Step 3: Hold a Hearing

- Each person gives a short statement
- Committee members ask questions
- Then they vote—should the bill move forward?
-

Bonus: Write your own "committee summary" about what happened! Send it in to Kids' Zone and maybe we'll include it in a future issue, as we continue learning about how bills become laws.



In our next blog: What happens when a bill reaches the governor's desk? Can they say no? And what happens then? Stay tuned!

Right to Mask

How different states are working to protect everyone

Bills in Vermont, Illinois, Massachusetts, and California

For the last few issues of Kids' Zone, we've been talking about how ideas to help people become laws. Let's look at some examples of real bills that are now in the legislature. Four US states are considering bills to protect people's Right to Mask—laws that say everyone has the right to wear a mask or other protective gear wherever they have a right to be. – California, Illinois, Massachusetts and Vermont.

Let's take a look at what's happening in these four states!

Vermont

Vermont has a bill that would protect everyone's right to wear a mask in public places—like schools, libraries, government offices, and more. The bill says that people shouldn't be told to take off a mask when they're trying to protect their health or someone else's. Lawmakers in Vermont want to make sure that kids, parents, and workers all have the right to make safe choices.



California

In California, the bill focuses on schools and child care. It would make it clear that students and teachers can wear masks if they choose, and that no one should be bullied or punished for it. California lawmakers say that protecting health is not a distraction—it's a right.



Illinois

The Illinois bill says that no school, workplace, or public agency can ban masks or punish people for wearing them. That includes government buildings, libraries, and community centers. It also reminds everyone that people with disabilities or medical conditions may need masks—and their rights should be respected and protected.



Massachusetts

Massachusetts lawmakers introduced a bill to make sure students and employees can wear masks in schools, workplaces, and public buildings. It protects personal choice and supports people with health risks or caregiving responsibilities.

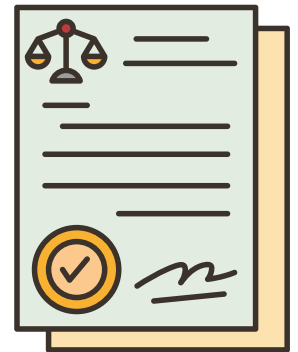


What Do These Bills Have in Common?

Even though each state's bill is a little different, they all say the same basic thing:

Everyone should have the right to protect themselves and others by wearing a mask—without being told to take it off.

Each state finds its own way to keep people safe—but kids, families, and community members can help by speaking up, writing letters, and sharing why the Right to Mask matters.



What Would You Say to Your State's Lawmakers?



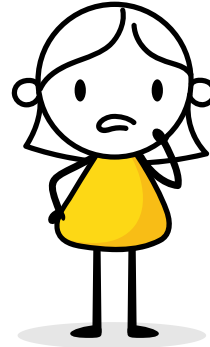
Write a letter, draw a picture, or make a poster that shows why the Right to Mask is important to YOU.

If you are from one of these states, send it to your legislator. If you are not from one of these states, also send it to your legislator. If enough people send letters and make phone calls, maybe they will introduce such a bill in your state.

Send it to Kids' Zone, and we might feature it in a future issue to inspire other kids from all over the country to use their voices too.



RIGHT TO MASK BILLS



Here's a quick look at where each state's Right to Mask bill stands:

Vermont (S.81)

Status: Introduced and under review by the Senate Committee on Government Operations.

Goal: Prevent cities and towns from banning the use of hygienic face masks.

Track the bill: [here](#)

California (AB1326)

Status: Amended and re-referred to the Assembly Committee on Health.

Goal: Affirm the right to wear a mask in public places for health protection, with certain exceptions for identification and safety protocols.

Tack the bill: [here](#)

Illinois (HB3853)

Status: Introduced and awaiting committee hearing.

Goal: Protect individuals' rights to wear protective medical equipment in public accommodations without discrimination.

Track the bill: [here](#)

Massachusetts (S 1427 and H 1981)

Status: Currently under consideration awaiting committee hearing.

Goal: S 1427 – Prevent cities and towns from banning use of health masks. Track the bill: [here](#)

Goal: H 1981 - Ensure that individuals can wear masks in public spaces without facing penalties or discrimination. Track the bill: [here](#)

Note: Legislative processes can change rapidly. For the most current information, please refer to the official state legislature websites or trusted news sources.



Short story inspired by the owl poem (March issue):
**The owl and the wildflower meadow; a tale of a COVID-
 cautious getaway** by Aspa

There was once a couple in the fifth year of the COVID-19 pandemic. Tabitha was very COVID-cautious, and Michael was a bit COVID-cautious, although mostly because of Tabitha.

At some point, Michael said he would go and stay with his parents. Nobody would wear masks anywhere. They would also go to a restaurant with some relatives, again, without masks.

Tabitha felt very conflicted. She had really missed Michael's family and would have loved to also visit them...but just did not want to contract COVID-19.

She also could not bear to be left alone in the house. "What should I do?" she wondered.



Then she had an idea; how about renting a small house in the countryside while Michael was away? And that is what happened. Thankfully she found a suitable place, despite the fact that it was such short notice.

Michael drove her to the place on his way to his parents, and picked her up when he was coming back.

Tabitha brought one of the air purifiers and had it working as soon as she came into the house. She was wearing an FFP3 mask for at least a couple of hours, and had the windows and doors open for a while, as she knew the landlord and other people had been in the apartment earlier.



It was a lovely studio apartment with a nice balcony. The apartment was surrounded by a beautiful wildflower meadow, full of cowslips and other flowers. It was like a sea of flowers. It was buzzing with bees and butterflies. Tabitha brought her laptop to do some work, but she spent quite a bit of her time admiring the beautiful meadow.



Once a day she would go out for a walk, usually wearing her mask, as the paths were quite narrow and a little busy sometimes. She didn't mind being on her own, and she felt safe; there were people in the apartment below and the landlords lived in the house attached to these two apartments.

One night she decided to spend a bit of time on the balcony. And then she noticed the owl. It was a beautiful barn owl! The owl was initially sitting on a pole, and then opened her wings and flew to the other side of the meadow. She dove in, and when she emerged, she had something in her claws! Maybe a little mouse?



After a while she came back and did the same. She was so beautiful! At some point the owl started flying towards Tabitha. Tabitha started waving her hands just in case the owl got too close. The owl changed direction and Tabitha regretted moving immediately! Maybe the owl had wanted to sit together on the balcony and have a little chat and a tea?

The next night the owl came back and again flew around, dived, sat on a pole. Magnificent. Thank you, owl, for keeping company to this lone COVID-cautious soul!



Why not write your own short story? It can be from a real or an imaginary event.

MADDY AND THE LEPREKITTEN

BY JULIE WORNAN



Maddy had just finished her afternoon snack when she heard a tiny sound.

Was it a bird in a tree? No, it was too close and too faint.

Maybe a buzzing fly?

No, it was more like a little meowing sound. It seemed to come from somewhere on the table.



At last, Maddy saw a tiny cat in the sugar bowl. It was no bigger than a mouse. Perhaps it had fallen in while chasing a fly? It couldn't get out.

It was only a kitten. But where was its mother?

Maddy wrapped the kitten in a handkerchief and stepped out into the garden to look for its mother.

She looked under each flower, each rock, each leaf.

And then, at the very back of the garden, Maddy saw a little man all dressed in green, sitting on a log. A little cat no bigger than a squirrel was sitting near his feet.

"Hello, I'm a leprechaun", said the little man, with a wink.

Maddy looked at him hard. "I know", she said. "I'm Maddy. Is that your little cat?"

"Yes, this is my leprecat," he said, stroking it gently with a finger. "But she's sad because she's lost her leprekitten."

"I think I've found it!" exclaimed Maddy, setting the tiny kitten down in the grass near the tiny cat. They ran together and licked each other and purred and purred.

"I found the kitten in our sugar bowl", Maddy told the leprechaun.

He looked at her hard. "I know," he said. "Thank you so much for bringing the leprekitten back to us. We missed her so."

Maddy watched the happy cats. "I wish I could purr," she sighed.

"Your wish is granted," the leprechaun smiled. "But now I think you should be getting home. Your mother will be worried."

Maddy picked some daisies on her way home. Her mother gave her a big hug and put the flowers in a vase.

Maddy never saw the leprechaun or the tiny cats again.

But sometimes when she watched the sun rise in a strawberry sky, or smelled a fragrant rose, or saw a pretty butterfly settle on a flower, or watched a flock of geese fly overhead, she felt a soft happy sound rise in her chest.

She purred.



A fairy tale and a comic on long-term conditions by Louise Kenward, a writer, psychologist, Long COVID sufferer and PhD student by Aspa

I recently came across the work of Louise Kenward, a psychologist, writer, artist, Long COVID sufferer and PhD student. I am so impressed by the quality of her writing and storytelling, there is something serene and healing about it!

Although she no longer practices as a psychologist, I think her psychologist training shines through.

In her recent work she about energy-limiting conditions, which is very relevant to Long COVID!

Here are the links to her latest work:



Art by Julian /Gray

Comic

Fairy tale

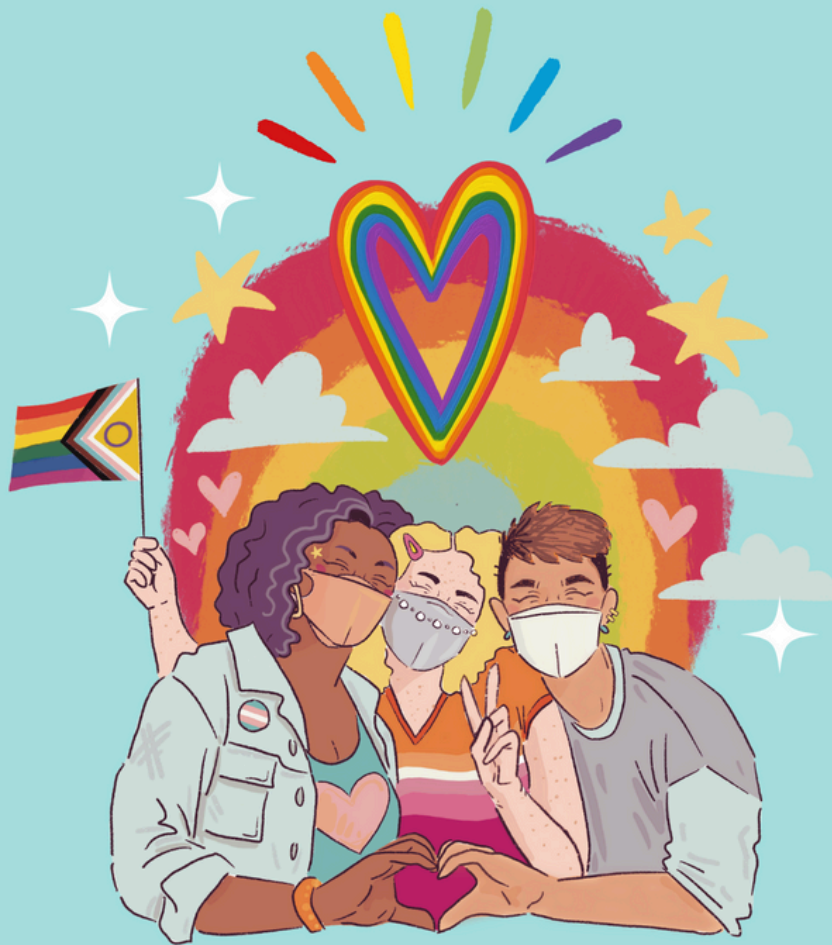
Louise recently also wrote an Article for The Psychologist and gave a talk about her work, along with other amazing artists.

How does Louise's comic and fairy tale make you feel?

Let us know!



Picture by Louise Kenward,
published in The Psychologist



Art by Grae Salisbury



Many countries around the world celebrate Pride Month in June. Pride Month is a time to support LGBTQIA+ members of our community. It is also a time to celebrate love and being yourself!



Did you know that you can attend Pride events from around the world from the safety of your own home?



Join us in a global journey to celebrate Pride while being COVID-Conscious!



Queen City Pride Parade

Regina, Canada
June 14th



You can watch the parade streaming on Youtube or on AccessNowTV. Find more information here: <https://queencitypride.ca/community/2025-queen-city-pride-parade/>

San Diego Pride

San Diego, California, USA
July 19th



You can watch the parade streaming on a variety of platforms. Find more information here: <https://sdpride.org/parade-2025/>

Pride in London


London, UK
July 5, 2025



You can watch the parade or last year's parade streaming here: <https://prideinlondon.org/pride/2024/>



SCIENCE NEWS

by Eddie 

This month: Is there life out there?
PLUS the science on outdoor COVID transmission, and juicy giraffe facts!

COULD this far-away planet be the home to alien life forms?

Scientists think it's a real possibility. Known as K2-18b, its atmosphere has been found to contain gas molecules which are produced by simple organisms. While it's not proof the planet contains life, it's a very big clue that it might be home to vast oceans – though more data is needed to confirm these findings.

The lead researcher of this study, Professor Nikku Madhusudhan, told the BBC this was "the strongest evidence yet there is possibly life out there" and that "this is a very important moment

in science...if we confirm that there is life on K2-18b, it should basically confirm that life is very common in the galaxy".

Sadly, as K2-18b is 700 trillion miles from Earth (or 124 light-years), no human can pay a visit to look for signs of alien life!

On Earth, the same molecules discovered in the K2-18b atmosphere are produced by marine phytoplankton (microscopic marine algae) and bacteria. Scientists stress that much more work needs to be done to be sure these molecules are definitely present and that the planet contains water – which is essential for life – rather than just oceans of molten rock.

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'S THE SCIENCE ON CATCHING COVID OUTSIDE?



IT is well-known that COVID-19 spreads very easily in indoor settings like homes, schools and hospitals, but what do we know about outdoor spread?

Being outside is much safer than being indoors, because the natural ventilation provided by a breeze – and the lack of a ceiling or walls all around – means the airborne virus disperses and struggles to linger in the air for very long. However, we know that transmission can definitely still occur outside. The risks are higher if:

- *You sit or stand close to an infected person without wearing quality masks.
- *It's a crowded outdoor setting, such as a market or swimming pool.
- *There are coverings, such as awnings or gazebos, which prevent the COVID particles from dispersing fast.
- *The air is especially 'still' due to a lack of breeze and high humidity.
- *You have close contact while playing a contact sport, such as soccer, rugby or ice hockey.

Unfortunately, there are far fewer studies regarding outdoor transmission compared to indoor. One startling report by the Chinese Center for Disease Control and Prevention (CCDC) in 2022 said that an unmasked jogger in a park may have infected 39 people in the space of just half an hour. The report said the man spread the virus as he ran past people on a four-metre (13 ft) wide footpath. The CCDC said that genetic COVID data proved all the cases were linked – but they didn't include that data in the report. Some scientists said the absence of this crucial data means it's impossible to be sure that the man spread the infection in the park, and that the COVID infections may well have been caught somewhere else.

Five studies from 2020 – before the highly contagious Omicron variant of COVID emerged – found that fewer than 10% of infections were transmitted outside. This figure is possibly higher since Omicron emerged in late 2021.

ALL ABOUT... GIRAFFES

It's World Giraffe Day on 21 June! This annual event is a chance to learn all about the tallest land mammal on the longest day (or the longest night for those in the southern hemisphere!)



There are four species of giraffe: Masai, northern, reticulated, and southern. They all live in the plains of Africa. Sadly, only 117,000 giraffes remain in the wild.

In the 1980s, it's thought this number was 155,000.

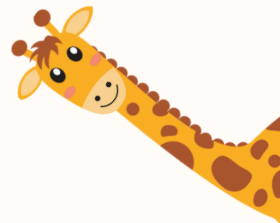
Giraffes are the tallest land animals on Earth. An adult male can grow to around 5.5m (18 ft). The largest mammal overall is the whale, which averages 30m (98 ft)!

A group of giraffes is called a tower. They are herbivores, so they only eat plants. And they certainly have a big appetite! A giraffe can eat up to 45kg (99 lbs) of leaves and twigs in a single day. They usually drink only once every few days.

Each giraffe has a unique coat pattern, similar to the way each human fingerprint is unique. The giraffe heart weighs a whopping 11kg (24 lbs).

It was long thought that giraffes lived up to 25 years in the wild, but more recent research suggests they could live longer than that.

Female giraffes give birth while standing up. This means their calf falls some 1.5m (5 ft) to the ground! But they don't suffer – in fact, the newborns are usually up on their feet within an hour.





GAME ZONE

Hidden Pineapples

Throughout this issue of the magazine, you will find hidden pineapples. How many do you count?

Psst...Don't forget about me!



Rebus Puzzles

The puzzles below are picture representations of words and phrases. How many can you solve?

K
S
A
M

thescience



forstaymed

vo + cate



precautions

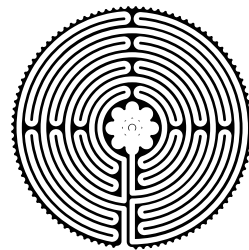


Answers: mask up, stay informed, advocate, follow the science, take precautions, airborne transmission
14 pineapples

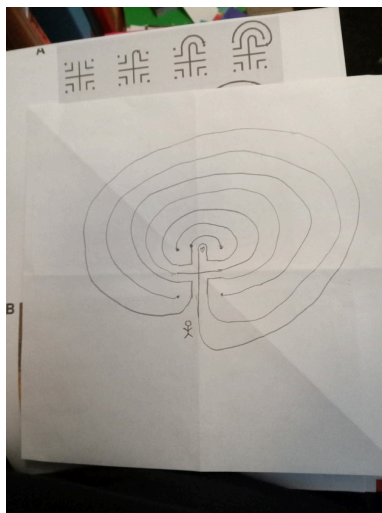


World Labyrinth Day

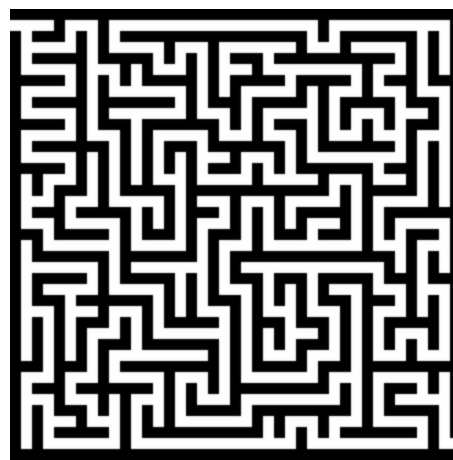
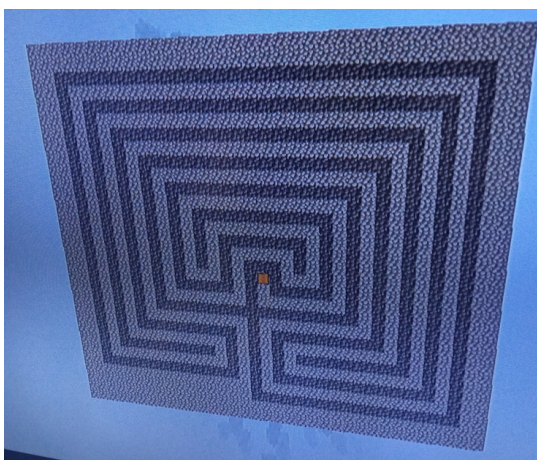
by Shea and Tommy O'Neil



World Labyrinth Day occurs in early May every year as a global event promoting World Peace. You can make a labyrinth or maze to do by finger or pen, go to an uncrowded local labyrinth, or make one outside with sticks. You can make one on Minecraft to run through with your friends. You can use a maze generator to challenge yourself and others! Here are some below, made and/or completed by fellow Still COVIDers!

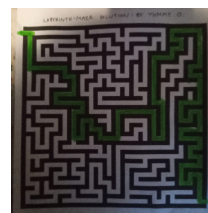


Hand-drawn (top left) and physically-made (top right) traditional labyrinth, that is: one way in, one way out, guaranteed to reach the center, and get back. Meditative, tranquil.



A traditional labyrinth but made on Minecraft! You can have fun with it by adding mobs, chests, and playing with others in it with your Minecraft characters virtually if you have the same version of Minecraft and a way to connect online (and parental permission)!

Mazes are a type of labyrinth. This one above was generated using a maze generator and downloaded, printed, and solved (to the right).



POETRY JAM



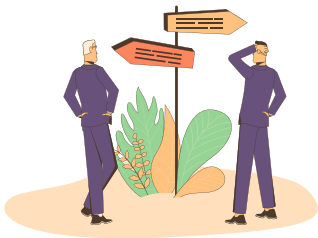
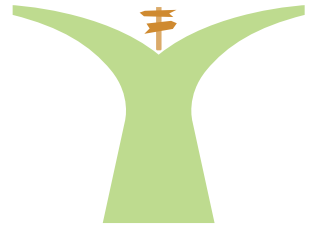
THE ROAD NOT TAKEN BY ROBERT FROST

TWO ROADS DIVERGED IN A YELLOW WOOD,
AND SORRY I COULD NOT TRAVEL BOTH
AND BE ONE TRAVELER, LONG I STOOD
AND LOOKED DOWN ONE AS FAR AS I COULD
TO WHERE IT BENT IN THE UNDERGROWTH;

THEN TOOK THE OTHER, AS JUST AS FAIR,
AND HAVING PERHAPS THE BETTER CLAIM,
BECAUSE IT WAS GRASSY AND WANTED WEAR;
THOUGH AS FOR THAT THE PASSING THERE
HAD WORN THEM REALLY ABOUT THE SAME,

AND BOTH THAT MORNING EQUALLY LAY
IN LEAVES NO STEP HAD TRODDEN BLACK.
OH, I KEPT THE FIRST FOR ANOTHER DAY!
YET KNOWING HOW WAY LEADS ON TO WAY,
I DOUBTED IF I SHOULD EVER COME BACK.

I SHALL BE TELLING THIS WITH A SIGH
SOMEWHERE AGES AND AGES HENCE:
TWO ROADS DIVERGED IN A WOOD, AND I—
I TOOK THE ONE LESS TRAVELED BY,
AND THAT HAS MADE ALL THE DIFFERENCE.



HOW DO YOU CONNECT TO THE ROBERT FROST POEM?
CAN YOU RELATE YOUR JOURNEY THROUGHOUT THE PAST 5 YEARS TO
THE EXPERIENCE DESCRIBED IN THE POEM?
WHAT ROADS HAVE YOU TRAVELED OR NOT TRAVELED? WHY?
WRITE A POEM OR STORY TO TELL ABOUT YOUR JOURNEY

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

POETRY JAM

by Julie Wornan



THE LITTLE ONES

Do you recall, when we were small,
The tales grandmothers told
Of the magic, mighty Little Ones
In the distant days of old?

No bigger than a pumpkin seed,
No louder than a sigh,
They'd ride on the seed of a dandelion
weed
Or the back of a butterfly.

They'd shelter under a daisy flower
Until the storm was past,
Then break and run 'neath the summer
sun
Making ripples in the grass.

They'd hum in the breeze like honey bees
Circling the morning flowers
Or stop to rest in a squirrel's nest
In the misty twilight hours.



They would likely come for a brownie
crumb
Or a teaspoonful of cream
Then a nice surprise, when you shut your
eyes,
Was a happy, funny dream.

If you felt sad or mad or bad
Or spoiling for a fight,
They'd snuggle there in your tangled hair
And soothe your sleep all night.

The winds of time have scoured the skies
The memory tree sways
And few recall, if they can at all
Those magic, distant days.

But 'neath the bray of a motorway
Or a freight train's clickety-clack
If you hear a song that's low and long
The Little Ones may be back!



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

What I saw on my daily walk

A Heron's Journey

by the Masked Photographer



I've been following a heron family since February: from before the nest was completed until the first chick learned to fly. Here's the family story over the last three months



Here is a photo from February 21 in which the father heron is presenting a stick to the mother for the nest. You can't really see the mother, except for a bit of orange color where her beak is. Maybe that's because she is lying on their eggs, or maybe she is just lying down, exhausted from nest building. Here is what I found out about nest-building from All About Birds: "Male Great Blue Herons collect much of the nest material, gathering sticks from the ground and nearby shrubs and trees, ... presenting them to the female. ... Nest building can take from 3 days up to 2 weeks; the finished nest can range from a simple platform ... to more elaborate structures used over multiple years" These herons nest in the same place in the same set of trees every year, so this nest is one of the "more elaborate structures" referred to.



The eggs take about four weeks to hatch, which means that if they had just been laid at that time, they would have hatched around March 21. However, here is a photo from March 14, in which both parents flew out of the nest together to stretch their wings for a very short period of time - a matter of minutes. Does this mean the chicks had hatched? It looks like it!



In another photo of the nest without the parents, if you look really hard, you can see a short streak of orange beak sticking out at the top left, behind a tree branch. So they hatched sometime in March, and were still very small on March 14.



Here is another photo of a heron sitting on the nest on April 6, perhaps he or she is keeping the chicks warm? At this point, you can't see the chicks in the nest. But they grew very fast!



One of the large chicks is desperately flapping its wings, trying to fly, but was not yet quite up to the task.

But finally in this photo from May 12, **one of the baby herons flew out of the nest.** I may have witnessed its first flight! Here is a photo of its celebratory landing.



Want to **build awesome robots, learn cool shop skills, and collaborate on exciting projects**—in a safe, COVID-conscious environment?

Join Boston Private Tutors' Robotics Day Camp!



Founded by WHN member and MIT alum Stephanie Schmit, our program combines hands-on robotics, practical engineering, and teamwork—all while strictly adhering to COVID safety precautions. Masks required, great ventilation provided, and COVID-aware peers guaranteed!



BOSTON PRIVATE TUTORS

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In Issue 10 we shared our 2025 email to our State Representative Inspired by our comic and the Kids Campaign Blog assignment, in which we requested funding to create a COVID-safe(r) library room. We did not get a reply back yet. So, in the meantime, and with help from the volunteers at the World Health Network.... we decided to create our own VIRTUAL library space! Learn more below, and join us if you can in our new space, weekly on Tuesdays at either 10am ET and 6pm ET starting in June!

OUR COMMUNITY CONNECT ZONE WEEKLY CALL IS A PLACE LIKE A LIBRARY WHERE KIDS, PARENTS, TEENS, AND COMMUNITY OF ALL AGES COME TOGETHER TO READ, SHARE, AND BE TOGETHER. IT IS SPECIFICALLY TAILORED FOR COVID-CONSCIOUS KIDS, WITH MATERIALS AND DISCUSSIONS APPROPRIATE FOR AGES 12 AND UNDER, ALTHOUGH ALL AGES MAY ATTEND AND PARTICIPATE.



WHAT: COMMUNITY CONNECT ZONE WEEKLY CALL

WHEN: Tuesdays, 2 times:

10am ET, [[Time Zone Converter](#)]

6pm ET, [[Time Zone Converter](#)]

WHERE: both meetings start in

WHN's Slack, channel:

#2-Connect-Zone

first 30 minutes Read and Share

Last hour: move over to WHN's Discord

#Community Connect Zone channel

5 minutes: Introduction

25 minutes: Moderator streams a show to watch together


25 minutes chat after (with moderator present)

**We also have an Open House
on Tuesday June 10th, 6pm-8pm eT
(see [time zone calculator here](#))
in WHN Discord in voice channel
Community Connect Zone**



Thank you and thank you to the WHN for helping us create safe community spaces!

-- Shea and Tommy



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)!



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!