

WORLD HEALTH NETWORK

# KIDS' ZONE

COVID-CONSCIOUS MAGAZINE 



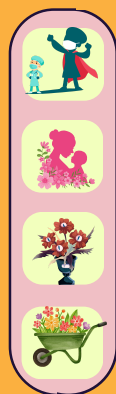
## NEW GROWTH EDITION

 **Become a Healthcare Hero**

 **Mother's Day**

 **Plants Don't Have Eyes**

 **A Garden from Garbage**



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



**... AND MORE INSIDE!**

**EXPLORE | SHARE | CONNECT**

# 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](http://WHN.GLOBAL/KIDSZONE)

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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?

# The Month Ahead

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

**ALL MONTH:**

**MENTAL HEALTH AWARENESS MONTH (USA)**

**NATIONAL WALKING MONTH (UK)**

**NATIONAL STROKE AWARENESS MONTH  
(USA & UK)**



## MAY

**1 MAY – INTERNATIONAL  
WORKERS' DAY**

**10 MAY – MOTHER'S DAY  
(MANY COUNTRIES)**

**11–17 MAY – MENTAL HEALTH  
AWARENESS WEEK (UK)**

**20 MAY - WORLD BEE DAY**

**21 MAY – INTERNATIONAL TEA  
DAY**

**25 MAY – MEMORIAL DAY (USA)**



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# How have you grown this year?

"Last year I was still scared of monsters and the dark in early summer, and then later in the same summer, I didn't mind watching movies with kinda ugly monsters like the orcs from Lord of the Rings. I also learned a bit of Italian."

-L, age 12

"I've grown in my hobbies this year. I'm trying to learn pottery."

-Rachel

"I've grown in my ability to write sheet music."

-E, age 9

"I've grown by learning how to use my grandma's CD player. I've also grown in height."

-S, age 10

"I've grown this year by building more relationships with other people who are COVID-conscious."

-T





# Be a Health Care Hero: How Kids Can Stay Safe at the Doctor's Office

by Naomi Bar-Yam

Going to the doctor or dentist is supposed to help you feel better—but did you know that germs can still spread in health care places, especially through the air? Not everyone wears masks anymore, even though COVID-19 and other illnesses like the flu, RSV, and measles can spread in places where sick people go. That can feel a little confusing—but guess what? There are smart things YOU can do to stay safer and help protect others too!



## What You Can Do to Be a Germ-Fighting Hero

### ✓ Wear a mask

Wearing a well-fitting mask (like a KN95, KF94, or N95) helps block germs in the air—not just viral pathogens that cause COVID, but also colds, flu, and other viruses that can make people sick. Health care settings can be full of germs, so masking there is always a good idea!

### ✓ Keep your distance

If you're in a waiting room, try to sit away from others when possible. You can also ask a grown-up if you can:

- Wait in the car or outside until it's your turn
- Go in through a side entrance if the office has one
- Skip the waiting room entirely by checking in from your phone

### ✓ Wash your hands

Even though most germs spread through the air, some tiny particles also land on surfaces like doorknobs, counters, and chairs. We touch those surfaces, and then we touch our faces, eyes, noses, and mouths without even thinking about it—which is how germs sneak in!

That's why it's a smart habit to:

- Wash your hands with soap and water after you leave the doctor's office
- Use hand sanitizer if soap isn't nearby
- Try not to touch your face unless your hands are clean

These are simple ways to stop germs in their tracks—and a big part of being a health care hero!

### ✓ Speak Up

If you're in a small room with no open windows, it's okay to ask, "Can we open a window or leave the door open for better air?" Fresh air helps clear out germs.

It's okay to say, "I feel safer when people wear masks," or "I'm wearing mine to protect everyone." That's not bossy or disrespectful—it's thoughtful!

You're helping keep others safe, especially people who might get very sick from an illness.

### Why Is Masking Important in Health Care?

Doctors' offices and hospitals are places where lots of sick people go. That means more germs in the air, and not just from COVID. Wearing a mask in health care settings helps protect people from:

- Flu
- RSV
- Pneumonia
- Measles
- And other airborne viruses and bacteria

So even if you're healthy, you're still helping others by masking—especially babies, older adults, and people with health conditions.

Thank you for being a brave, thoughtful health care hero. Your choices help protect you—and the people around you!

### Activity: Create Your Own Safety Superpower!

If you had a special power to keep doctor's offices safe, what would it be?

- A mask that glows when it blocks germs?
- A backpack air filter with magical fans?
- The ability to see invisible viruses and zap them?

Draw or describe your superhero idea and send it to Kids' Zone!

You might see it in an upcoming issue!



# Why your Garbage wants to be a Garden

By Rachel

Your banana peel is about to do something amazing



## What is composting?

Have you ever left a piece of fruit on the counter too long and watched it go brown and mushy? That's the beginning of something called decomposition — and it's happening all around you, all the time.

Composting is when we collect food scraps and yard waste — like apple cores, banana peels, fallen leaves, and grass clippings — and let nature break them all the way down into something amazing: rich, dark, crumbly material called compost. Farmers and gardeners love it. Plants go absolutely bananas for it. And it all starts with rot.

## Who does all the work?

Here's the secret: you don't actually make compost. Tiny living things do it for you. The real workers in a compost pile are microbes — creatures so small you'd need a microscope to see them. Bacteria and fungi are the main ones. They eat the scraps in your pile and break them down bit by bit.

Microbes love four things: food, water, air, and warmth. When a compost pile has all four, the microbes get to work fast. They work so hard that a good compost pile actually heats up in the middle — sometimes getting as hot as 160 degrees Fahrenheit! That's hotter than your shower.

Worms join the party too. They tunnel through the pile, eating scraps and leaving behind something called castings — which is a polite word for worm poop. Worm castings are packed with nutrients that plants love. Worms also make air tunnels as they move, which helps the microbes breathe.



## Greens and browns: the recipe

Making good compost is kind of like following a recipe. You need two main ingredients: greens and browns.

### Greens (Wet Stuff)

- Fruit and veggie scraps
- Banana peels
- Coffee grounds
- Fresh grass clippings
- Eggshells

### Browns (Dry Stuff)

- Dry leaves
- Cardboard pieces
- Paper bags
- Straw or hay
- Wood chips

Greens give the microbes the nitrogen they need to grow and multiply. Browns give them carbon, which is their energy source. The best compost piles have about three times as many browns as greens. Too many greens and the pile gets soggy and smelly. Too many browns and nothing much happens.

### How long does it take?

With the right mix of greens, browns, water, and air, a compost pile can turn into finished compost in as little as two months. But if you just leave a pile alone without mixing it or watering it, it can take a year or more. The more you tend it — turning it with a shovel, keeping it damp — the faster the microbes work.

When compost is ready, it looks like dark, rich dirt. It smells like a forest after rain. And it's absolutely full of nutrients — the good stuff plants need to grow strong and healthy.

### Why does it matter?

When food scraps go into the garbage, they end up in a landfill. In a landfill, there's not enough air for microbes to do their job properly, so the food breaks down very slowly and releases a gas called methane, which isn't good for the air we breathe.

But when the same scraps go into a compost pile, microbes break them down cleanly and quickly — and the result helps gardens grow instead of piling up in a landfill. In the United States, food scraps make up about 24% of what we throw away. That's a lot of banana peels that could be growing flowers instead.

A single teaspoon of healthy compost contains more microbes than there are people on Earth. That's billions of tiny workers in a scoop smaller than a sugar cube.

**decomposition**  
(dee-com-poh-ZI-shun)  
When living things break down into smaller and smaller pieces after they die. It's nature's way of recycling.

A microbe is a living thing so tiny you need a microscope to see it. They're everywhere — and most of them are actually helpful!

**Nature invented this first**

Composting isn't a new idea. Forests have been doing it forever. When leaves fall from trees, they pile up on the ground. Microbes and worms break them down into rich compost-like material that enriches the soil. New plants grow from that soil. Those plants drop more leaves. And the whole cycle starts again.

Every time you add a banana peel to a compost pile, you're joining one of the oldest recycling systems on the planet. Not bad for a piece of trash.

**COMPOSTING WORD SEARCH**

E G A B R A G T G S S C G S E  
 M H T N M N T H T I U I S C G  
 K P N F R A E R G D E P V R A  
 W P V D S K J D A J J O F A O  
 N I T R O G E N R S L C M P I  
 G C T S O P M O C A H S N S B  
 I N K Y W N F G N M G O U Y Y  
 C N I Y V L A D F N K R T X J  
 N A Y L O J F N I W D C R D J  
 K U R W C I F T T N U I I M H  
 V P E B L Y S A Z V F M E R I  
 C R R L O A C R S X J H N O X  
 S W R P C N P E V X X R T W B  
 M I C R O B E S R G K D S E K  
 N O I T I S O P M O C E D R W

WORD LIST

- carbon
- castings
- compost
- decomposition
- flowers
- garbage
- garden
- landfill
- microbes
- microscopic
- nitrogen
- nutrients
- recycling
- scraps
- trash
- worm

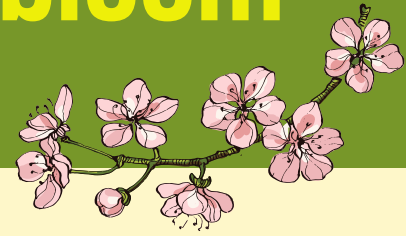
**Try it at home!**

Start a tiny compost jar! Find a container with a loose lid or air holes, add some fruit and veggie scraps, a handful of dry leaves or torn cardboard, and a tiny splash of water. Put it somewhere warm, shake it every few days, and check back in a few weeks. You'll see decomposition happening up close — smell and all.



# Spring in full bloom

There is new growth all around at this time of year!  
Here is a sample of what I have seen on my local walk



## Tree blossom



↑ Even the trees on my street were celebrating



↑ A cherry tree in magnificent full bloom, seen in a peaceful cemetery



← A ladybug chilling out on a fresh bloom



← Blossom on an apple tree. We'll have nice apples in a few months!



Remember that pollen from trees triggers some people's hay-fever. It's yet another good reason to use a well-fitted N95 **mask** and use **air purifiers**. They can really help!





# Spring in full bloom

Meanwhile, down at ground level, there's more beauty to see

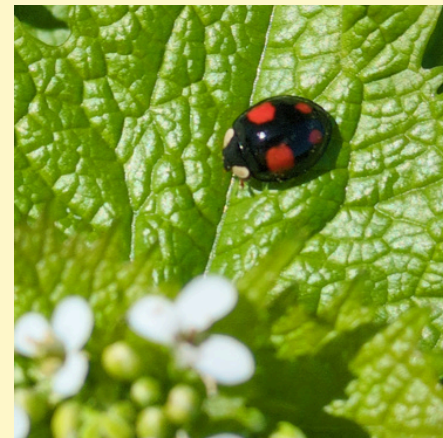
## Wild Flowers



A type of bluebell (possibly?)



These purple/white flowers are called 'snake's-head fritillary'. Some are pure white, others have a lovely chequered pattern. They are a bit past their best here, but they have become quite rare in the wild in the UK. Other names for it are **chequered daffodil**, **drooping tulip**, and **chess flower**



More ladybugs. In the UK they are called 'ladybirds' - which is a weird name, now that I think about it! In Greek they are called 'paschalitsa' which means 'little Easter' because they are often seen at Easter time



Forget-me-nots



# Growing your own vegetables

**One of my favorite pastimes is to grow vegetables!**

**By Adam**

Some people grow them in their own garden, or some have a small plot of land in a local community allotment. This is an area of land devoted to growing plants.

It starts with having good **compost** - as Rachel's article showed, I have a compost bin where I put grass clippings, dead plants, and paper. Over time this breaks down into a lovely rich compost which helps plants grow well.



Baby beetroot seedlings



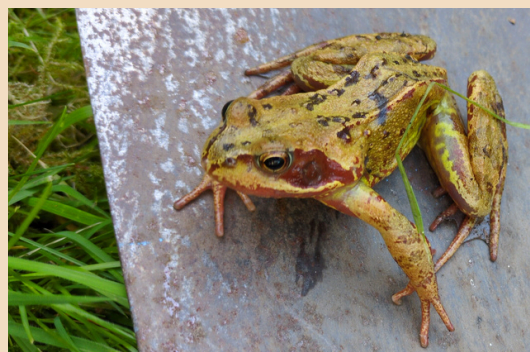
**I usually buy some packets of seeds and sow a few into seed trays. In the photo above, you can see some baby beetroot plants**

**Above I used a different method, filling old toilet rolls with some compost and planting a runner bean in each one. They start sprouting quite quickly!**



**To grow successful runner beans, you need to give them somewhere to climb as they grow!**

**I usually build a structure out of bamboo canes and string, which the young plants can wrap themselves around.**



**This cute frog was helping me by checking my work for the day**



# Growing your own vegetables



First row of potatoes being planted

I also always grow potatoes each year. I sometimes have about 30 or 40 potato plants!

I dig a shallow trench to place the 'seed potatoes' in a row, spaced apart so that the plants will have enough room.



A decent crop of potatoes harvested from a couple of plants



This was my favorite novelty-shaped potato I have grown so far! It reminded me that working in the allotment is good exercise to keep my heart healthy



This strange vegetable is called **kohlrabi**



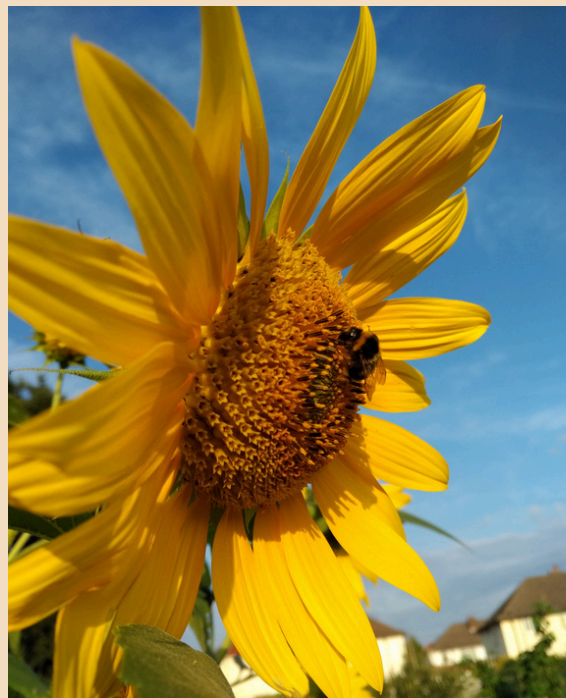
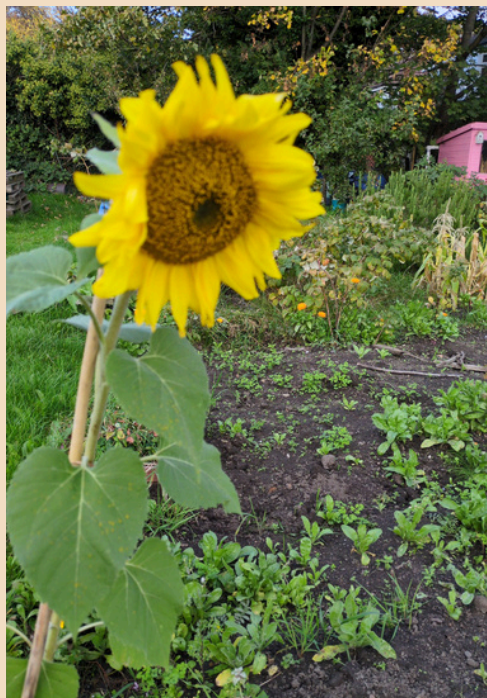
This is an unusual type of cucumber

Bees love the flowers on **comfrey** plants. Old comfrey leaves are amazing for making a rich **compost**, or you can leave them in water to make a rich (but very smelly) feed for tomatoes!



I'm lucky that my local allotment is just 5 minutes' walk away so I can easily get there to check things are doing OK and to water the plants

# Growing your own vegetables



**Sunflowers are quite easy to grow, and they can get to a magnificent height! Why not try planting your own sunflower seeds? You could have a competition to see whose will grow the tallest**



A good crop of garlic

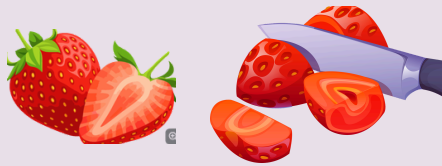


**It feels great to be able to harvest your own food!  
Now I just have to learn how to cook with them...**



# Grow an Entire Strawberry Plant from a Single Strawberry Slice

1



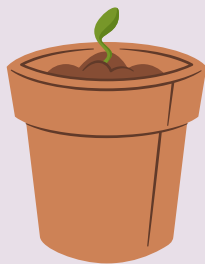
You can make a new strawberry plant from a single strawberry slice.

2



Put the strawberry slice in a clay pot and cover in a shallow layer of dirt. Water regularly.

3



When flowers bud, put your plant outside where the bees can pollinate them.

4



5



Enjoy your beautiful new strawberry plant.





# SAMPLE SIZE OF ONE: A TERRIBLE WAY TO DO SCIENCE



By Rachel

Last winter, Marcus was absolutely, one hundred percent, scientifically certain he had discovered the greatest medical breakthrough of all time. He had eaten seven Sunny Citrus Drops — the fizzy lemon candies from the gas station — and by the next morning, his sniffly, sneezy, miserable cold was completely gone. Finished. Vanished. He burst into the living room on Monday morning with a bag of candy and the confidence of a Nobel Prize winner.

"You're welcome," he announced to his family, pouring Sunny Citrus Drops into everyone's hands. "I have found the cure." His older sister Maya looked up slowly from her book. She had a very particular expression on her face — the one she saved for moments like these.

"Marcus," she said, setting down her book, "we need to talk about something called the anecdotal fallacy."

"A what?" Marcus asked, popping another Sunny Citrus Drop into his mouth. Maya closed her book and scooted over on the couch to make room. "Okay, so you know how sometimes an argument sounds totally convincing, but when you actually stop and look at it closely, the reasoning is all wrong?"

"A logical fallacy is when someone makes a mistake in their reasoning. It feels like a solid argument. It might even sound smart. But there's a flaw hiding inside it, like a bug in a computer program."

Marcus frowned thoughtfully. He understood bugs in computer programs. Last week he'd spent four hours trying to fix one in the game he was building.

"So my candy cure is... a bug?"

"Your candy cure," Maya said, "is a very classic, very sneaky bug. And it has a name."

"It's called the anecdotal fallacy," Maya said.

"An-ec-DOE-tal," Marcus repeated slowly.

"An anecdote is just a personal story. And the fallacy part means the mistake. So the anecdotal fallacy is when someone uses one personal story as proof that something is true for everybody."

Marcus looked at his candy. "But it worked."

"Did it?" Maya raised an eyebrow. "Or did your cold just... go away on its own? Like colds do?" Marcus opened his mouth. Then closed it.

Hmmm....

Then he narrowed his eyes. "Wait a second. Are you using a story — about me — to explain why stories aren't proof? Isn't that... the same thing?"

Maya stared at him for a moment. Then she broke into a huge grin. "Okay. That is a genuinely excellent point." She held up a finger. "Here's the difference: your candy story isn't our evidence. It's our example. Evidence comes from studying lots and lots of people — not just one kid on a couch with a bag of gas station candy." She paused. "No offense."

"Some taken," said Marcus. "But I'm listening."

"So next time someone says 'I know someone who...' or 'this worked for me so it must work for everyone' — that's your signal," Maya said. "Ask yourself: is this one story, or is this a pattern we see across thousands of people?"

Marcus nodded slowly. He picked up a Sunny Citrus Drop and examined it. "So I shouldn't throw these away. I just shouldn't call them a cure."

"Exactly." Maya stole one from the bag. "Personal stories are where good questions begin. Not where they end."

Marcus considered this. It was, he had to admit, a pretty good answer. Even if it meant his Nobel Prize was going to have to wait.

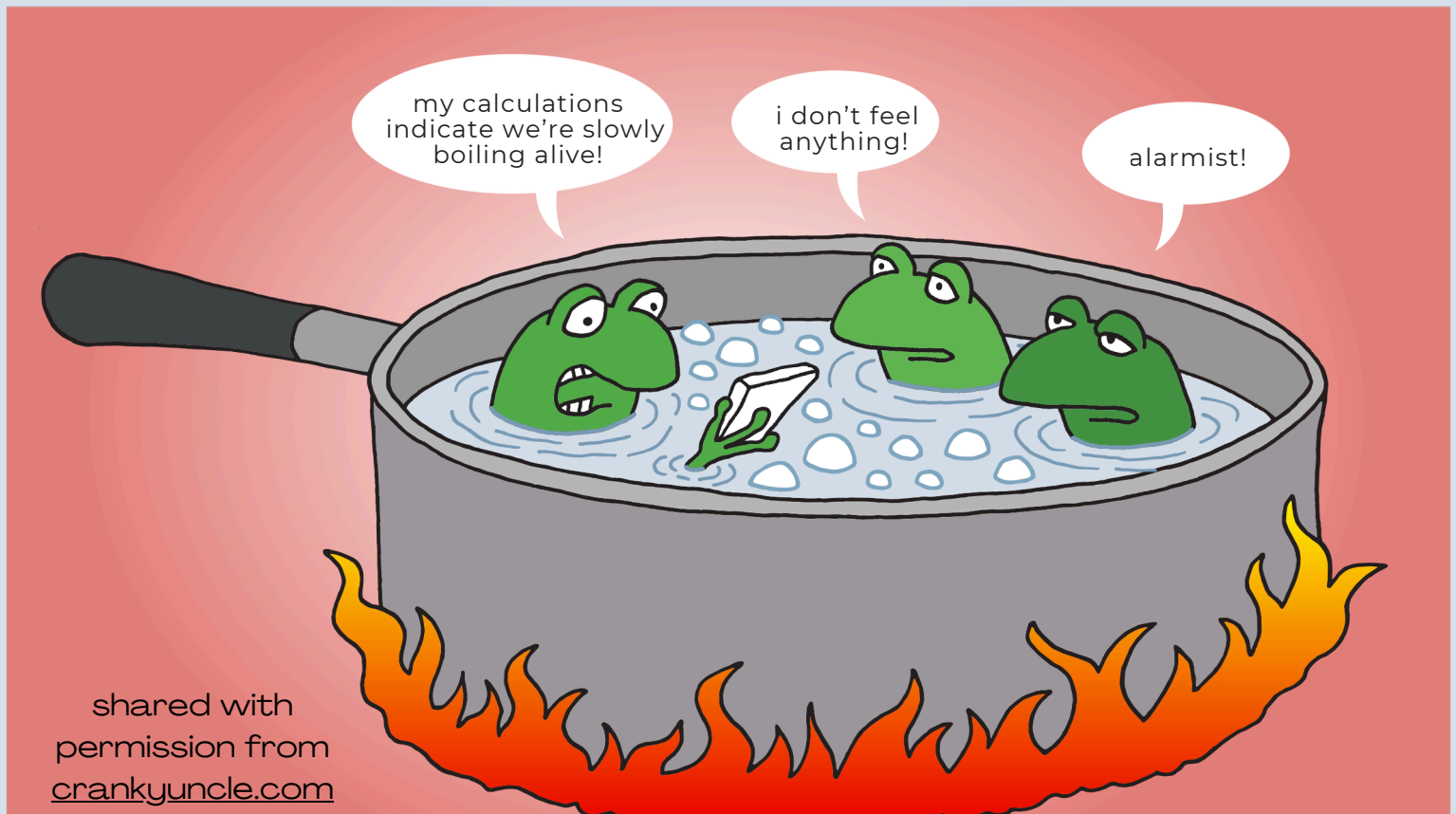
# Which Frog would you trust?

## What is a metaphor?

A metaphor is when you use one thing to help explain another thing — without saying "like" or "as." It's like a shortcut for your brain.

This frog cartoon isn't really about frogs. The frogs are a metaphor for people who ignore scientific data. The boiling water is a metaphor for a real danger that's growing slowly. The scientist frog has the numbers. The other frog just has a feeling. The cartoon uses frogs to make that idea easier to see — and harder to forget.

A good metaphor doesn't just explain something. It makes you feel it.



One frog has data. The other frog has a feeling.

The second frog isn't lying — he genuinely doesn't feel anything. But his personal experience is a sample size of one. Meanwhile, the scientist frog has been running the numbers. The water is getting hotter, whether the second frog feels it or not.

Personal experience is real. But it isn't always the whole picture. Next time someone says "I don't feel anything" to dismiss cold, hard data — ask yourself which frog you want to be.



**H A P P Y**  
**M O T H E R ' S**  
**♥ D A Y ♥**

**In many countries around the world, Mother's Day falls on Sunday, May 10<sup>th</sup>. Mother's Day is a day to celebrate all of the incredible things that moms do every day.**

**Join the Kids' Zone Team in celebrating COVID-conscious mothers through an ode to moms, moms' reasons why, and a look at animal moms and babies.**

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**Moms' Reasons**  
**Why**

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**Mama Birds**

# Mother's Day

## An Ode to Moms

by T.Rak

Here's to the moms who keep their kids safe  
In a world where safety is hard.

To the moms teaching true care and compassion,  
To the moms who are always on guard.

To the moms turned advocates, educating schools  
About air quality, ventilation, and masks.

To the moms turned teachers, homeschooling their  
kids,  
Juggling work, parent, and education tasks.

To the moms who are fighting health battles of  
their own,  
For which they never planned.  
For the moms who are raising their kids alone,  
Without a helping hand.

To the new moms with their multitude of tools,  
Striving to keep their babies protected.  
To the wanna-be-mamas, waiting their turn,  
For a world that is less infected.

To the moms whose kids have grown into adults,  
Some time in the past five years.  
Watching their kids move out on their own,  
And holding back their fears.

To the moms whose kids left the nest years ago,  
Trying to balance tough conversations.  
Whose kids make decisions of their own,  
While you pray they understand the implications.

To the grandmothers making the choice,  
If the grandkids are safe enough to hug.  
To anyone who is missing their mom,  
And feels their heartstrings tug.

To all the mitigating mamas,  
To all the mommies who mask,  
To the mothers combating misinformation,  
To the moms taking on this tough task,

You are raising strong and adaptable kids.  
They are independent and smart, and it shows.  
You are protecting their brains, their lungs, their  
hearts.  
You are helping them learn and grow.

You are doing something incredible,  
By putting your children's future ahead of the  
fray.  
You are seen, you are loved, you are appreciated,

**Happy Mother's Day!**

# Moms' Reasons "Why"

We asked COVID-conscious moms from around the world the question  
 "Why are you a COVID-conscious mom?"  
 Here are the answers we received!

"I believe that our kids are our future, and I want to give them the very best chance at living long, healthy lives. Also, one day, we're going to need adults with their full cognitive abilities to continue running the world. We need to protect their brains too."

-L. Stein

"I am a COVID-cautious mom because I love my kids more than anything in the world and want to protect and keep them safe."

-Rachel

"I'm a COVID-conscious mom because I want my daughter to have the safest and best future she can."

-Theresa G.

"I'm a COVID-conscious parent because health is the greatest gift we can give our children."

-JW

"Teaching my child to stand up for their health needs is a core mission and priority of mine, especially after my own experiences with chronic illness."

- Shea

"My children are grown and out of the house; I am COVID-conscious and COVID-cautious so I can stay healthy and be part of their lives for as long as I can. I also want my children to know that COVID caution is a way to take care of ourselves and others."

-Naomi

"I see protecting my family from preventable diseases as a part of my responsibility. COVID appears to make many health issues worse, and I want my kids to be able to focus on becoming the amazing adults they are meant to be without the challenges of chronic illness. We have adapted to masking outside of the home, and it has kept us safe and well from many infections. We travel and explore and create lasting memories together, while wearing masks!"

-Kristen

"I would like my kids to grow up understanding that, by wearing a mask, they are taking care of the most vulnerable members of their communities, not just themselves."

-Anonymous

# Mama Birds

by: the Masked Photographer



**Egyptian goslings having a rest under mother's watchful eye**



**Greylag goslings being directed to cross the path by mother goose**



**Greylag geese parents on the lookout protecting their goslings**



**Greylag goslings seeking warmth under mother's feathers.**



**Egyptian geese are on the lookout to protect their goslings from the fox**





# 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](#)

[Sundays, 6:00 PM Eastern US Time](#)

# Plants don't have eyes, so how do they find the light?

BY RACHEL

Have you ever noticed your houseplant is always leaning toward the window? It's not a coincidence. Plants can't walk toward light, so instead they grow toward it — and a tiny chemical called auxin is doing all the work.

Word to know: **phototropism**  
(foh-TOH-troh-piz-um)  
From Greek: photo = light, trope = turning. It's how plants grow toward — or sometimes away from — a light source.



Here's how it works: auxin is a growth hormone that makes plant cells stretch bigger. When light hits one side of a stem, auxin moves away from the light to the shady side. Now the dark side has more auxin, grows faster, and gets longer — which tips the whole stem toward the light. No brain. No eyes. Just chemistry.

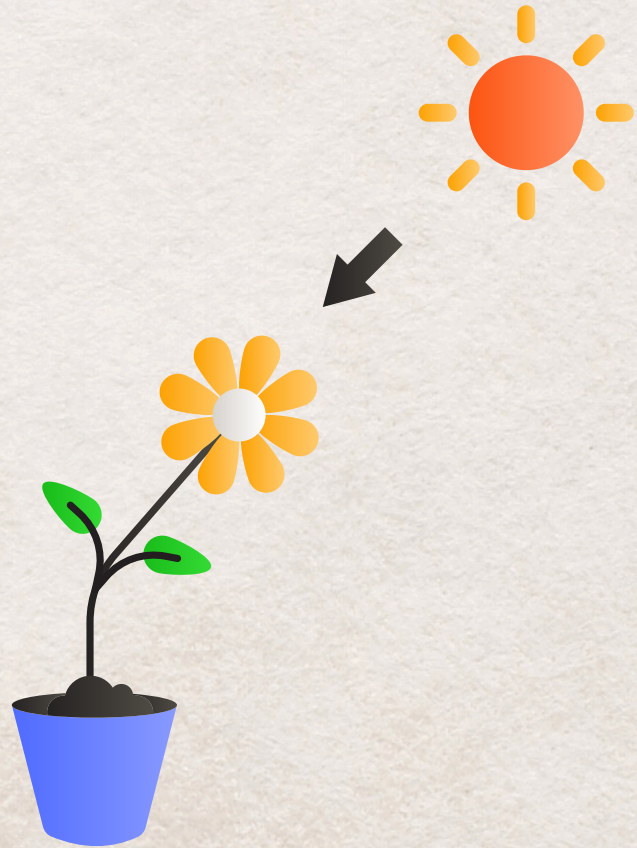
Roots do the opposite — they grow away from light, burrowing into the soil where the water is. Same chemical, different job.



Sunflowers take this to the extreme. Young sunflowers track the sun from east to west all day long, then reset overnight to face east again. By the time they're fully grown, their stems harden and they stop moving and permanently face east — which happens to be the warmest spot in the morning and attracts the most bees.

### Try it at home

Put a small plant near a window for a week and watch it lean toward the light. Then rotate the pot 180 degrees. In a few days, it will start bending back. You just watched auxin in action.



### Why does this matter?

Understanding phototropism isn't just fascinating — it's useful. Farmers and scientists study plant hormones to help crops grow more efficiently, especially in places with limited sunlight. Researchers growing plants on the International Space Station have to think carefully about phototropism because in microgravity, the usual signals that tell roots to grow "down" don't work the same way. And doctors studying human growth hormones actually draw on a lot of what scientists learned first from studying auxin in plants.

The next time you see a plant reaching for a patch of sunlight, remember: it's not just growing. It's solving a problem, one tiny cell at a time.

# SCIENCE

## NEWS

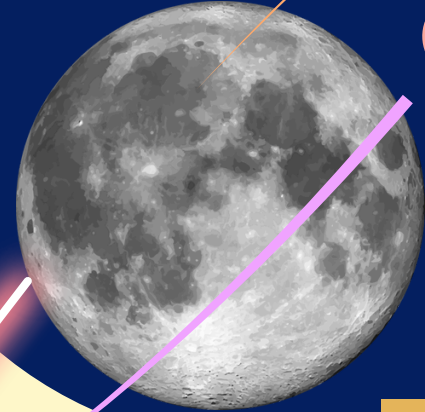


Image credit: NASA/Bill Ingalls



Last month, four astronauts traveled farther from Earth than any humans ever had, **finally returning to the Moon!**

# Artemis II's moonshot



By Adam

NASA'S new Space Launch System (SLS) lifted off from the Kennedy Space Centre on April 1st. Aboard the **Orion spacecraft**, the crew first made several orbits around the Earth to gain enough speed.

The test flight took them to loop around the Moon before bringing them safely home to Earth.

This mission carried the **first woman** and the **first Canadian** to visit the Moon

### The crew:

**REID WISEMAN (COMMANDER)**



**VICTOR GLOVER (PILOT)**



**CHRISTINA KOCH (MISSION SPECIALIST)**



**JEREMY HANSEN (MISSION SPECIALIST)**



## Artemis in mythology



Artemis is a goddess in Ancient Greek mythology. She is the goddess of hunting, the wilderness, wild animals, and is often depicted as an archer with a bow and quiver of arrows.

She is the twin sister of Apollo, whose name was used for the series of missions in the 1960s. Apollo 11 was the mission when humans first set foot on the Moon, 57 years ago!

The Artemis space mission seems aptly named as humanity takes aim at the Moon once more.

# Favorite moments

*There were so many special and emotional moments during the flight, and I wish I could write about them all!*

*Here is one crew member's favorite moment:*

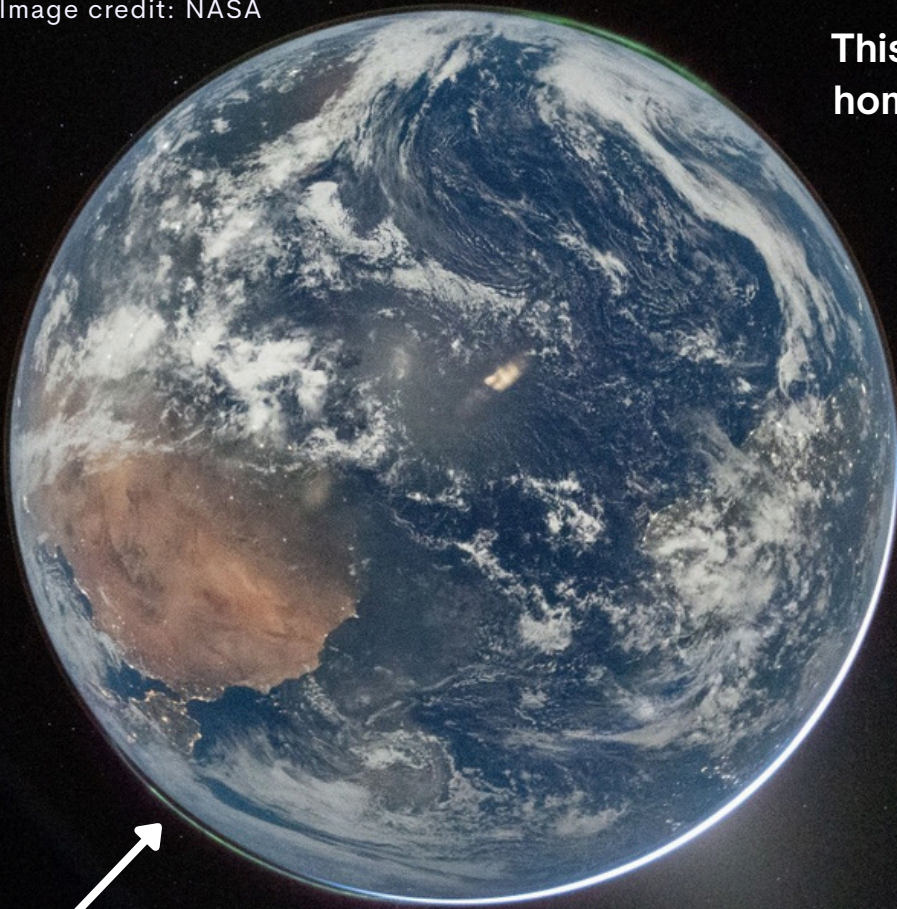
Christina Koch, mission specialist, peers out of one of the Orion spacecraft's main cabin windows three days after launch. She looked back at Earth as they left the planet's orbit to travel toward the Moon.



Image credit: NASA

*"What struck me wasn't necessarily just Earth. It was all the blackness around it," she said. "Earth was just this lifeboat hanging undisturbingly in the universe."*

Image credit: NASA



You can just about see the Aurora Australis (Southern Lights) here! Can you spot the Aurora Borealis (Northern Lights) near the other pole of the planet?



Image credit: NASA

This stunning image of our home planet was taken by a crew member

## The Artemis II mission IN NUMBERS:

- The Moon is an average of **239,000 miles** from Earth.
- It takes light about **1.3 seconds** to travel from the Moon to Earth
- The Orion capsule's closest approach was **4,067 miles** above the lunar surface
- The crew traveled a total of **694,481 miles** (1.1 million kilometers)
- On re-entry the heat shield temperature reached nearly **3,000°C!**

## CAN YOU GET SICK IN SPACE?

The answer is **yes!** In some space missions, astronauts have had upper respiratory infections (URIs), colds, urinary tract infections, and skin infections.

During Apollo 7 in 1968, the crew got colds in space! It was thought that one of the crew members came aboard with a mild cold and spread it to the other crew members. The astronauts ran out of medication and tissues and were allowed to reenter Earth's atmosphere without their helmets on.

Astronauts on Apollo 8 and 9 also experienced colds.

### **What do astronauts do if they become ill on a space mission?**

- Masking: we know well how effective this is!
- HEPA filters & mechanical ventilation (just don't try opening a window to the outside!)
- Quarantining: Although it's difficult in such a confined space, it's important that they isolate until they are no longer ill and contagious.

Information was taken from:

<https://www.space.com/getting-sick-in-space-coronavirus-astronaut-health.html>

## PROTECTION IN SPACE

A great many systems are needed to **protect** the astronauts' health in space.

**Protective shell:** the spacecraft's hull is designed to be thick enough to stop the worst of the radiation that is present in space. Even the windows have special glass.

**Breathable air:** The ship's life support systems carefully balance the right mixture of air for the crew to breathe.

**Vacuum:** Please keep doors and windows closed for the duration of the flight!

## WHAT'S NEXT?

### **Future Artemis Missions:**

#### **ARTEMIS III LAUNCH: 2027**

The mission will launch a crew using the SLS (Space Launch System) rocket to test that the Orion spacecraft can meet up and dock with private commercial spacecraft needed to land astronauts on the Moon

Planned to be the first **American crewed lunar landing** since 1972. The crew of Artemis IV will arrive at the Moon, then transfer to a lander vehicle to descend to the lunar surface, and then return to lunar orbit for rendezvous with Orion.

#### **ARTEMIS V LAUNCH: LATE 2028**

Planned to be the second crewed lunar landing. This mission is also when NASA is expected to begin building its Moon base.

#### **ARTEMIS IV LAUNCH: EARLY 2028**

### **My view of the moon**

Last week I saw the crescent moon using my little telescope. I managed to put my phone camera to the eyepiece (quite tricky!) and captured this image:

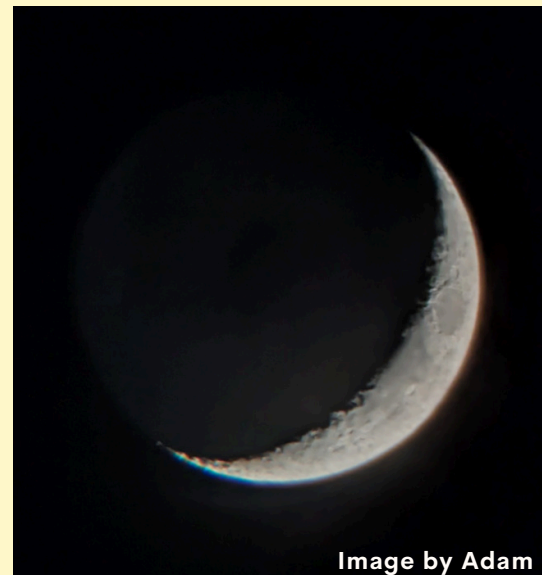


Image by Adam

# NATURE'S MASKS: WHAT ANIMALS CAN TEACH US ABOUT SMART ADAPTATIONS

Did you know that animals wear "masks" too? Not real masks like we do. But animals have cool ways to help themselves — these changes are called adaptations. Some of these ways are just like the masks people wear! Let's look at how!

By Rachel

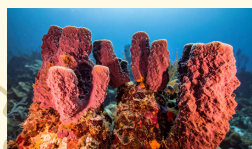
## The Blue Whale

KN95 masks filter out germs. They let air in but keep bad things out. Blue whales use filters too! Instead of teeth, whales have thin plates in their mouths. Water comes in, and the plates catch tiny fish and shrimp the whales eat. The water goes back out. Both the mask and the whale use filters to separate the good stuff from what they don't want. Pretty cool, right?



## Sea Sponges

KN95 masks fit snugly over your face and let air pass right through. They block the tiny germs that can make you sick. Sea sponges work the same way. Water flows in and out of their little holes all the time. But the sponge catches tiny pieces of food floating in the water. Both the mask and the sponge let things flow through all the time — and use a trap to catch the rest.



## Poison Dart Frog

A bright, colorful mask turns heads and spreads joy — its bold yellows and oranges worn purely for the fun of it. Deep in the rainforest, the poison dart frog wears its own dazzling colors, but for a very different reason. Fierce reds, electric blues, and bold yellows tell every predator nearby to stay far away. Same bright colors, totally opposite meanings!

## Mandrill

People mask to keep themselves healthy and safe. It is a way to say, "I care about keeping people safe." Animals do this too! The mandrill is a type of monkey. The males have very bright faces — red and blue. Those bright colors help signal things like identity, health, and status to other animals. Peacocks do this too. Their big, colorful feathers help signal health and attract attention. Just like a mask, what you show on your face tells others a lot about you!

This is called an **ADAPTATION**.

An **adaptation** is a special trait that helps a plant or animal survive in its habitat.

For example, a cactus has thick stems to store water, which helps it live in the desert. That's an adaptation!



Masks are relatively new, but the problems they fix are very old. Long before people made masks, animals found ways to stay safe. They evolved ways to filter out bad things, show warning signs, and tell others something about themselves. The blue whale, the sea sponge, the poison dart frog, and the mandrill all have these **adaptations!**

This tells us something cool: keeping safe is not a human idea. It is one of the oldest things living creatures do. When you put on a mask, you are doing something that animals have done for millions of years. Almost every living thing has found a way to protect itself. We are just part of that long, long story!

# ALL ABOUT... BEEES!

by Rachel L.



Bees have existed for over 100 million years! Scientists believe they evolved from wasp-like ancestors and have been helping plants grow since the time of the dinosaurs.



They do a special dance to talk to each other. The "waggle dance" is a way honeybees communicate with each other to direct nestmates to the best source of food. Researchers at Sussex University spent two years decoding thousands of waggle dances!

One bee makes a tiny, tiny amount of honey. A single bee produces only about 1/12th of a teaspoon of honey in its entire lifetime. It takes thousands of bees working together to fill just one jar!



They can see colours we can't! Bees can't see the colour red, but they can see something humans can't — "bee purple," a mix of yellow and ultraviolet light.

One in three bites of food depends on them. Almost 90% of wild plants and 75% of leading global crops depend on animal pollination, and one out of every three mouthfuls of our food depends on pollinators like bees.





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- **Applications open 4/1**

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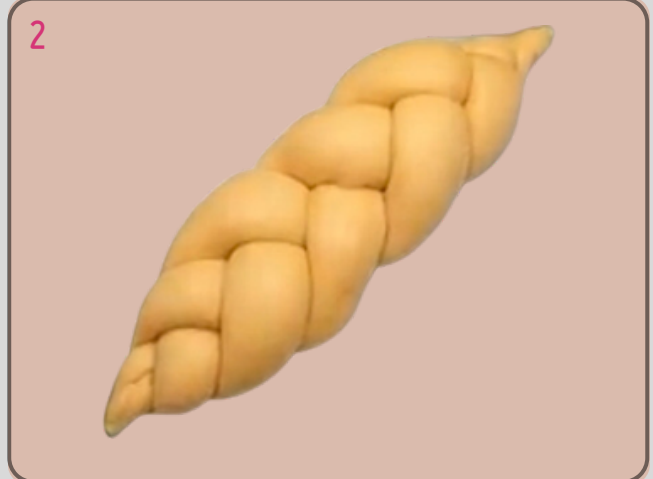


Braiding challah bread can be as simple as braiding your hair



1

Challah bread is beautiful and tasty. It's often made for Shabbat.



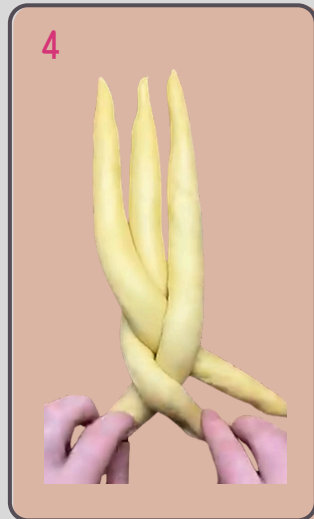
2

This is three-stranded challah bread which is braided the same way that hair is braided.

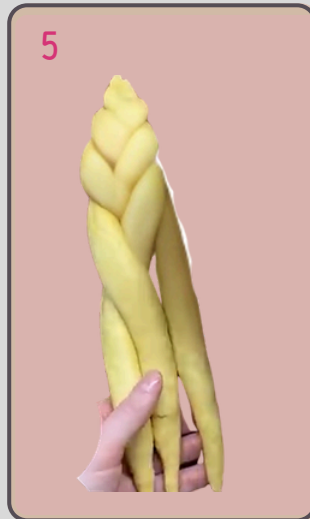


3

Roll three columns of bread dough, then braid them the same way you would braid your hair. Braid halfway up the length of the dough.



4



5

Flip the bread over and start braiding the bread from the other side until it is fully braided. Pinch the ends. Bake.



Stories from our Readers

# *The Story of Athena*

**A Retelling of a Greek Myth  
By Camille Alexander, age 13**



One day, Zeus woke up with a pounding headache. It felt like someone was hammering inside his skull. He needed assistance.

Ares, Zeus's son, and Poseidon, Zeus's brother, held his arms back while one of Zeus's other sons, Hephaistos, put a chisel to his forehead. Hephaistos brought his hammer down on the chisel.

Ares, Poseidon, and Hephaistos all fell back, for something had come out of Zeus's head. It was a woman in full battle armor. She had curly brown hair underneath her helmet. Her grey eyes were stormy. She carried a shield and spear. Her name was Athena, and she was Metis's daughter.

Athena is the goddess of wisdom and war. Unlike the god of war, Ares, Athena does not love to watch people fight. Instead, she is strategic and knows how to win a war with planning.

Athena's two most well-known symbols are the owl and the aegis. The aegis is a magical shield/cape that Athena always wears. It has Medusa, a snake-haired monster who, when she had been a regular mortal, had disrespected Athena, on it. It also has the skin of a giant monster Athena had fought on it.

Athena is called Pallas Athena because of a friend she had accidentally injured in a competition. The giant monster on the aegis was also named Pallas.

One of Athena's most popular creations is the olive tree. She had a competition with Poseidon, her uncle, over who Athens would be named for. Poseidon gave them a saltwater spring. Athena gave them an olive tree. Olives can be eaten, and their oil can be used for things like candles and care of furniture. The people of Athens found her invention more useful and named Athens for her.

Another popular invention of Athena is the Trojan Horse. In the Trojan War, it was used as a trick by Odysseus and some men who hid in it to launch a sneak attack on Troy.

Athena, goddess of wisdom and war strategy, is associated with many inventions, and many of them are extremely useful.

TO FEEL INTRIGUED ENERGIZED AND ENGAGED

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[WHN.global/KidsZone](http://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!**