

WORLD HEALTH NETWORK

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE

HAPPY NEW YEAR! 2026

NEW BEGINNINGS EDITION

YOUR IDEAS - WHAT TO DO IN
THE NEW YEAR

NEW BEGINNINGS IN NATURE

NEW COVID TECHNOLOGIES

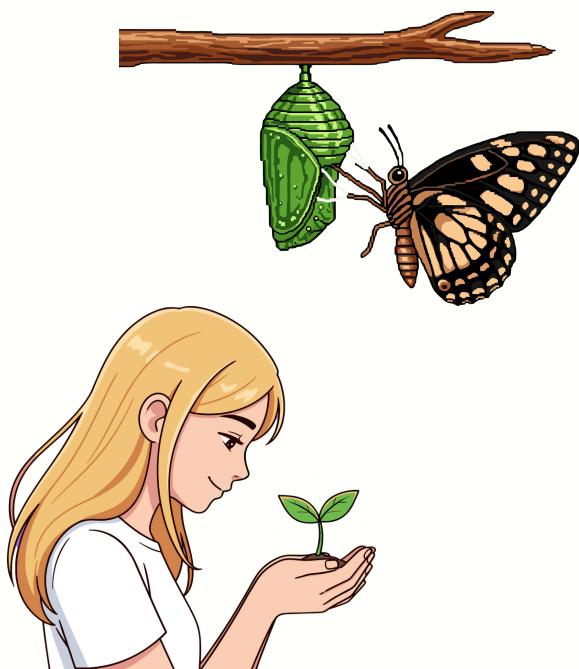
COMBATING MISINFORMATION!
STORIES AND RECIPES

... AND MORE INSIDE!

CHECK US OUT ONLINE AT:
WHN.global/KidsZone



EXPLORE | SHARE | CONNECT



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

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

WHAT'S IT 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



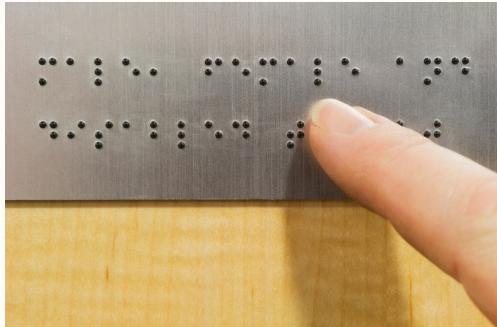
= ARTICLES WRITTEN IN UK-ENGLISH

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*The contents of this magazine, such as text, graphics, images, and other material, are intended for informational and educational purposes only and not for the purpose of rendering medical advice.

The Month Ahead

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



JANUARY 2 - WORLD INTROVERT DAY

JANUARY 4 - WORLD BRAILLE DAY

JANUARY 13 - KOREAN AMERICAN DAY (US)

JANUARY 17 - INTERNATIONAL MENTORING DAY

JANUARY 19 - MARTIN LUTHER KING JR. DAY (US)

JANUARY 20 - BODHI DAY

JANUARY 24 - INTERNATIONAL DAY OF EDUCATION

JANUARY 25 - BURNS NIGHT (SCOTLAND)

JANUARY 27 - INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

JANUARY 27 - FEBRUARY 2 NATIONAL STORYTELLING WEEK (UK)

JANUARY 31 - WORLD ZEBRA DAY

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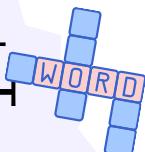
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WATCH OUT FOR "CHERRY-PICKING"



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How to spot cherry picking and become a fact detective!
Plus a delicious cherry-related recipe!

new beginnings



Editor's Note:

by: Adam



As we begin the new year, 2026, I thought a lot about how we often take this as a time for new beginnings.

The turn of the calendar year can be a time to think about the year that has passed, and make some plans for the coming year!

Often, some people make New Year's resolutions - to make an agreement with yourself to try doing something better, take up some activity you mean to do - or even do something less if you know it's not a good habit (my resolutions are to try to eat fewer biscuits and to make better use of my air purifier).

See our "**Would you rather**" page for some fun ideas on new beginnings!

Have you ever heard the phrases "canary in a coal-mine" or "cherry picking"? We have some excellent articles that explain these important ideas.

You might want to think about what you would like to be when you grow up - we have some ideas for you and a link to a fun quiz.

Nature is full of new beginnings. In the winter, things become dormant for a while. But we can look forward to the spring when nature wakes up again. See "**New Beginnings in Nature**" for some amazing things that insects do to change themselves and start again!

We hope you enjoy this issue!

What is something new you want to do in the New Year?

"I want to learn a new language"

-G, age 12, Spain

"I want to meditate daily in the new year"

-Katie, US

"I want to have a sleepover with my bestie"

-F, age 10, Netherlands

"I want to finish the book I'm writing"

-C, age 12, US

"I want to learn violin, piano, harpsichord, and oboe."

-A, age 4, US

"I want to read a book in German."

-A, age 15, Spain

"I want to have a good end to my first semester of high school."

-O, age 14, US

"I want to learn how to use the sewing machine"

-H, age 12, Netherlands

"I want to beat my older cousin in a Minecraft PvP duel"

-L, age 12, US

"I want to play a lot in the New Year"

-S, age 9, Japan

"I want to take down the Christmas lights."

-E, age 9, US



New Year New Healthy Habits!

The New Year is often a time to make resolutions and to start new trends.

So...why not make a resolution to avoid getting sick?

It's never too late to start taking precautions against COVID-19 and other airborne viruses.

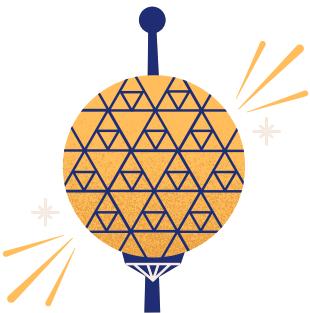
This year, resolve to protect yourself and others by:

-  Wearing a well-fitted respirator
-  Taking steps to clean indoor air
-  Testing before seeing others
-  Getting vaccinated

5 Fun International, Virtual Ways to Celebrate the New Year!

London New Year's Eve Fireworks

Hear Big Ben ring at midnight and enjoy watching fireworks over the London Eye Ferris wheel



New York City Ball Drop

Watch the festivities in Times Square with famous singers, and see a giant crystal ball drop at midnight.



Sydney New Year's Eve

Be mesmerized by the fireworks over the Harbour Bridge and Sydney Opera House.



Taipei, Taiwan New Year's Eve

Appreciate the fireworks lighting up the Taipei 101 skyscraper and turning it into a tower of dazzling colors.

New Year's in Bangkok

Be amazed by the fireworks over the Chao Phraya River and see the street parties filled with lights, music, and dancing.



Lookking back at wins from 2025

The WHN team started the Kids Connect Calls!

We celebrated one year of Kids' Zone Magazine!

Scientists developed a way to generate electricity from falling rainwater

Scientists got the first video ever of a young colossal squid in the South Atlantic Ocean

The Ocean Census project discovered 866 new species under the sea

Japan and Namibia both inaugurated their first ever female heads of government

A comet from another star system zipped through our solar system. Its chemistry is different from that of our own comets

Paleontologists discovered that the Nanotyrannus, a dinosaur previously thought to be a tiny T. rex, is actually its own species

A desert in China was transformed into a thriving wetland with plants and animals

What Do Canaries Have to Do with COVID?

by Naomi Bar-Yam

What Does "Canary in the Coal Mine" Mean?



Have you ever seen a yellow canary in a logo for a group that works to keep the air clean or protect public health?

You might think, "That's a cute bird!" But the canary has a very important history—and today it stands for care, protection, and early warning.

A Long Time Ago: Canaries Helped Keep People Safe

Many years ago, coal miners worked deep underground, where they couldn't always tell if the air was safe to breathe. Some dangerous gases have no smell—so people couldn't sense them until it was too late, and they got sick.

Miners discovered that canaries could help.



Canaries are very sensitive to the air around them. If the air wasn't safe, the canary would act differently—flutter, stop singing, or look distressed. That told the miners:

"The air is not safe. We need to leave now!"

The canary helped protect people.
It wasn't just a bird—it was a warning sign.

Today: The Canary Means Pay Attention to the Air

We don't use birds in mines anymore.
But the idea of the canary stayed with us.

Today, a canary symbol says:

- "Pay attention to the air."
- "Some people are affected sooner than others."
- "If some of us are hurting, it's a sign we need to fix the environment for everyone."

So now the canary is a symbol of care and protection.



The Canary and COVID

Today, there are two kinds of canaries. Canaries are a warning of danger and also a helper who reminds us to take care of each other.

People who are more sensitive to germs in the air—like kids with asthma, babies, older adults, or people with chronic illnesses—are like modern canaries. Their bodies can tell us first when the air is unsafe.

Kids' Zone, World Health Network, along with other organizations, are also canaries. We help raise awareness of how airborne diseases affect communities. The canary means: Some people feel harm earlier and more severely—so we must listen to and protect them. In protecting them, we are also protecting ourselves and everyone.

COVID spreads through the air, kind of like invisible smoke.

So clean air is really important!

When we:

- Wear well-fitting masks in crowded places
- Improve ventilation
- Use air filters
- Meet outdoors when possible

we help everyone breathe safer, not just the canaries.



The canary reminds us:

If the air isn't safe for one of us, it isn't safe for all of us.
So we make it safe together.

The canary's message is simple:
Pay attention. Breathe safely. And take care of each other.

That's a message for everyone.

Activity: Design Your Own Helpful Canary Mascot!

Imagine a canary that:

Protects clean air

Helps people take care of one another

Encourages kindness and safety

Is your canary:

Brave?

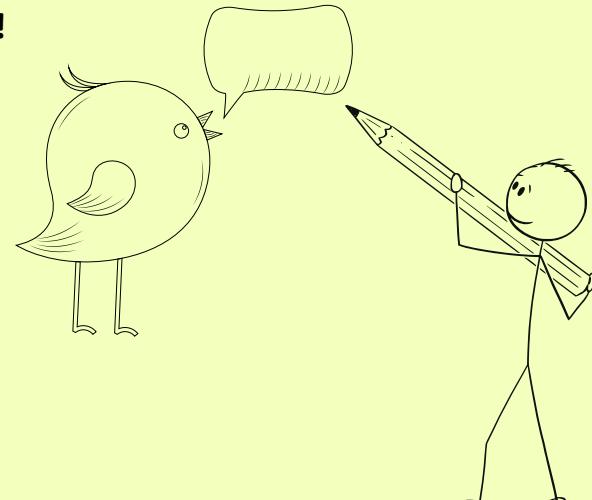
Curious?

Wise?

Playful?

Draw your canary and give it a name!

Send it to Kids' Zone to be featured in a future issue!



New Beginnings in Nature...

Starting something new, or making a change, is often very difficult. Sometimes people don't keep up their new year's resolutions, but it is still good to try!

In nature, things also often begin again, or make huge changes. This made me think about how animals change as they grow.

Some of the most amazing changes are seen in insects - they completely transform shape from their 'baby' stage to their adult stage!

This is called **metamorphosis**.

The baby stage of an insect is generally called a '**larva**' (or '**larvae**' for more than one).

Examples of larvae are maggots (which turn into flies), and caterpillars (which turn into moths or butterflies).

The stage between the larva and the adult insect is called a **pupa** (for butterflies and moths it is called a **chrysalis**).

The larva finds a safe place to hide, and its skin hardens like a shell, and over a period of several weeks the creature's whole body is transformed and reorganized!



PHOTO BY ADAM

This caterpillar is the larval stage of the "**Oak Eggar**" moth. It has this name because during its metamorphosis, it forms a cocoon which looks a bit like an acorn!



©entomart
https://en.wikipedia.org/wiki/Oak_eggar



A photo taken by Halvard from Norway
https://en.wikipedia.org/wiki/Oak_eggar

A chrysalis of a peacock butterfly



Credit: Olaf Leitinger 2006
<https://commons.wikimedia.org/wiki/File:Inachis.io.7344.jpg>



When it is ready, the adult insect finally breaks out and emerges. It's an amazing example of **metamorphosis**.

On the left is a magnificent peacock butterfly.

New beginnings in nature...

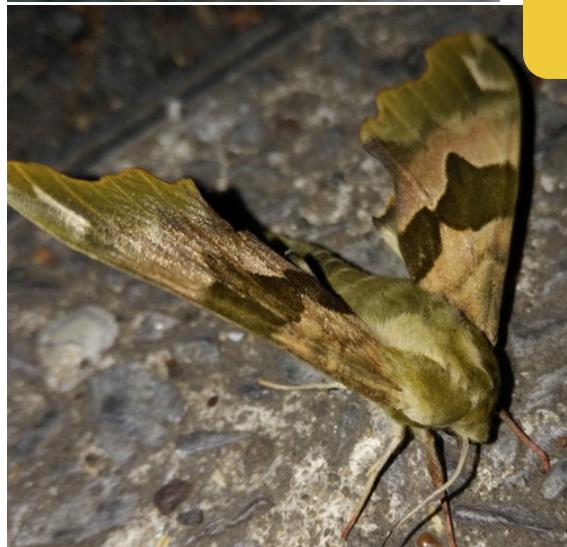


I found this odd looking thing near my window one day. It later turned out that it was a pupa of an insect! A few days later the **pupa** was open and empty, and I was amazed to see that a friendly little wasp was walking around on the window! This type of wasp is called an **Ichneumon**.

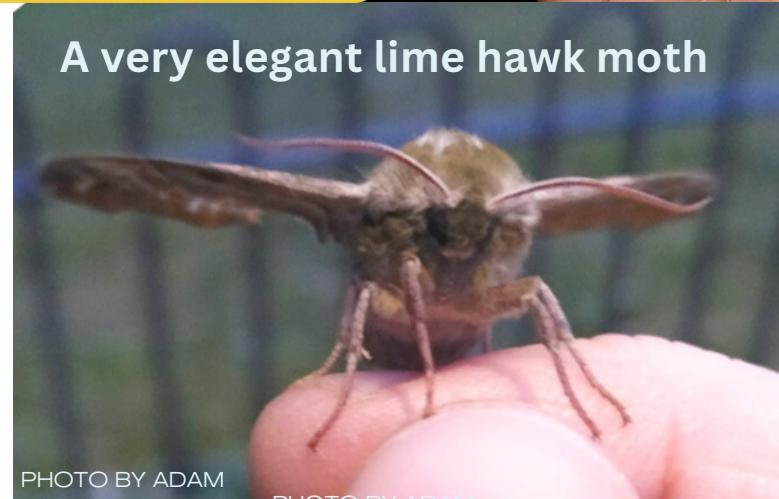


And just because I think moths are cool, here are some more pics.

These pictures are of a large **lime hawk moth** which I saw on my street! I found it just chilling out on the pavement, so I carefully helped it find a safer place to sit, on a tree branch. It seemed happy to say hello.



A very elegant lime hawk moth



What do you want to be when you grow up?

Work from Home Edition

Did you know that there are so many cool jobs you can have without leaving your house? Whether you like technology, science, teaching, or art, there are a ton of options to do what you love while staying cozy at home!



- **App or Game Builder** - be part of creating one of your favorite video games!
- **Web Designer** - create or format new websites for an individual or organization
- **Data Analyst** - analyze data patterns



Writer

- **Author** - write a novel or a storybook
- **Screenwriter** - help write the script for a movie or TV show
- **Poet** - write poetry to share with the world
- **Editor** - edit stories or articles for authors, newspapers, websites, or magazines



Artist

- **Illustrator** - draw pictures for authors or poets
- **Graphic Designer** - design visuals for logos or websites
- **Animator** - animate characters and scenes in video games or movies



Teacher

- **Remote School Teacher** - Teach kids or university students online
- **Outschool Teacher** - Instruct others on one of your favorite subjects
- **Tutor** - work 1:1 to help students learn



Therapist

- **Telehealth Speech Language Pathologist** - help kids learn speaking and listening skills over video
- **Telehealth ABA Therapist** - help kids build socially significant behaviors and communication skills
- **Telehealth Mental Health Therapist** - support coping skills and well-being



Money Expert

- **Accountant** - help people and businesses manage their money
- **Financial Planner** - help people make smart choices about money so they can save for something important



Marketing

- **Influencer** - share your creativity, passions, and advice with followers through social media
- **Advertiser** - create commercials, videos, or advertisements to encourage others to buy something
- **Sales** - encourage people to find what they need and explain how a product may help them



Silly Quiz to Find Your Perfect Job

Take a quiz to find your perfect job: [Here](#)



PSYCHOLOGICAL WELLBEING PRACTITIONER



by: Zainab

(psychology student in the UK)

THIS IS MY GOAL FOR MY CAREER. I WANTED TO SHARE WHY IT IS SO IMPORTANT TO ME.

I am passionate about mental health and wellbeing. I want to support individuals facing mental health challenges. I enjoy helping others and as an individual who has knowledge around wellbeing, I want the opportunity to apply this information and help society. I am interested in learning about children's mental health issues and chose PWP to start my career in this.

So what is the job?

- Manage low and high levels of mental health problems
- Work with groups of clients to help them achieve a goal
- Doing face-to-face, online, telephone and group therapy

Things that excite me about the job

- Working with people face to face
- Manage workloads
- Develop effective communication
- Experience in fields such as mental health and family support

JUST KEEP IN MIND THIS IS A UK JOB AND IT MAY DIFFER IN THE USA.

LEARN ABOUT WELLBEING

THE PERMA MODEL IS A WELLBEING MODEL THAT CAN ENCOURAGE POSITIVE WELLBEING. YOU CAN INTRODUCE THIS TO YOUR MINDSET IN DAILY LIFE AND BEGIN HABITS AROUND EACH ELEMENT.

by: Zainab

P

POSITIVE EMOTION – DO SMALL THINGS WHICH LIFT YOUR MOOD LIKE SAVOURING GOOD MOMENTS.



E

ENGAGEMENT – SPEND TIME ON ACTIVITIES THAT USE A LOT OF MENTAL SPACE SUCH AS HOBBIES LIKE DRAWING.

R

RELATIONSHIP – MAINTAIN CONNECTIONS WITH YOUR FRIENDS BY SHOWING INTEREST IN THEIR LIVES, WHETHER YOU'RE TALKING ONLINE OR IN PERSON.



M

MEANING – HAVE REFLECTION TIME ABOUT WHAT YOU THINK YOU ENJOYED AND DID NOT ENJOY DURING THE DAY.

A

ACCOMPLISHMENT – SET SMALL ACHIEVABLE GOALS SUCH AS FINISHING A PIECE OF SCHOOLWORK OR A CHAPTER OF YOUR BOOK.

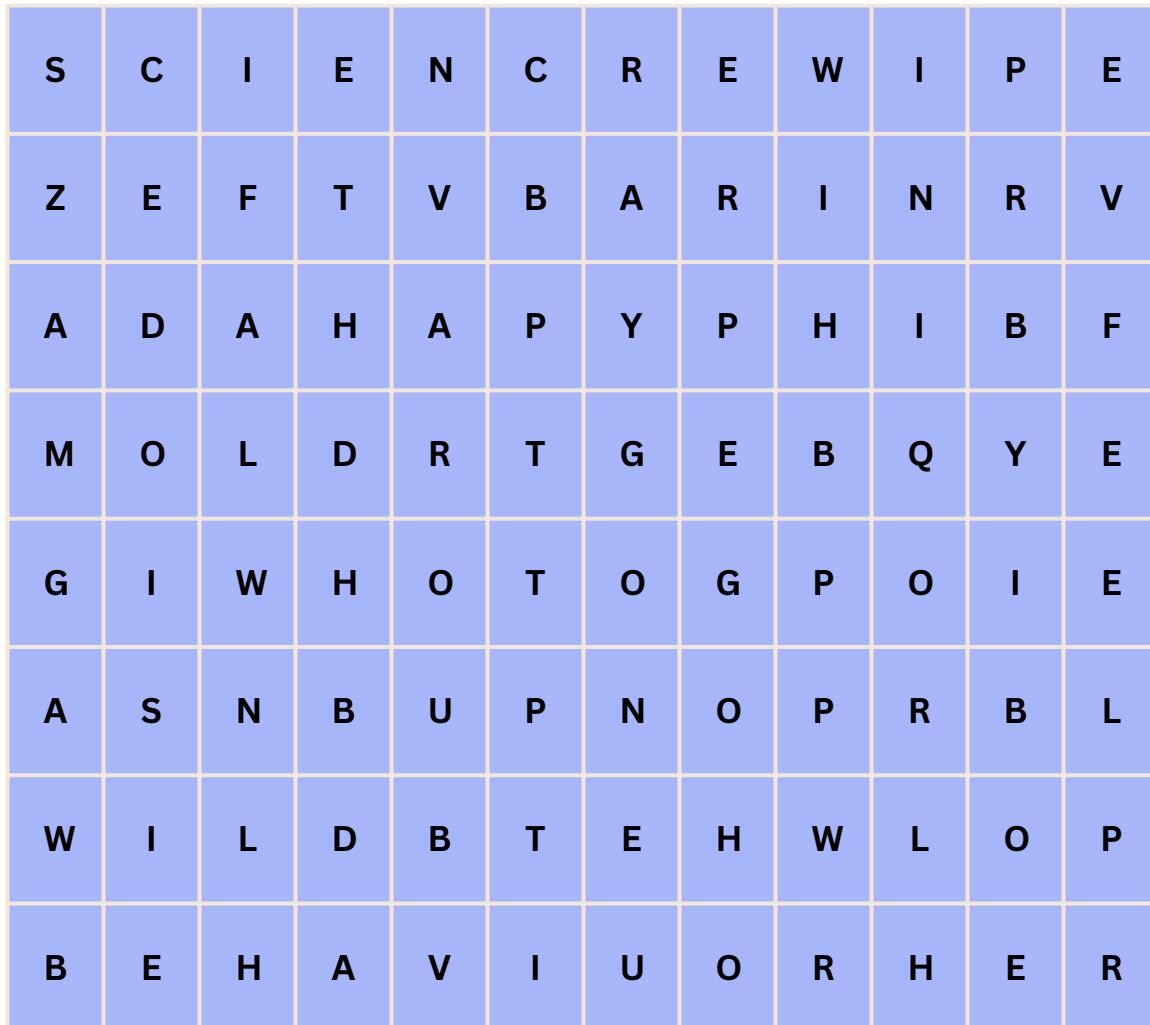


THINK OF A TIME WHEN YOU HAVE SUCCEEDED IN A TASK YOU WERE PREVIOUSLY STRUGGLING WITH AND REFLECT ON HOW THAT MADE YOU FEEL.

For more information and workshops on PERMA, visit:

<https://ppc.sas.upenn.edu/learn-more/perma-theory-well-being-and-perma-workshops>

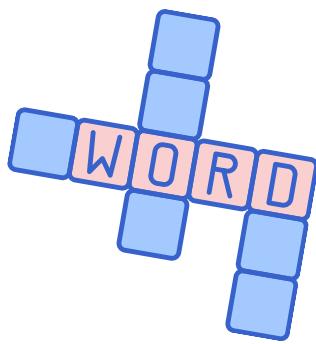
Psychology Word Search



by: Zainab



Answer the questions to get hints for the word search



1. How does someone feel when they are smiling?
2. What do we use to think?
3. What is psychology the study of?
4. What is another word for number 2's answer?
5. What field of education is psychology?
6. What do we use in research (AKA participants)?
7. When we have emotions, we...?

WOULD YOU RATHER

start fresh in a new city where no one knows you

or

learn to play a new musical instrument

or

get a new pet to take care of

or

move to a new house with a big backyard

or

start a new hobby like painting or drawing

or

learn a new language

or

live near the ocean

or

New Beginnings

by
Rachel L.

reinvent yourself in your hometown

learn to play a new sport

plant a garden and watch it grow

redecorate your room

learn to perform magic tricks

take a cooking class

live near the mountains

WOULD YOU RATHER

start collecting
something
you love

OR

start writing your
own stories

start a lemonade
business

OR

start a dog walking
business

have a new baby
sibling

OR

get a new pet

start a YouTube channel
about something
you love

OR

start a blog

learn to bake and
decorate
your own cakes

OR

learn how to make
slime

volunteer at an
animal shelter

OR

volunteer at the library

start a kindness
project

OR

begin a neighborhood
recycling program

your favorite day
repeated
over and over

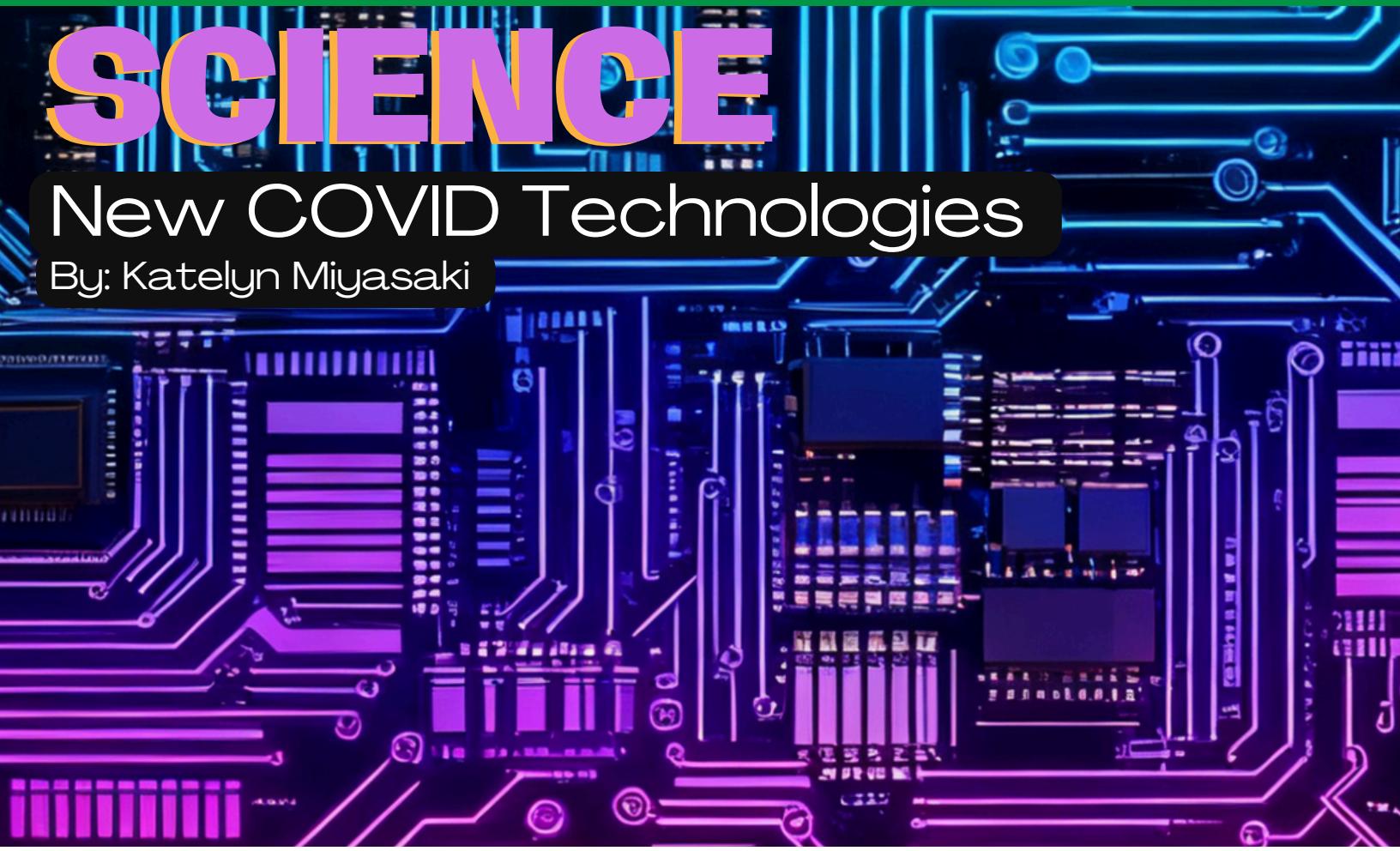
OR

a new adventure
every day

SCIENCE

New COVID Technologies

By: Katelyn Miyasaki



COVID-19 is a new disease, with the first known cases recorded in 2019. In comparison, the flu has been around and known to humans for at least hundreds of years, with the first recorded pandemic in the 1500s ([see here](#)).

There is still a lot that we don't know about COVID, and scientists continue to learn more about COVID and Long COVID every day. Here are some projects scientists are working on to fight COVID:

- **Improved vaccines:** Immunologists, or scientists who study the immune system, are working on designing vaccines that provide better protection against COVID. Some general categories of next-generation vaccines include mucosal vaccines, which provide protection in the tissues where COVID-19 infections begin and may offer stronger protection against infection and transmission, durable vaccines with longer-lasting protection, and pancoronavirus vaccines, which aim to protect against all variants of COVID or even all coronaviruses. Hilda Bastian posts updates on new vaccines monthly on her blog, [Absolutely Maybe](#).



- **COVID-19 detection:** Scientists have previously developed devices that can detect the presence of SARS-CoV-2 in the air. These scientists and several other teams received funding from ARPA-H BREATHE this year to continue developing technology to measure pathogens in the air and will test their devices in real-world settings (BREATHE awardees | ARPA-H).
- **Long COVID diagnosis, treatment, and prevention:** One study showed that metformin, a common diabetes medication, resulted in a 41% reduction in Long COVID cases in overweight adults. Other studies and ongoing clinical trials are trying to understand how Long COVID affects the body, how we can detect Long COVID cases, and how we can treat them. Learning about a new disease is a slow process. Long COVID is hard to study because there are many different ways it can affect the body, but we are learning more every day about how to fight it.
- **Nasal sprays:** Although there have been few studies in humans, some scientists are investigating the use of nasal sprays to help prevent COVID-19. These nasal sprays function via a variety of strategies, such as forming a physical barrier, activating the immune system, and binding to COVID-19 viruses to prevent them from attaching to our cells. With further development, these types of nasal sprays may be another tool in reducing the spread of COVID-19.
- **Far UV:** Several studies released in 2025 continue to establish the safety and efficacy of Far UV for inactivating airborne coronaviruses. More widespread adoption of Far UV technology could help reduce infectious disease transmission in indoor settings.

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



An Interstellar Visitor

In late 2025, a rare type of comet is passing through the inner solar system!

The object known as **3I/ATLAS** has come to our solar system from deep in *interstellar space*! Is it just a cold rock? Some people wonder if it could be something more!

An alien spacecraft?

Some astrophysicists wonder if it could be an extraterrestrial spacecraft passing through our solar system! However, most scientists **don't** think this is likely, and there would need to be a lot more evidence to prove such an astounding claim. So far, only TWO other interstellar objects have been observed: **1I/'Oumuamua** in 2017 and **2I/Borisov** in 2019

In October 2025, 3I/ATLAS passed between the orbits of Mars and Earth.



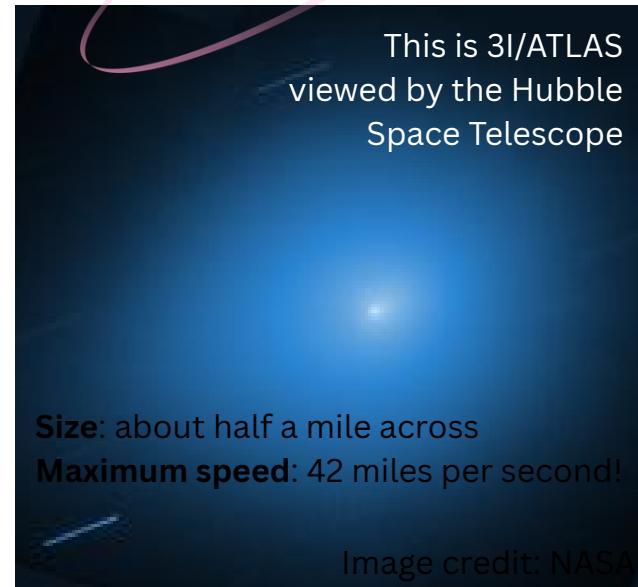
Image credit: CSS, D. Rankin from en.wikipedia.org/wiki/3I/ATLAS

For more information, go to:

<https://science.nasa.gov/solar-system/comets/3i-atlas/>

Or just search for “**3I/ATLAS**”

This is 3I/ATLAS viewed by the Hubble Space Telescope



Size: about half a mile across

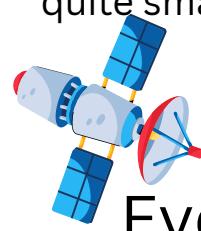
Maximum speed: 42 miles per second!

Image credit: NASA

Comets are objects made of ice and rock that give off gases as they approach the sun, forming an envelope of gas (called a **coma**) or a distinctive tail.

Will I be able to see it?

The comet is too small to see with the naked eye or binoculars - it even looks quite small on our best space telescopes!



Eyes on 3I/ATLAS

Many telescopes are being directed to observe ATLAS as it passes through the inner solar system:



- the Hubble Space Telescope
- the James Webb Space Telescope
- probes orbiting Mars also turned to take a peek (Mars Express & ExoMars)
- the Jupiter Icy Moons Explorer (JUICE) on its way to the giant planet and its moons

ALL ABOUT... ZEBRAS

It's World Zebra Day on January 31st! Here are some fun facts about zebras!

by Rachel L.



Every zebra has a unique stripe pattern - just like your fingerprints are different from everyone else's! No two zebras have exactly the same stripes!



Baby zebras can walk just 20 minutes after they're born, and they can run within an hour! They need to be able to keep up with their herd right away to stay safe.

A zebra can run up to 40 miles per hour - that's as fast as a car driving through your neighborhood! Their speed helps them escape from hungry lions and hyenas.



Zebras sleep standing up most of the time, so they can run away quickly if a lion or other predator comes near. They only lie down to sleep when other zebras are watching out for danger.



Zebras are actually black with white stripes, not white with black stripes! Scientists can tell because zebras have black skin underneath their fur.

WHY VOLUNTEERING IS AWESOME!!!

by Rachel L.



When you volunteer and help others, you're making the world a better place! Giving back helps you learn new skills, meet people who care about the same things you do, and feel proud of yourself. You'll discover that even small acts of kindness can make a big difference in someone's day. Plus, helping others just feels really good and can make you happier too!

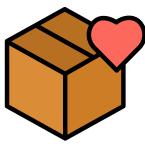
COVID-CAUTIOUS WAYS YOU CAN GIVE BACK:

Write letters or draw



pictures for nursing home residents, hospital patients, or soldiers who might feel lonely and would love to hear from you.

Make care packages



outdoors with items like socks, toiletries, and snacks for people who don't have homes, then drop them off at a local shelter.



Organize a neighborhood litter pick-up where you and your friends stay spread out while cleaning up parks, trails, or streets.



Create a little free pantry or blessing box in your yard where neighbors can take food or supplies they need.

Create kindness rocks



with positive messages painted on them and hide them around your community for others to find and smile about.

Bake treats at home and leave them on neighbors' porches with kind notes, especially for elderly neighbors or people who live alone.



Start a virtual tutoring program where you help younger kids with reading or homework over video calls.



Collect items for animal shelters like blankets, toys, and food, then drop them off at the door without going inside.



Make "sunshine kits" with coloring books, crayons, and activities for children in shelters or foster care.





KIDS CONNECT ZONE

A weekly virtual space where kids can share, play and connect through COVID-conscious activities, games, and discussions — just like a library, but online!

Join us live on Zoom at the links below:

Tuesdays, 10:00 AM Eastern US Time

Tuesdays, 6:00 PM Eastern US Time



Calling all...

KID ARTISTS

DO YOU LIKE TO
DRAW, PHOTOGRAPH, PAINT, OR
DIGITALLY CREATE?

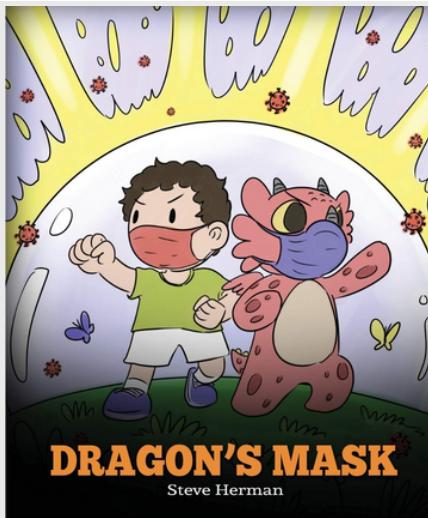
Submit one of your creations to
WHN Kids'Zone for a chance to be
featured on the cover of a
future Kids' Zone Magazine!

SUBMIT YOUR CREATIONS BY:

January 10, 2026

TO:

<https://whn.global/kidszone/>

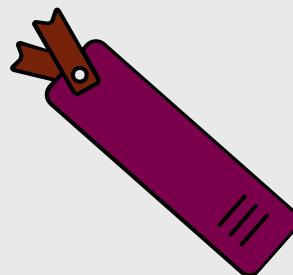


BOOK REVIEW

DRAGON'S MASK

BY STEVE HERMAN

by Rachel L.



In this fun book, a boy has a pet dragon named Diggory Doo, who doesn't want to wear a mask!

Diggory the dragon doesn't understand why masks are important. Sometimes he wears one wrong. Sometimes he tries to trade masks with his friends. He even worries about what happens when he sneezes fire! (That part is really funny!)

Diggory's friend Drew helps him learn why wearing a mask matters. Drew shows Diggory how masks can keep him healthy. He also teaches him about washing his hands and staying safe from germs.

The pictures in this book are bright and colorful. They show all the silly things Diggory does with his mask.

What I Liked:

- The dragon is funny and acts like a real kid
- The pictures are colorful and fun
- It explains things in an easy way
- Drew is a good friend who helps nicely

Who Should Read This Book:

Kids who have questions about masks or anyone who likes dragons! It's perfect for reading at home or at school.

My Rating: (5 out of 5 stars)

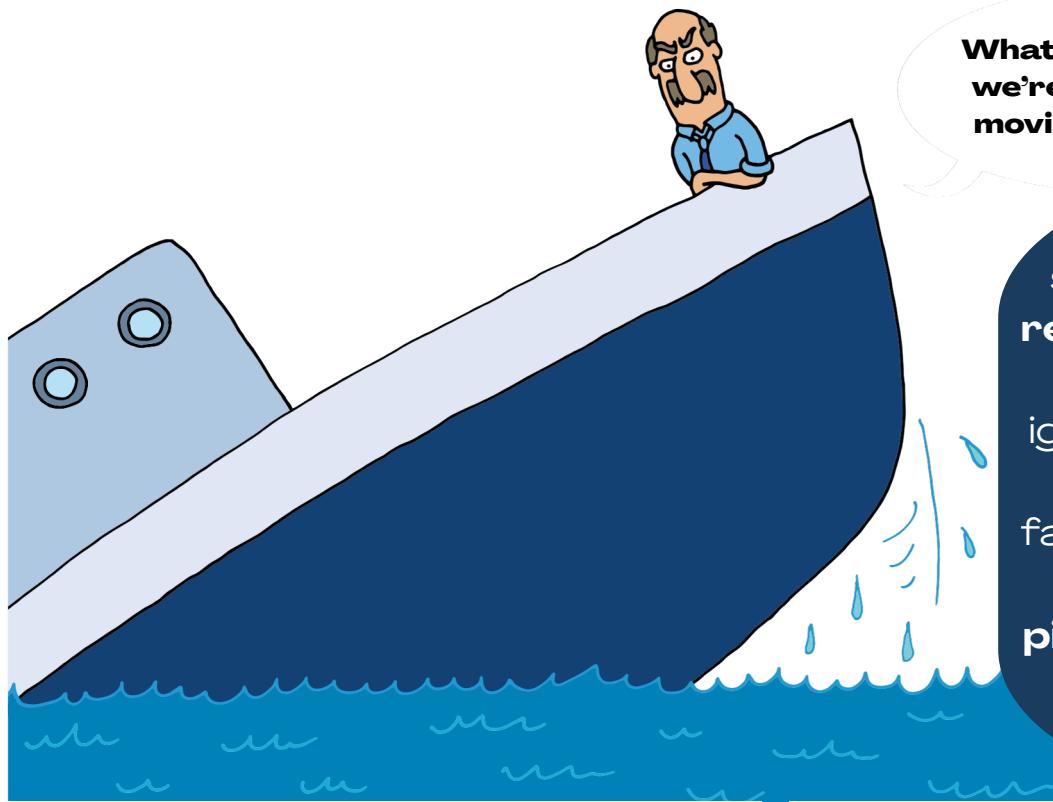
This book makes learning about staying healthy fun!



THE CHERRY PICKING TRICK: WHY

WE NEED THE WHOLE STORY

by Rachel L.



Have you ever seen someone pick only the red candies out of a bowl of mixed candy? They ignore all the other colors and just take their favorites. That's kind of like a trick called "**cherry picking**" that some people use when they share information.

WHAT IS CHERRY PICKING?

Cherry picking means choosing only the facts that support what you want to believe, and ignoring all the other facts. It's like telling only part of a story on purpose.

Imagine your friend says, "Ice cream is the healthiest food ever! My neighbor ate ice cream every day and lived to be 100 years old!" That sounds great, right? But your friend is cherry picking. They're only telling you about ONE person. They're not telling you about the thousands of doctors who say that eating ice cream every day isn't healthy, or the millions of people who got sick from eating too much sugar.

CHERRY PICKING AND HEALTH INFORMATION

Cherry picking can be especially tricky when it comes to health and medicine. Here's an example:

Someone might say, "Vitamins cure colds! My cousin took vitamin C and her cold went away in three days!" But they're not telling you that most colds go away in three days anyway, even without vitamins. They're also not mentioning the hundreds of studies scientists have done, that show vitamin C doesn't really cure colds.



How to spot Cherry Picking

Ask yourself these questions:

- 1) Is this person telling me about just ONE example, or many examples?
- 2) What aren't they telling me?
- 3) What do doctors and scientists who study this say?
- 4) Does this seem too good to be true?

WHY DOES THIS MATTER?

When people cherry pick health information, it can be dangerous. Someone might skip medicine they really need because they heard one story about someone who didn't take it. Or they might try something that could hurt them because one person said it worked.



BE A FACT DETECTIVE!

The next time someone tells you something amazing about health or medicine, be a fact detective!

Ask questions. Look for the whole story, not just the cherry-picked parts. Talk to trusted adults like parents, teachers, or doctors who can help you understand what's really true.

Remember: Real scientists and doctors look at LOTS of information from MANY people before they decide what's true. One story isn't enough—we need the whole bowl of fruit, not just the cherries!

CHERRY CLAFOUTIS

Cherry Clafoutis is a delicious and easy French dessert that can be made by anyone.

By Rachel L.

Ingredients

1 Tbs Butter
 1 $\frac{1}{4}$ cups cherries (6 ounces)
 $\frac{1}{2}$ cup whole milk
 $\frac{1}{8}$ cup heavy cream
 2 eggs
 $\frac{1}{4}$ cup + 1 Tbs Sugar (divided)
 $\frac{1}{4}$ cup all-purpose flour
 $\frac{1}{4}$ tsp salt
 1 tsp vanilla extract
 $\frac{1}{2}$ tsp almond extract
 powdered sugar for dusting



Getting Ready:

- Turn on your oven to 375°F. Ask a grown-up to help with the oven!
- Move one oven rack to the middle.



Making the Pan Ready:

- Put butter in a 6-inch cast iron pan. Place it in the oven until it melts.
- When the butter melts, tilt the pan so the butter covers the sides.
- Put the cherries in the pan so they cover the bottom evenly.

Making the Batter:

- Put these things in a blender: eggs, milk, cream, $\frac{1}{2}$ cup of sugar, flour, salt, vanilla, and almond extract.
- Turn on the blender to medium speed. Blend until it's smooth and mixed together.
- Pour this mixture over the cherries in your pan.

Baking:

- Bake for 20 minutes.
- Take it out (use oven mitts!). Sprinkle 2 tablespoons of sugar on top.
- Put it back in the oven for 25 to 30 more minutes. It should look golden brown.
- To check if it's done, poke the middle with a toothpick. The toothpick should come out clean.

Finishing:

- Let it cool on a cooling rack for 30 minutes.
- If you want, sprinkle powdered sugar on top.
- Serve it right from the pan. Enjoy!

Stories from our Readers

The Story of Hera

A Retelling of a Greek Myth

By Camille Alexander, age 12



Zeus had no queen. Metis had disappeared and he was very lonely. There was one who caught his eye: Hera.

But Hera avoided him. Zeus tried to woo her, singing her songs and giving her presents. Hera had seen how Zeus's other queens had disappeared. Metis had gone so suddenly, not telling anyone where she was leaving to. Hera didn't want to meet this fate.

One night, a large storm was thundering off Mount Olympus. Hera started to walk away from the window when she heard a cheeping. A small bird was on the windowsill.

Hera gathered up the bird and was taking it to dry when it transformed into Zeus. He told her that he loved her and wished for her to be his queen.

Hera stared firmly at him and told him that she loved him, too, but she wouldn't just be his queen. He would have to make her his wife.

So, not long after that, Hera and Zeus were wed. Hera's hair was placed up in a bun to signify her marriage. Rhea, Kronos's wife, gifted Hera an orchard. The other Olympians attended, as well.

After the wedding, Hera sat in the queen's throne beside Zeus. She looked at the other gods. She was their queen.

Hera, wife of Zeus, goddess of marriage, was queen of the gods. A peacock nestled at her feet, and she stroked its head.

Hera stood and walked through the halls of Mount Olympus. The peacock waddled beside her, shifting its wings and fluffing its tail. Standing at the top of the palace, Hera looked out at the world. She was the queen of the gods.

TO FEEL INTRIGUED
ENERGIZED AND ENGAGED

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WHN.global/KidsZone

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

LET'S JUMP INTO THE KIDS' ZONE!