

FEBRUARY 2026

ISSUE 19

WORLD HEALTH NETWORK

# KIDS' ZONE

COVID-CONSCIOUS MAGAZINE



## CARING FOR OTHERS EDITION

### KIDS'ZONE ART CONTEST

ANTS WORKING TOGETHER

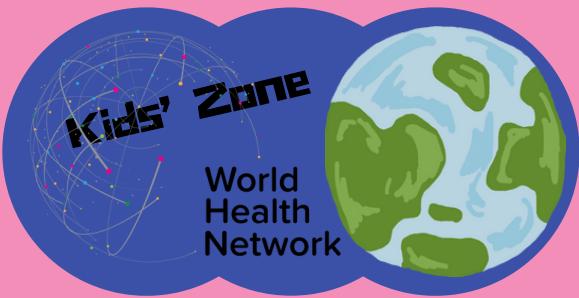
SPOTTING TRICKY HEALTH  
CLAIMS

STORIES, POEMS, AND RECIPES

... AND MORE INSIDE!

CHECK US OUT ONLINE AT:

[WHN.global/KidsZone](http://WHN.global/KidsZone)



EXPLORE | SHARE | CONNECT

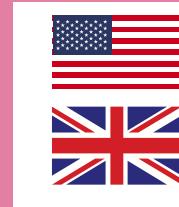


COVID-conscious: Keeping COVID risks in mind when exploring, sharing, and connecting with others.

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

WHAT'S IT ALL

ABOUT?



= ARTICLES WRITTEN IN US-ENGLISH

= ARTICLES WRITTEN IN UK-ENGLISH

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# The Month Ahead

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

**ALL MONTH:**

**BLACK HISTORY MONTH (UNITED STATES)**  
**AMERICAN HEART MONTH**



**2 FEBRUARY**  
**GROUNDHOG DAY (US)**

**9-15 FEBRUARY**  
**CHILDREN'S MENTAL HEALTH WEEK (UK)**

**14 FEBRUARY**  
**VALENTINE'S DAY**

**17 FEBRUARY**  
**CHINESE NEW YEAR**

**17 FEBRUARY**  
**SHROVE TUESDAY**

**18 FEBRUARY**  
**RAMADAN STARTS**

**18 FEBRUARY**  
**ASH WEDNESDAY**

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Hear some ways that our readers care for others



## ART CONTEST

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Celebrate our art contest winner and runners-up



## WEARING A MASK IS SHOWING YOUR HEART

PAGES 10-11

Learn how wearing a mask is showing that you care



## ANTS WORKING TOGETHER

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Learn how ants work together to prevent the spread of illness in their community



## COVID AND THE HEART

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How can COVID affect the heart?



## CAN YOU FREEZE BUBBLES?

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Explore photography, and learn how to freeze bubbles at home



## DON'T LET FEELINGS FOOL YOU

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Learn about the 'appeal to emotion' logical fallacy and how to spot it!



## CHOOSING HARD THINGS BECAUSE THEY MATTER

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Read about making the right choice even if it's hard



## BLACK HISTORY MONTH

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Explore important black scientists, look at book recommendations, and take some virtual field trips



## GAME ZONE

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Take a feelings habit quiz, and caption these funny photos!



## SHORT STORIES, RECIPES, AND POEMS

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Read short stories and recipes submitted by our readers and editors



# Editor's Note:

# Caring for others

by: TRak



February is a month associated with love and care for ourselves and for others. Everybody has different ways to show how they care. Some people like to give gifts, spend time together, or make phone calls.

Protecting yourself and others from getting sick, is also a way to show that you care. When I wear my mask, I am telling other people that I care about them and their health and safety.

In this issue, we explore ways that kids in the WHN community care for others. We are also thrilled to share the winners and runners-up for the Kids'Zone art contest!

Read on to learn more about how wearing a mask is showing your heart, how ants work together to lower risk of illness transmission, American Black History Month, and more.

We welcome your submissions to Kids'Zone magazine! Share your stories, art, games, and more at <https://whn.global/kidszone/>

# How do you care for others?

**“I look at them and look at their emotions, I try to match their emotions.”**

**-F, age 10, Netherlands**

**“I try to support them during good and bad times.”**

**-A, age 15, Spain**

**“Spending time and doing things with others.”**

**-K, age 10, Canada**

**“I care for my friends by hanging out with them or taking a walk with them. I care for my family by giving them a hug or playing.”**

**-V, age 11, US**

**“hugging, kissing, and even playing”**

**-F, age 9, UK**

**“My best friend lives in Alabama, where I used to live, so I talk to her over text or call. I crochet or sew gifts for my family and puppies.”**

**-C, age 12, US**

**“I care for my brothers by letting them pick the show they want to watch and trying not to be mean.”**

**-J, age 9, US**

**“Listen to them and support them.”**

**-G, age 12, Spain**

**“If someone is bullying one of my friends I stick up for them and tell the bully to stop bullying and just support them.”**

**-E, age 11, Canada**



# Art Contest Winner

# WHN Ship

By A, age 15, Spain



## WHAT DID YOU USE TO CREATE YOUR ARTWORK?

For most of my creation I used acrylic paint, as I painted the background with it. I selected different colours for it: white, dark blue, black, and pink. For the sky I diluted blue paint in water, and then it's easier to manage the paint! For the moon I mixed white and blue, and then I added a bit of pink for extra colour! For the sea I used black to simulate the shadow of the ship and white and blue to give some movement. For the ship I used permanent marker.

## WHAT WAS YOUR INSPIRATION FOR YOUR CREATION?

My biggest inspiration of my artwork was the WHN community, as I imagined all of us as a big crew sailing together towards a shared goal, protecting each other from COVID-19 and other airborne viruses. We all contribute to the community, some create awareness, some others are in charge of the magazine, even kids who attend the Tuesday meetings help each other playing and socializing with other COVID-aware kids!

## TELL US ANYTHING ELSE YOU WANT TO SHARE ABOUT YOUR PAINTING:

I want to thank my art teacher, because thanks to all I've learnt from her I was able to draw what I wanted to express. Besides, I also want to thank all the WHN community for inspiring me in many ways and giving me the opportunity of participating in this contest.

# Art Contest Runners-Up



**How to Stay COVID Safe**

by Penelope, age 9



**Green Dragon Named Cinder**

by Lena



**A Winter Collage**

by K, age 10



**Santa**  
by G, age 12

# Wearing a Mask Is Showing Your Heart

BY RACHEL L.

## WHAT DOES LOVE LOOK LIKE?

What does love look like? Sometimes love is a big hug from your grandma. Sometimes it's sharing a warm, delicious chocolate chip cookie with a friend. And sometimes, love is something you wear right on your face — your mask!

When you put on your mask, you're doing something amazing. You're showing love to everyone around you — even to strangers!

## YOUR MASK IS LIKE A HUG

Think of it like this: wearing a mask is like holding an umbrella over someone's head when it's raining. You might not know them and may never see them again, but you still care enough to keep them dry and comfortable. And here's the bonus — your mask keeps you safe too!

Some people get sick more easily than others. Maybe it is a grandma whose body can't fight germs very well. Maybe it is a friend who has trouble breathing. When you wear your mask, you're thinking of them. You're saying, "I care about you." And that's what love looks like!

## YOU ARE NOT ALONE

When you wear your mask, you're part of a team — a team of people who care about others. It takes courage to do something different from the kids around you, and that makes you kind and brave.

Maybe you've seen that not everyone wears a mask. That's okay. You can't control what others do, but YOU can keep choosing kindness. Every time you mask up, you're helping yourself, your family, your friends — the entire community.

## WEARING A MASK PROTECTS YOU — AND EVERYONE ELSE!



## LITTLE THINGS CAN MEAN A LOT

Some of the best acts of love are the quiet ones. They don't need applause but they still count. Wearing a mask is one of those small, mighty acts. The grandpa in the grocery store might not say "thank you." The kid with asthma at the park might not even know you helped them. But your mask helps keep them healthy anyway.

Think of your favorite superhero. What makes them special? It's not just their powers – it's how they help others, even when it's tough. Guess what? You're a hero too! Your mask is your super cape.

## IT'S OKAY TO FEEL DIFFERENT

Wearing a mask when others don't can feel strange. You might feel like people are staring at you. You might wish more people around you would also wear a mask. It is really normal to feel this way.

Remember – doing the right thing isn't always the easiest thing. The truly brave people are the ones who care enough to help others, even when it feels hard. That's what you're doing! And you're not alone! All across the world, families and kids are masking up for the same reason: they love and care about themselves and others.

 **Remember: Caring about others is your superpower. Your mask shows your kindness and your courage. Keep shining, superhero!** 

## EVERYONE SHOWS LOVE DIFFERENTLY

There are so many ways to show love. Some people bake cookies or draw pictures. One way you show love is by wearing your mask – and that's just as awesome!

Your mask sends a powerful message: "I care about my friends, my family, and my neighbors. I want everyone to stay healthy." Isn't that the best kind of love?

## REMEMBER YOUR WHY

On tough days, remember why you wear your mask. It keeps you safe. It protects your friends. It helps your grandma. It's how we all take care of each other.

Whatever your reason for masking, it's a great one. YOU matter. Your kindness matters. And every time you put on your mask, the world becomes a little brighter – just because of you.

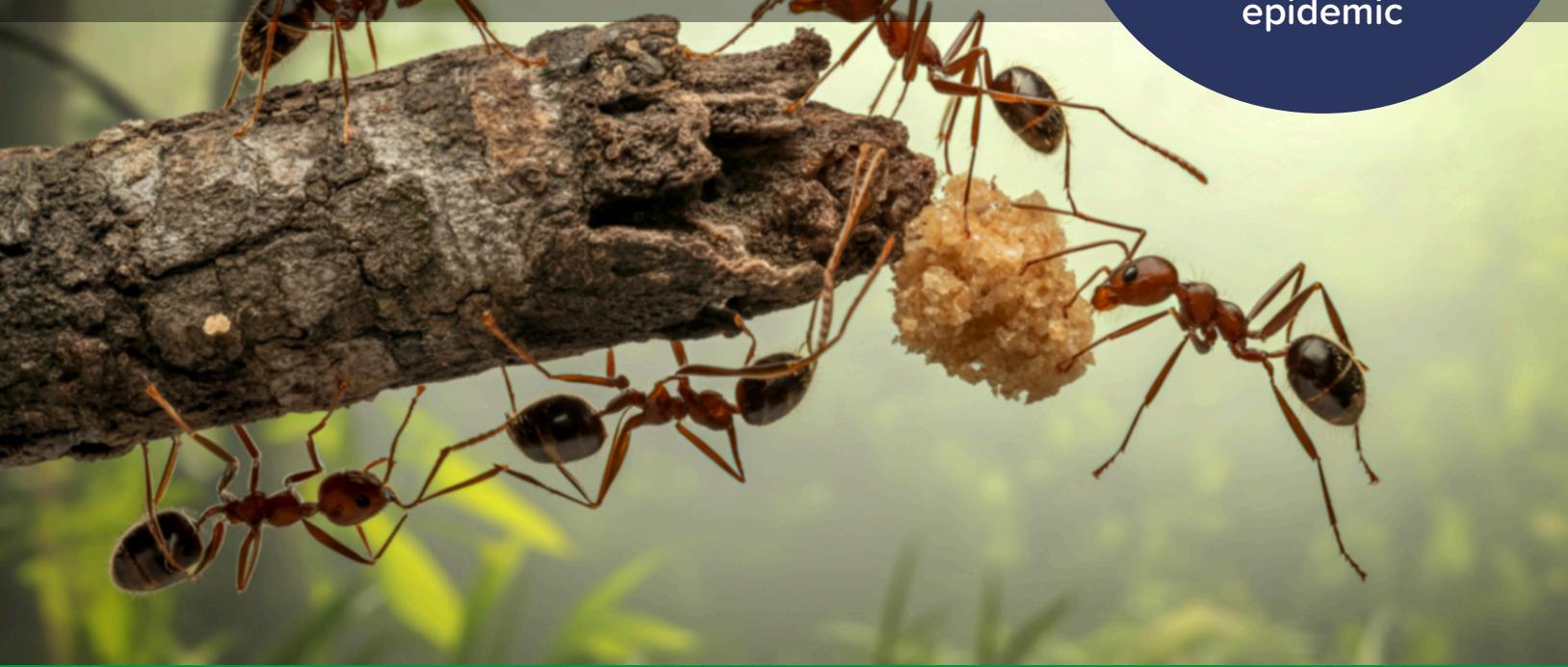
## YOU'RE DOING SOMETHING GREAT!

Each time you mask up, you're helping. You might not see it, but your kindness keeps others safe. You're making your world better – one little act of love at a time.

So next time you reach for your mask, smile under it. You can see the smile through your eyes. You're not just wearing a piece of fabric – you're wearing your heart. And heroes like you? You make love visible.

# SCIENCE NEWS

This month:  
COVID's effects on  
the heart and blood,  
and how social  
insects respond to an  
epidemic



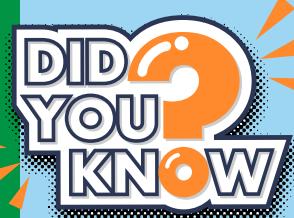
We have all made changes to our lives to protect ourselves and others from harmful infectious diseases. Acting together as a community has been very important to reduce the spread of infections. For example, physical distancing plays an important role as one key layer of protection.

To make physical distancing easier, humans found ways to reorganize and restructure our public spaces and work areas.

**What about when animals get sick? Do they just rely on their immune systems? Or do they take actions to reduce the spread of infections?**

A team of scientists thought that studying social insects such as ants would help answer these questions!

Let's see what they did on the next page!



Ants live in large colonies, where they work together for the benefit of their whole nest.

The colony consists of:



**A Queen ant** - she is the 'mother' of the whole colony!

**Larvae and eggs** - the next generation of ants are laid by the queen and looked after by the workers

**Worker ants** - the ones who do all the chores! Finding food, feeding the larvae and protecting the queen



How did the scientists take measurements?

VIDEO RECORDINGS



X-RAYS OF THE NEST



COMPUTER SIMULATIONS

## Article reference:

Leckie, L., Andon, M. S., Bruce, K., Stroeymeyt, N. (2025) 'Architectural immunity: Ants alter their nest networks to prevent epidemics.' *Science* 390(6770), 266–271.

Available at:

<https://doi.org/10.1126/science.ad5930>

What the scientists did:

- They allowed a nest of **black garden ants** to dig out a brand new area for one day.
- Then they introduced 20 ants infected with a common ant disease.
- They watched the ants dig for 6 more days: observing surface activity, and using x-rays to watch the nest interior.

What they found*On the surface:*

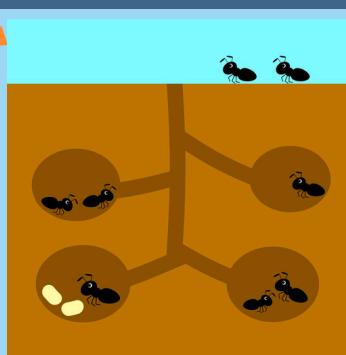
- Nest entrances were spaced out.
- Infected ants spent less time inside of the nest, and more time outside.

*Underground:*

- The ants did more digging and made more chambers.
- The underground nest space became larger.
- This means the ants can be spread out over a bigger area, so less likely to meet each other, and lower transmission risk.

What does it all mean?

The ants restructured their living space to help reduce the spread of infection.

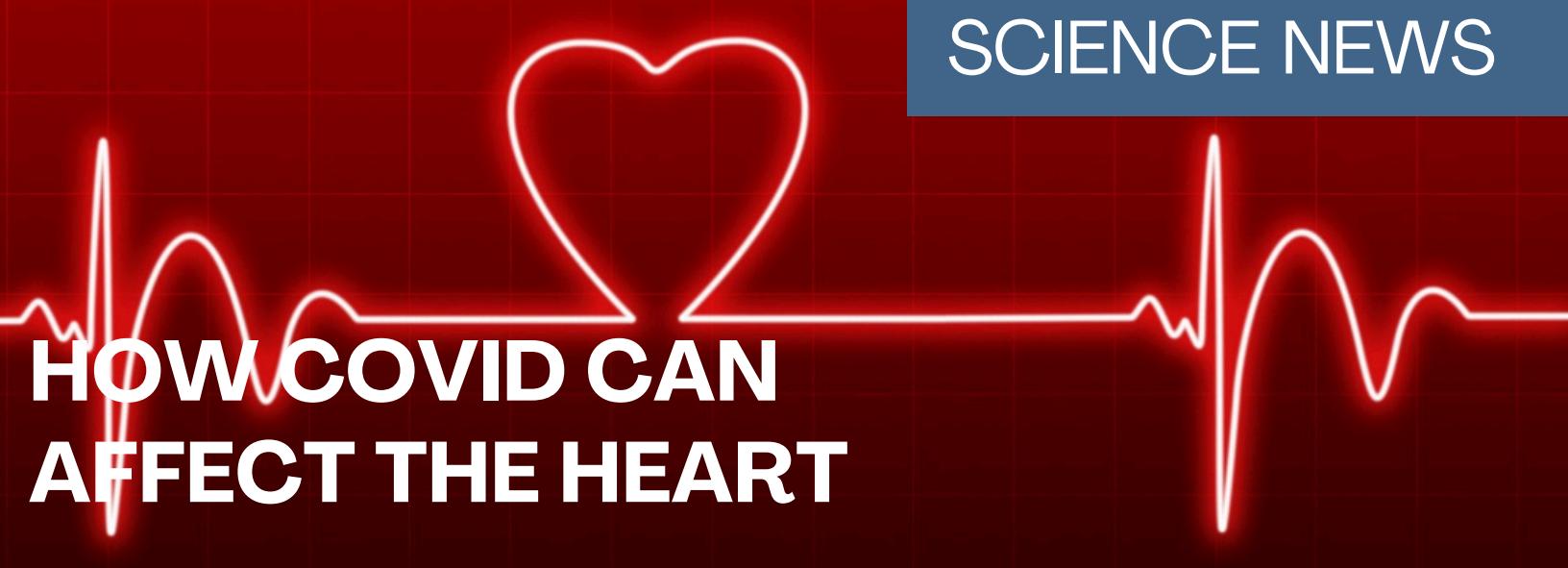


An ant nest may be quite large, going several feet underground!

The nest is made up of a series of chambers and tunnels.

The chambers may be for storing food or nursing young larvae.

## SCIENCE NEWS



# HOW COVID CAN AFFECT THE HEART

by Eddie

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

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

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

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

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

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

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

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

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

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

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

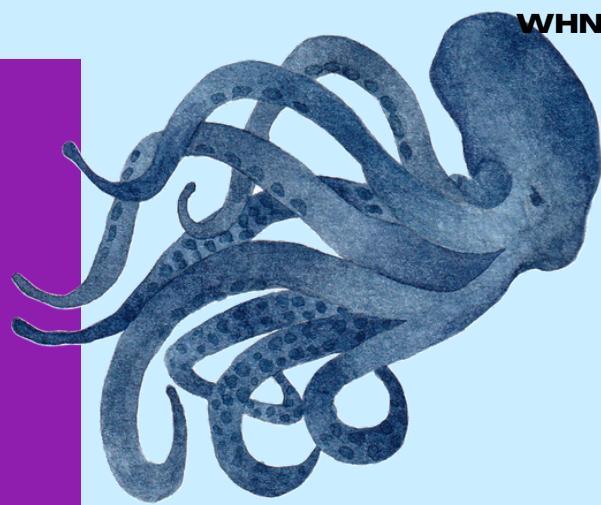
# ALL ABOUT

OCTOPUSES?

OCTOPI?

OCTOPODES?

by Rachel L.



Most animals have one heart, but octopuses have three! Two hearts pump blood to their gills so they can breathe. The third heart pumps blood to the rest of their body. When an octopus swims, the main heart stops beating! That's why they like to crawl instead of swim.



Your blood is red, but octopus blood is blue! Their blood has copper in it, which makes it blue. The blue blood helps them live in cold, deep ocean water.



Octopuses are some of the smartest ocean animals! They can open jars, solve puzzles, and use tools. Some octopuses carry coconut shells around to hide in. Pretty clever!



Octopuses can change their color in less than one second! They do this to hide from enemies or sneak up on food. They can even make themselves look like rocks or coral.



An octopus has eight arms, and each arm can think for itself! Most of an octopus's neurons are actually in its arms. Each arm can taste, touch, and grab things all by itself. If an arm falls off, a new one grows back!

# Can you Freeze Bubbles?

Shared with Permission from Andrea Thornton Photography

Website: <https://andreathornton.co.uk/>

Blog: <https://andreathornton.co.uk/frozen-bubbles/>

By Rachel L



## TIPS to make this work

\*adding 1 Tbs of Glycerine to the mixture will make your bubbles stronger

\*Chill the bubble solution in the freezer for about 30 minutes before trying this

**Use premade bubble mix or make your own!**

### Homemade Bubble Mix

#### Recipe

1 cup warm water  
2 Tbs Sugar  
2.5 Tbs Dish Soap  
2.5 Tbs Corn Syrup



[www.andreathornton.co.uk](https://andreathornton.co.uk)



[www.andreathornton.co.uk](https://andreathornton.co.uk)

\*Blow the bubbles with a straw directly on snow or a cold surface where there is no wind

\*Choose a cold day. This works best when temperatures are 10 F (-12 C) or colder

# DON'T LET FEELINGS FOOL YOU!



## HOW TO SPOT TRICKY HEALTH CLAIMS



Have you ever seen a commercial for pet vitamins? They might have a sad, cute looking puppy on the tv and a person telling you how scared they were when their dog was sick. The commercial might even claim that the vitamins saved the dog's life.

BY RACHEL L.

These commercials use a logical fallacy trick to try and get people to buy their products.

A logical fallacy is a trick of the mind designed to play on how people respond to information to get a desired outcome.



The **Appeal to Emotions** Logical Fallacy is when someone tries to make you believe something by making you feel strong emotions rather than giving you good reasons and information.

# Real Life Situation

At lunch, a classmate might say, "My mom's friend got really sick after getting the flu shot. She told me she doesn't want me to ever get the flu shot because she doesn't want me to be that sick. Her friend even shared before and after pictures of how sick she was. Look!"



## THE FACTS



The flu shot can cause some soreness at the site of the shot or some low-level body aches. This is because the flu shot is triggering your body's immune responses and is a sign the vaccine is working.

The person telling this story heard the story secondhand. They don't know the details.

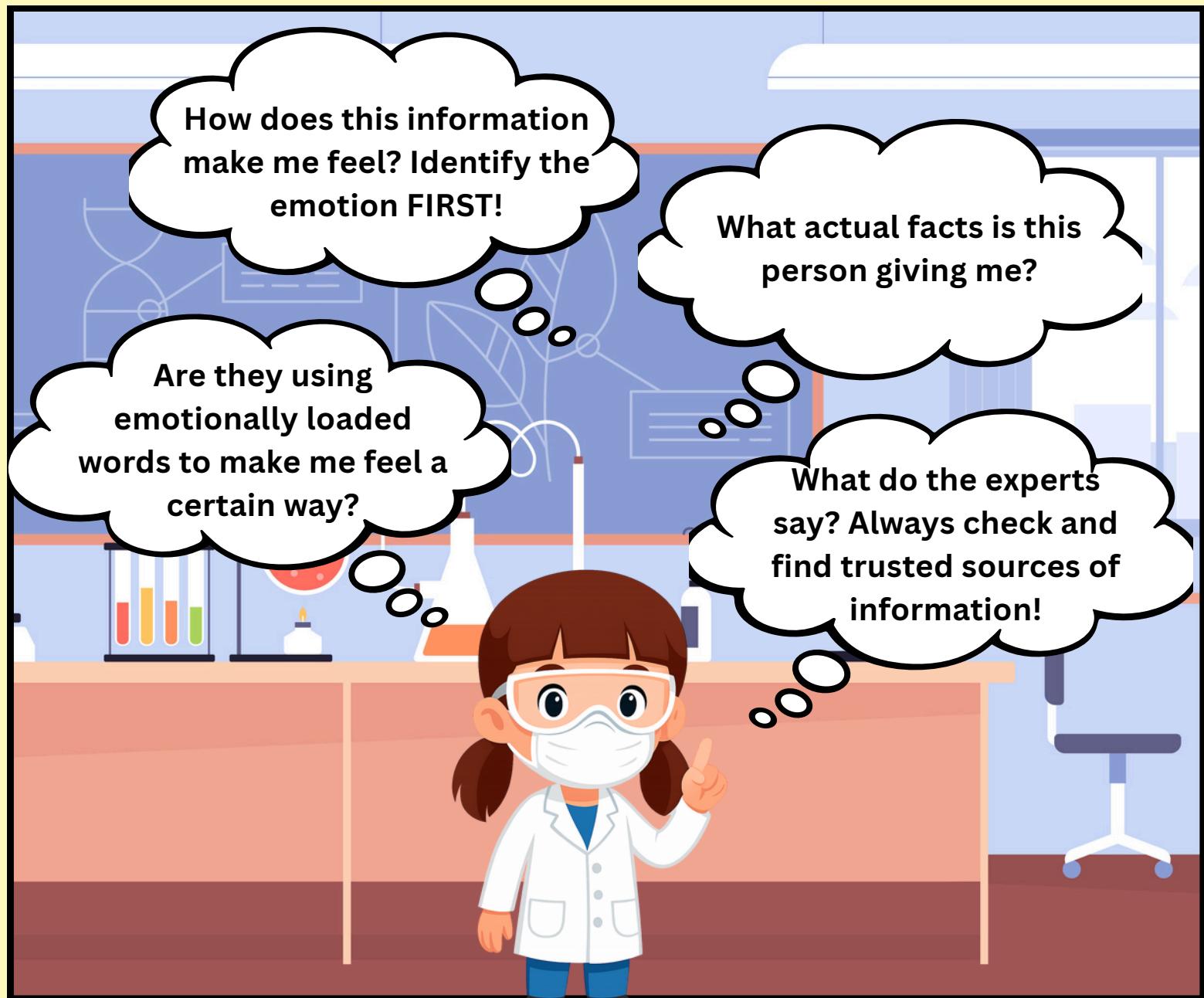
The flu shot is safe and effective at preventing serious complications from the flu. Talk to your doctor and your parents if you have questions or concerns. It's ok to feel scared or have questions about medicine. Just make sure you get the facts and think like a scientist so you can make the best decisions for your health!

The flu is everywhere and is really easy to catch. Often, people will catch the actual flu just before they get a vaccine and think the vaccine caused the illness. This goes back to another logical fallacy we covered in our November Kids'Zone - Causation versus Correlation. The flu shot does not cause the flu but people can catch the flu around the same time they get the shot.

# HOW TO THINK LIKE A SCIENTIST

And Spot the Appeal to Emotions Logical fallacy

## ASK YOURSELF



It is good to care about people's feelings. It is not great to use emotions to make people think a certain way.

# Remember

Always talk to a trusted adult

Always ask questions

You can politely question claims that don't make sense



Real doctors and scientists want to keep you safe AND give you good information



Look through an old magazine or watch a few TV commercials

Take a look at an advertisement and identify:

"What do they want me to feel?"

Then, think for yourself and ask  
"What are the facts?"

# Choosing Hard Things Because They Matter

by: Naomi Bromberg Bar-Yam

Sometimes we avoid doing things because they are hard. Hard things take physical and mental effort. They can feel uncomfortable. They can make us stand out. That's true for kids and adults alike.

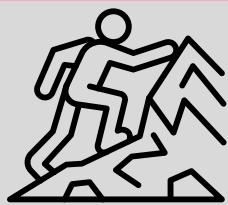
But here's something important: we don't avoid all hard things. In fact, we often choose them.



Think about learning to ride a bike, practicing a sport, playing an instrument, or solving a tricky problem. None of those things is easy at first. You wobble. You mess up. You get frustrated.

And still, many kids keep going. Why? Because the goal matters. Because learning and growing feel good. And because when you finally get there, the feeling of "I did it" is worth all the effort.

The same idea applies to other parts of life. Sometimes we choose to do something hard because it's important, even if it's not popular or simple. Taking precautions to protect your health, like wearing a mask at school or paying attention to clean air, can be challenging. You might wish it were easier. Noticing that not everyone around you is making the same choices can make it even harder.



But choosing something because it matters—rather than because it's easy—is how we learn who we are and what is important to us.

Over time, people learn new things, change their minds, and adjust their choices. That's a normal part of growing. Sometimes people stop doing something and later decide to start again. That doesn't mean they were wrong before. It means they're thinking, learning, and responding to new information. It's never too late to begin doing something that helps protect yourself or others.

You don't have to carry hard choices all by yourself. Sometimes it helps to talk with a trusted adult, a parent, caregiver, teacher, coach, or school nurse, and say, "This feels hard," or "Can we think about this together?"

You don't need perfect words or all the answers. Asking for help, ideas, or guidance is part of being strong.

It can also help to talk with friends. You don't have to agree on everything or convince each other of anything. Sometimes just saying, "This is hard for me," or hearing, "Yeah, I feel that too," makes a challenge feel lighter.

Many hard things are meant to be done with others. We don't learn to play an instrument or a sport alone. We have teachers, coaches, and friends who help us practice and improve. We take turns learning, helping, and being helped.

Hard things help us grow. They help us understand what matters to us. And when we choose

challenges on purpose, because the goal is important, they shape the kind of people we become.

### **Activity: A Challenge I Chose**

Think about something that was hard for you—but you did it anyway.  
Write or draw about:

- What made it challenging?
- Why did it matter to you?
- Who helped you along the way?
- How did you feel afterward?



You might notice something powerful:

Doing hard things can help you feel proud of who you are becoming.

# SELF-DETERMINATION

DID YOU KNOW THERE ARE THREE SPECIAL THINGS THAT HELP YOU FEEL HAPPY AND CONFIDENT EVERY DAY? PSYCHOLOGISTS CALL THIS SELF-DETERMINATION THEORY. LET'S EXPLORE THEM TOGETHER!

**AUTONOMY** - WELLBEING IMPROVES WHEN YOU FEEL FREE TO MAKE YOUR OWN CHOICES. TRY DECIDING WHAT HOBBY YOU WANT TO SPEND TIME ON, OR CHOOSE THE TOPIC OF A STORY YOU'D LIKE TO WRITE. EVEN SMALL DECISIONS, LIKE PICKING WHICH FRUIT TO EAT FOR A SNACK, HELP YOU FEEL INDEPENDENT.



**COMPETENCE** - CONFIDENCE COMES FROM ACHIEVING THINGS THAT CHALLENGE YOU. YOU MIGHT LEARN A NEW DANCE ROUTINE, FINISH A TRICKY PUZZLE, OR MASTER A SKILL IN SPORT. EACH TIME YOU SUCCEED, YOU PROVE TO YOURSELF THAT YOU ARE CAPABLE - AND THAT FEELING OF PROGRESS BOOSTS YOUR WELLBEING.



**RELATEDNESS** - FEELING CONNECTED TO OTHERS IS JUST AS IMPORTANT. YOU COULD SHARE YOUR ARTWORK WITH A FRIEND, TALK TO A FAMILY MEMBER ABOUT YOUR DAY, OR JOIN IN A GROUP ACTIVITY AT SCHOOL. THESE MOMENTS REMIND YOU THAT YOU BELONG TO A SUPPORTIVE COMMUNITY.

READING ABOUT WELLBEING TEACHES YOU HOW CHOICES, LEARNING, AND FRIENDSHIPS CAN BOOST HAPPINESS, CONFIDENCE, AND CONNECTION IN EVERYDAY LIFE.

-CHARLOTTE





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

### African Americans and Labor

Each year, the Association for the Study of African American Life and History ([ASALH](#)) selects a theme for Black History Month. This year's theme is "A Century of Black History Commemorations." 2026 marks 100 years of national commemorations of Black history.

Black Scientific Discoveries:  
[pg 26](#)

Black History Month Book Reading List:  
[pg 27-28](#)

Black History Month Virtual Field Trips:  
[pg 29](#)

# BLACK HISTORY MONTH

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

## **Dr Kizzmekia Corbett-Helaire - Viral Immunologist**

"Kizzy" Corbett-Helaire is an American viral immunologist (assistant professor of immunology at Harvard T.H. Chan School of Public Health and Shutzer Assistant Professor at the Harvard Radcliffe Institute).

Growing up in North Carolina, her fourth-grade teacher recognised her talent and encouraged Kizzy's mother to place her in advanced classes.

At the onset of the COVID-19 pandemic, she led the team who developed the Moderna mRNA vaccine to tackle COVID-19! She has also worked to rebuild trust with groups who may be hesitant about taking vaccines.



## **Professor Clifford Johnson - Theoretical Physicist**

Clifford Johnson was born in London but is now a Physics Professor at the University of Southern California. From an early age he wanted to be a scientist.

In 2005, Professor Johnson was awarded the Institute of Physics' Maxwell Medal and Prize for his work on string theory and quantum gravity.

Professor Johnson's other passion is science outreach, particularly to children of color, to encourage more to believe they can become scientists.

## **Dr Maggie Aderin-Pocock, MBE - Space Scientist**

Space Scientist and science educator, Maggie Aderin-Pocock is an Honorary Research Associate at UCL. She co-presents the UK astronomy TV programme The Sky at Night. Born in London to Nigerian parents in the late sixties, she moved between 13 schools during her childhood, struggling to show her potential with what she later recognized as dyslexia. In those difficult years, it was her dream of space travel that lifted her. She is adamant that no one should write themselves off for want of a little inspiration.



## **Dr Mark Richards - Atmospheric Physicist**

Mark Richards is an atmospheric physicist and Lecturer at Imperial College London. As a Black scientist, Dr Richards found the lack of role models in his early years unsettling. On reading a book called 'Blacks in Science' by Ivan Van Sertima, he was further encouraged and inspired to pursue his potential in this area.

Dr Richards is currently Head of Physics Outreach, sharing his experiences to inspire young people from all walks of life.

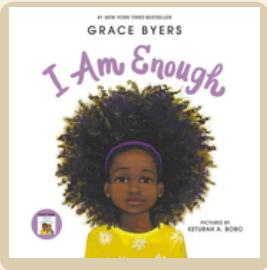




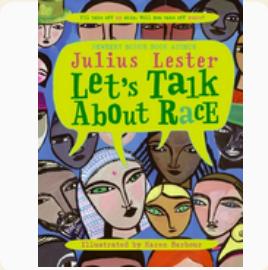
# Black History Month Book Recommendations



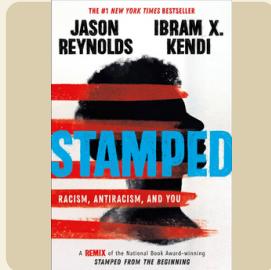
## Preschool



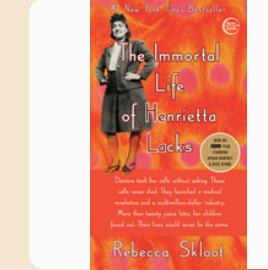
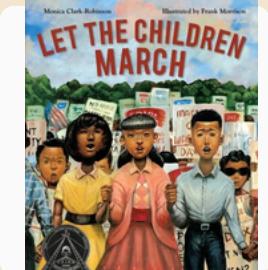
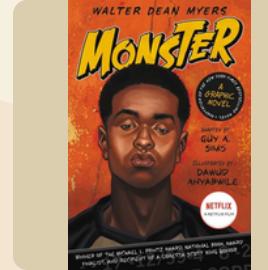
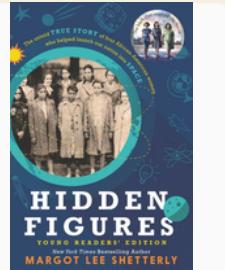
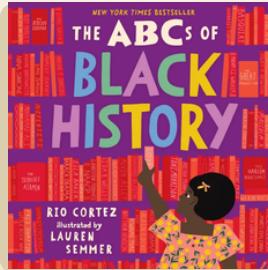
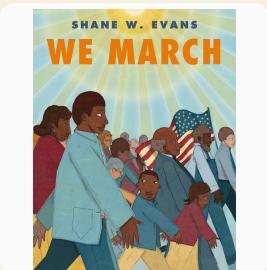
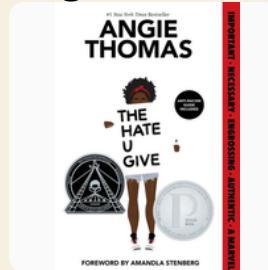
## Elementary



## Middle



## High School



# BLUE: THE MANY WAYS I FEEL



## BOOK REVIEW: HAVE YOU EVER FELT BLUE? NOT JUST SAD, BUT EVERY SHADE OF BLUE?

by Rachel L.

This gorgeous book, *Blue- The Many Ways I Feel*, helps us understand that there are so many different kinds of blues!

In the book, the main character is a child who describes how they feel blue. Sometimes the blue of the pale winter sky is how they feel. Other times, it is the blue of a crashing wave that is bright and sparkles in the water. Blue can be the midnight dark color of night, or it can even be the music they listen to called “the blues.”

This book is so powerful because it imparts such an important lesson. When we feel blue, we have the power to transform our blues into something better. We can sing our blues away or write them down as a poem. We can paint our blues a beautiful shade of gold!

The illustrations are out of this world. The artist used watercolor and fabric to paint the pages and create a variety of hues that are so much fun to explore. The pages are colorfully painted and each blue is so different. This is also important in helping us to understand that our feelings can be complex and come from many different things.

This is a fantastic book! This book can help children navigate the many emotions and feelings they experience as they grow. We all feel blue at times, but this book shows us that we can be the masters of our emotions and transform the blues into something magical!

Stars:

Best for: Ages 4-8; children who want to learn about emotions and feelings.





# 5 Virtual Field Trips for Black History Month



1



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

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

2

## United States Civil Rights Trail Interactive Map

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



3



## National Constitution Center Virtual Museum Experiences

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

4

## National Geographic Education Black History Month Virtual Field Trip

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



5

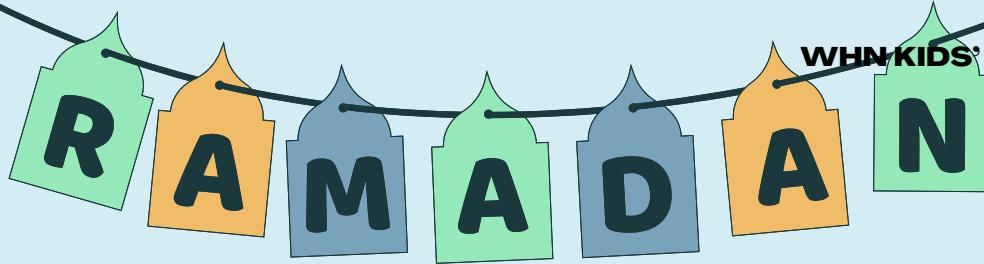


## 28 Days of Black History National Park Service

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



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



February 18 - March 20, 2026

## What is Ramadan?

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



**Rämädän  
Käreem**

### Ramadan Greetings?

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

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



### Creating a Still COVIDing Ramadan

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

# FEELINGS HABIT ANIMAL QUIZ

Do you hide feelings, explode with feelings, obsess about feelings, or feel ashamed with feelings? Take this quiz from Jamie Lynn Tatera to find out!

Shared with permission from  
<https://jamielynntatera.com>



Take the quiz online at <https://jamielynntatera.com/feelings-habit-animal-quiz/>

1. Your friend doesn't play with you during recess. Do you...

(Remember, you can pick more than one answer!)

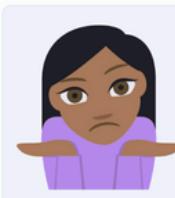
Choose as many as you like



A Think about it the rest of the day



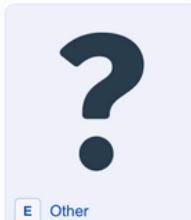
B Get really mad or mope and feel sad



C Tell yourself that you don't care



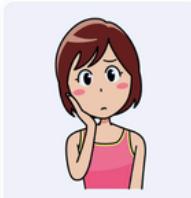
D Think that your friend doesn't like you anymore



E Other

2. You did poorly on a test that you studied for. Do you...

Choose as many as you like



A Keep thinking about it over and over



B Get really frustrated or disappointed



C Convince yourself that it doesn't matter



D Think that you're not a good student



E Other

3. Your parent yells at you because you are running late for school or for some other reason. Do you...

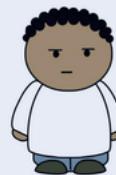
Choose as many as you like



A Think about it at school



B Yell back at your parent or start crying



C Ignore your parent



D Tell yourself you're a bad kid



E Other

4. If your friend was feeling sad, would you...

Choose as many as you like



A Keep asking them why they are sad



B Feel really sad because they are sad



C Pretend like you don't notice



D Wonder if you did something to make them sad



E Other

5. You feel upset and your friend or parent asks you what's wrong. Do you...

Choose as many as you like



A Tell them detailed stories about what happened



B Let all your feelings come spilling out



C Shrug your shoulders and say you're fine



D Not tell them because you don't want them to feel bad too



E Other

6. A friend or sibling is better than you at something that you have been trying hard to improve. Do you...\*

Choose as many as you like



**A** Keep thinking about how they are better than you



**B** Feel very angry or disappointed that you can't level up



**C** Tell yourself that you don't really care about being good at the activity anyways



**D** Tell yourself that you shouldn't feel jealous



**E** Other



### BEAVER A

If you chose mostly A's, your feelings habit animal is a beaver. Emotions can be sticky for you. Your mind replays situations over and over. A sticky mind can be tricky, but it can also be STRONG.

### Bear B

If you chose mostly B's, your feelings habit animal is a bear. You feel BIG feelings. It's healthy to feel our feelings, but big feelings can sometimes be hard to manage. Being sensitive can also be a gift.

### Chameleon C

If you chose mostly C's, your feelings habit animal is a chameleon. Sometimes your feelings hide, or you distract yourself from them. Avoiding feelings can cause problems over time, but shifting your focus can also be helpful.

### Deer D



### Dragon E

If you chose mostly E's, you might have a mix of different ways you respond to feelings. It's common for feeling habits to be tricky in some ways and helpful in other ways.





# GAME ZONE

## Caption This Challenge!

Create a caption for these photos! The winners will be posted in next month's magazine!

By Rachel L.



# CUSTOM CANDY CLUSTERS

HOW TO MAKE HOMEMADE CANDY WITH JUST A FEW INGREDIENTS

BY RACHEL L

INGREDIENTS:

- 2 CUPS CHOCOLATE CHIPS (MILK, DARK, OR SEMI-SWEET)
- YOUR CHOICE OF TOPPINGS (PICK AS MANY AS YOU WANT):
  - CHOPPED NUTS (HAZELNUTS, PISTACHIOS, PEANUTS OR OTHER NUTS)
  - DRIED FRUIT (CRANBERRIES OR BLUEBERRIES)
  - M&MS
  - CHOPPED COOKIE PIECES
  - CEREAL OR RICE KRISPIES
  - FRESH FRUIT LIKE BLUEBERRIES, RASPBERRIES OR SLICED BANANAS (FROZEN FRUIT WORKS TOO!)



Safety First!

- Ask an adult for help with hot water, cutting the bag, and chopping any toppings
- Make sure your workspace is clean and dry
- Wash your hands with soap and water

Step 1: Prepare Your Toppings

- Ask an adult to help chop any nuts, cookies, or fruit that need cutting
- Place your chosen toppings in small bowls so they're ready to use

Step 2: Melt the Chocolate

- Pour the chocolate chips into the Ziploc bag and seal it tightly
- Place the sealed bag inside a large bowl
- Ask an adult to carefully pour hot water into the bowl around the bag (not inside it!)
- Let the bag sit in the hot water for 3-5 minutes until the chocolate melts
- Gently squeeze the bag to help mix the chocolate until it's smooth

### Step 3: Get Ready to Make Your Candies

- Ask an adult to carefully cut off one small corner of the chocolate-filled bag
- Prepare your silicone baking dish or line a glass container with plastic wrap

### Step 4: Create Your Candies

- Squeeze the melted chocolate from the bag into your prepared dish
- Sprinkle your favorite toppings on top of the chocolate
- Use a spoon to gently press the toppings into the chocolate if needed

### Step 5: Chill and Enjoy

- Place the dish in the refrigerator
- Wait 1-2 hours until the chocolate is completely hard
- Pop or lift the candy out of the dish
- Break into pieces and enjoy!

#### Fun Tips

Try different topping combinations to create your own special flavors

Make patterns or designs with your toppings before the chocolate hardens  
Create a "Monster Chocolate" by using every single topping at once for the ultimate candy creation!

These make great gifts for family and friends!



Stories from our Readers

# The Story of Poseidon

A Retelling of a Greek Myth  
By Camille Alexander, age 12



When the Titans had been defeated, Zeus, Hades, and Poseidon decided to choose who got which territory. Zeus chose sky, Hades chose the underworld, and Poseidon got the sea.

Once a hero was coming home from a war. That hero was named Odysseus. His ship landed on an island, and Odysseus and his men decided to rest on it. When they found a cave, they went in to shelter in it.

Before Odysseus and his men could rest, the cave's resident arrived. It was a cyclops. Not one of the original three cyclopes, though. It was one of Poseidon's sons. Polyphemus.

Polyphemus rolled a boulder in front of the cave, sealing the sailors inside. He sent one of Odysseus's men out to tend to his sheep and then settled at the front of the cave.

Odysseus's men wept and prayed to the gods, but Odysseus began to think. He came up with a plan. But he needed time to enact it.

The next morning, Polyphemus took another man to tend to his sheep. While the cyclops was gone, Odysseus and his remaining men prepared vats of drink with a sleep-inducing flower in it. They readied their swords and waited.

When Polyphemus came back in, Odysseus presented the drink. Polyphemus drank it all, and before falling asleep he asked Odysseus what his name was.

**“No-Man,” Odysseus replied. “My name is No-Man.”**

**As soon as Polyphemus fell asleep, Odysseus and his men sharpened a log with their swords and drove it into Polyphemus’s eye.**

**Roaring, Polyphemus woke. He screamed for his siblings to assist him, but when he screamed that No-Man was attacking him, his brothers believed he was joking and walked away.**

**“You can’t leave,” Polyphemus screamed at the men. “I won’t let you.” He rolled away the boulder to let his sheep out, patting each sheep on the back before letting it out.**

**But Odysseus had planned for that. Odysseus tied each of his men onto the underbelly of a sheep and then held onto the last sheep’s coat. Polyphemus didn’t find them. The men went to their ship and escaped.**

**But Odysseus couldn’t help himself. As the ship turned away, Odysseus called to Polyphemus to remember No-Man. Polyphemus heard his voice and threw boulders at his ship. They barely managed to get away.**

**But as they sailed away from the island, Polyphemus called to Poseidon. “Father, curse these humans! Do not let them reach their home! Batter their ship with waves and unleash rain on their sails. Do not let No-Man escape!”**



♥ To our chronically ill readers ♥

# VALENTINE'S HEROES

SOME HEROES WEAR CAPES, SOME FLY THROUGH THE SKY—  
BUT SOME WAKE UP BRAVE JUST TO TRY & THAT'S WHY

THEY FACE TRICKY MORNINGS, & LONG, TIRING DAYS,  
WITH MEDS, TESTS, & REST IN COURAGEOUS WAYS.

A WIN MIGHT BE STANDING, OR SMILING AT SCHOOL,  
OR FINISHING HOMEWORK— THAT'S SERIOUSLY COOL.

SOME DAYS ARE BIG VICTORIES, & SOME DAYS ARE SMALL,  
LIKE GETTING DRESSED, OR JUST SHOWING UP AT ALL.

THEIR BODIES MAY WOBBLE, GET TIRED, OR SORE,  
BUT THEIR HEARTS SHOUT, “I'M STRONG—I STILL CAN DO MORE!”

THEY LEARN HOW TO LISTEN, TO REST, & BE KIND,  
TO CELEBRATE PROGRESS FOR EVERY WIN THAT THEY FIND.

SO HERE'S TO THE KIDS WHO KEEP GOING, BE PROUD,  
YOUR COURAGE IS REAL, & YOUR MESSAGE IS LOUD.

STAND TALL WITH EACH STEP, EACH TRY, EACH NEW DAY—  
YOU'RE DOING AMAZING IN YOUR OWN POWERFUL WAY ♥



TO FEEL INTRIGUED  
ENERGIZED AND ENGAGED

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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!**