

WORLD HEALTH NETWORK

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE



JOURNEYING THROUGH SUMMER: SAFETY EDITION

STAYCATIONS AND VACATIONS

**THE SCIENCE OF OUTDOOR
TRANSMISSION**

SHORT STORIES AND POETRY

PRIDE MONTH

A BILL'S JOURNEY

... AND MORE INSIDE!

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EXPLORE | SHARE | CONNECT



Art by Grae Salisbury

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

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

ABOUT US



KIDS' ZONE COVID-CONSCIOUS MAGAZINE IS A FREE PUBLICATION CREATED BY THE WORLD HEALTH NETWORK'S PSYCHOSOCIAL CHILDREN'S GROUP.



OUR MISSION IS TO FEATURE MATERIALS FOR KIDS THAT HIGHLIGHT STORIES, ART, SCIENCE, AND LIFESTYLE OF COVID-CONSCIOUS FAMILIES.



FEATURING WORKS FOR AND BY KIDS OF ALL AGES. ADULTS CAN SUBMIT THEIR OR THEIR CHILD'S WORKS AT WHN.GLOBAL/KIDSZONE

WHAT IT'S ALL ABOUT?



= ARTICLES WRITTEN IN US-ENGLISH



= ARTICLES WRITTEN IN UK-ENGLISH

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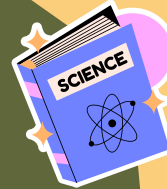
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Enjoy stories from our readers and other COVID-conscious creators



The Month Ahead

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

ALL MONTH:
PRIDE MONTH (GLOBAL)

5 JUNE – WORLD ENVIRONMENT DAY

8 JUNE – WORLD OCEAN DAY

11 JUNE – 19 JULY – FIFA WORLD CUP

14 JUNE – WORLD BLOOD DONOR DAY

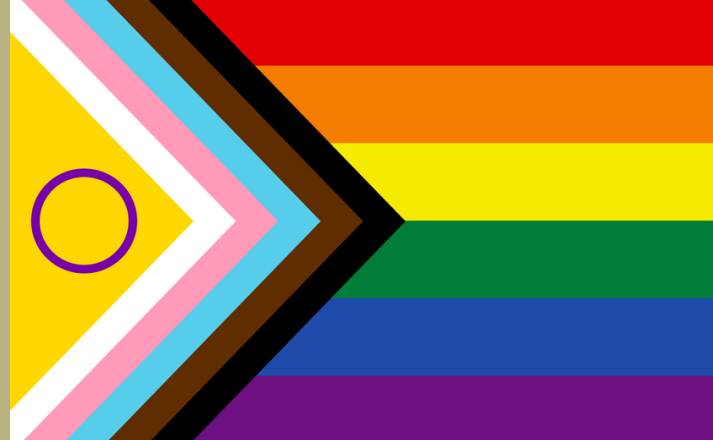
21 JUNE – FATHER'S DAY
(MANY COUNTRIES)

19 JUNE – JUNETEENTH (USA)

20 JUNE – WORLD REFUGEE DAY

21 JUNE – WORLD GIRAFFE DAY

21 JUNE – SUMMER SOLSTICE
(NORTHERN HEMISPHERE)



What is your favorite COVID-safer vacation/staycation?

"A few years ago we went to D.C. to meet Jamie Raskin. We went in our camper and wore our masks to meet him."

-C, US, age 13

"We went to Venice last year and wore our masks and took precautions in indoor, as well as crowded places. My favorite part was the gondola ride."

-L, US, age 13

"We go to my grandparents' trailer and my grandparents quarantine ahead of time. We go every year. We enjoy going to the pool! I also go to a monthly meetup for scouts in my state. Everybody masks."

-L, US, age 9

"My favorite trip was going to the town (Uguisudani) with my mask."

-S, Japan, age 10

"I went to my brother's graduation and traveled by car. We stayed in a cabin in the middle of nowhere. We masked during the graduation."

-D, US, age 9

"We travel by car to Weymouth, wear masks, stay away from crowds. We meet up with friends, and test before meeting."

-F, UK, age 9



Vacation TIME!



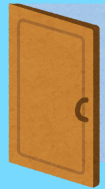
Living a COVID-conscious lifestyle still means you can take time off and/or experience a change of scenery.

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

1

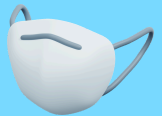
Find a place to stay with a separate entrance and HVAC system!

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


4

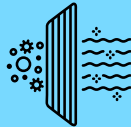
Bring extra masks!

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


2

Clean the air!

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


5

Pick a place with lots of outdoor access!

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


3

Make it a roadtrip!

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


6

Make plans for food before you go!

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



SUMMER STAYCATION SCRAPBOOK

STAYCATION IDEAS FOR COVID-CONSCIOUS FAMILIES

by: Judy 

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



Pool Party



Beach Day

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

I've always loved kayaking. We have two spots we've always gone to and both purveyors have been very kind about ringing us up outside, and most of the time they mask up while speaking with us outside as well! Different places have different age requirements for kids, but over 5 is usually OK. I always take water and snacks and we wear our own PFDs. In one location we can see amazing wildlife and it's always fun to pair with an audiobook involving some of that wildlife during the drive. The other location is a beautiful lake that has great swimming and rock scrambling.



Kayaking Adventures



Camping

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

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

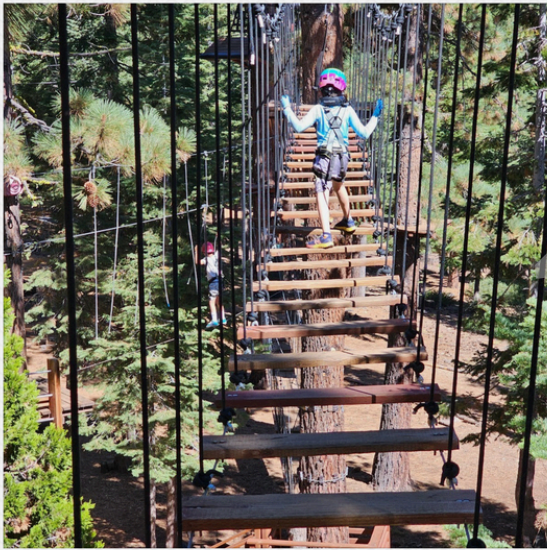


Movie Nights

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



Golf Games



Zip Line

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

Since I love food, we spend a bunch of our vacation days visiting farms with U-pick. Weekday mornings have never been crowded. In our area, we can pick strawberries, cherries, blueberries, peaches, nectarines, pluots, mulberries, figs, pomegranates, and persimmons from spring to fall. Then we work together on pies, ice cream, smoothies, etc. We freeze and dehydrate some. If I were better at gardening, I'm sure that could be lovely too.



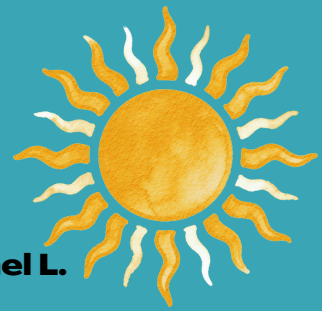
U-Pick Farms



Catching the Shadows!

Build and Read Your Own Backyard Shadow Clock

By Rachel L.



Long before mechanical clocks existed, humans figured out the time by watching shadows move. Today, we are building our own colorful sundial to track the Earth's rotation! Follow the guide below to craft your very own open-air clock.

Step-by-Step Craft Guide

1 Label Cardinal Directions

Write a big, bold "N" for North at the top edge of your plate, and an "S" for South at the exact opposite bottom edge.

2 Plant Your Center Gnomon

Poke a small hole right in the center. Push your stick or pencil through the center, securing it underneath with a lump of playdough so it stays perfectly stiff and upright.



WHAT YOU NEED

- 1 Sturdy Paper Plate
- Colorful Broad Markers
- 1 Straight Stick or Pencil
- Playdough or Duct Tape
- A Compass App or Smartphone
- A Few Small Anchor Stones





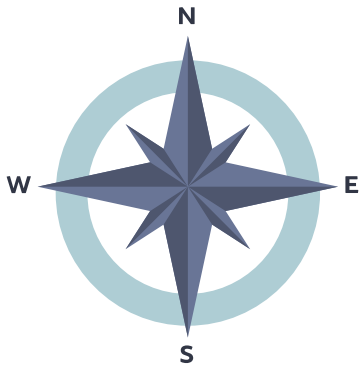
3 Align with True North

Take your plate outside on a clear, sunny morning. Use a compass app to align your plate's "N" directly to true north. Weigh the edges down with a few heavy stones!



4 Trace the Moving Shadow

Every hour on the hour (like 10:00, 11:00, 12:00), draw a clean line straight down the stick's shadow and write the hour number right at the plate's outer edge.



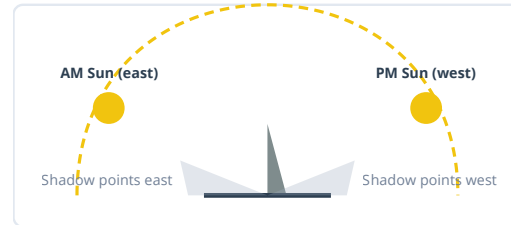
5 Test Your Real Clock!

The following sunny day, step outside and look at your plate. The shadow lines will now reliably show you the correct time of day without any batteries or plugs!

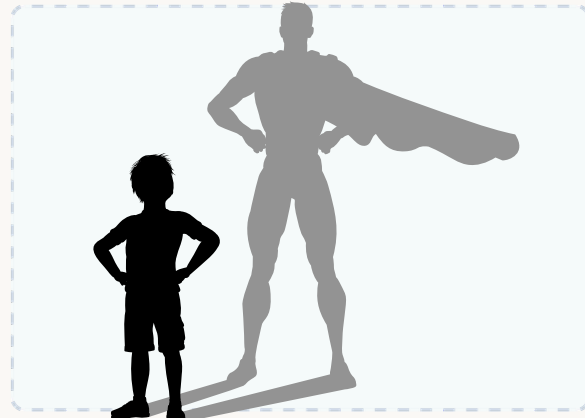


How Do We Read It?

Because the sun travels across our sky from **east to west**, it casts a shadow in the exact **opposite direction!**



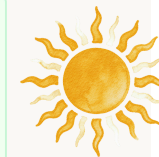
In the morning, the sun is low in the east, casting a long shadow toward the west. At noon, the sun is high above, casting a short shadow pointing straight north!



The Science Behind It

The Earth rotates a full 360° every 24 hours. If you divide the circle's shape, you find out the shadow sweeps at a constant angle of exactly:

15° per hour





Actual Historical Sundials



Before modern mechanical clocks or phone screens were invented, large stone or metal sundials were built into public town squares, obelisks, and castle gardens across history. They relied on shadow-casting parts called gnomons to keep community schedules running smoothly!



VOCABULARY

Gnomon (pronounced "NOH-mon")

Definition: The center stick, pin, or triangle on a sundial that casts the shadow. It comes from an ancient Greek word that means "one who knows."

Cardinal Directions

Definition: The four main points of a compass used for navigation and map-reading: North (N), South (S), East (E), and West (W).

Predictable

Definition: Able to be known or figured out ahead of time because it follows a steady, reliable pattern. Because the Earth spins at a constant speed, the movement of our sundial's shadow is reliably predictable!

Rotation

Definition: The spinning motion of an object around its own center point. For example, the Earth completes one full rotation every 24 hours, giving us day and night



Right to Mask Bill Updates:



Where Are They Now?

Following the Journey of Bills in Vermont, Illinois, California, and Massachusetts

by: Naomi Bar-Yam

Last year, Kids' Zone followed several "Right to Mask" bills around the United States.

These bills were designed to protect people's right to wear masks and other protective equipment in schools, workplaces, and other public spaces.

Since then, the bills have taken different paths. Some moved forward. Some stalled.

One even reached the governor's desk.

That's how the legislative process works: bills can change direction many times before they become law—or stop moving altogether.

Here's where things stand now.

Vermont (S.81)

Vermont lawmakers continued discussing a bill that would prevent cities and towns from banning health masks. The bill received committee attention and public discussion, but it has not yet become law.

Advocates in Vermont are still educating people and building support.



California (AB 1326)

California's Right to Mask bill made it farther than the others. It passed through the legislature and reached the governor's desk. But then something happened; the governor vetoed the bill.

That means the governor decided not to sign it into law. So even though lawmakers passed the bill, it did not officially become law in California.

This teaches an important lesson: A bill can pass the legislature and still not become law. Supporters may try again in a future session.



Illinois (SB3340 / “Kiki’s Law”)

Illinois introduced one of the strongest Right to Mask bills in the country. The bill would protect people’s right to wear protective medical equipment in public spaces without discrimination.

Many people are speaking out in support of the bill, and it passed in the Senate. Now it is before the Immigration & Human Rights Committee in the Illinois House of Representatives.

Supporters continue organizing and raising awareness about the issue, working hard so that it might pass in the House in this session as well.



Massachusetts (H.1981 and S.1427)

In Massachusetts, two different Right to Mask bills were under consideration:

- H.1981 in the House – assuring everyone the right to wear protective health equipment.
- S.1427 in the Senate – not allowing cities to enact mask bans.

Both bills were eventually sent to something called “study.” That sounds hopeful—like lawmakers are going to study the issue carefully and come back to it later. But in many legislatures, including Massachusetts, sending a bill to study is often a way of quietly stopping the bill without holding a direct vote against it.



The House bill was “Discharged to the House Rules Committee”

The Senate bill “Accompanied a study order”

These are technical legislative phrases, but advocates often understand them to mean the bills are unlikely to move forward this session.

What Can We Learn from All This?

One important lesson is that democracy is usually slow.

Most bills do not pass the first time they are introduced. Some important laws take years—and many tries—before they succeed.

Even when bills stall or are vetoed:

- People learn about the issue
- Communities organize
- Lawmakers hear new perspectives
- More supporters become involved



Another important lesson is that democracy requires compromise. When a bill is not voted into law, for whatever reason, supporters meet with legislators to learn why the bill did not pass. Then they work together to write a revised bill that answers the legislators' concerns while keeping the most important parts of the bill.

What Can Kids Do?

Kids can still be part of the process by:

- Learning how laws work
- Asking questions
- Talking with family and teachers
- Writing letters to lawmakers
- Sharing why an issue matters to them
- Thanking legislators who supported the bills

Being involved doesn't end when a bill pauses or fails. In many ways, that's when the next chapter begins.



Activity: The Bill's Journey

Draw a winding path showing a bill's journey:

- Introduced
- Committee (sometimes more than one)
- Debate
- Vote
- Governor

Now add different endings:

- Became law
- Sent to study
- Vetoed
- Introduced again next year

Maybe you can make your drawing into a board game to help people learn about how ideas become laws.

Send your ideas to Kids'Zone!

COVID-Cautious Karate Class!

by Claire

Did you know that people learn and teach martial arts while staying safe from germs?

I'm a karate teacher at Alexander's Martial Arts, and I'm super proud of all the steps we take to stay safe from COVID-19.

First, we've focused on clean indoor air. We have a dedicated outdoor air system (DOAS)--a kind of super-hero air conditioner that helps us bring in lots of clean air! We have Corsi-Rosenthal boxes and HEPA filters to filter out germs, too. We also have all-masked class times. And I get to teach the coolest part: online karate!

Online karate isn't just COVID-safe. It also means I teach kids in multiple states and train with students while they're on vacation. Super cool!!

I love practicing karate! What's a fun activity you've made more COVID-safe? Do you exercise, do crafts, or practice an instrument?





Art by Grae Salisbury

P
R
I
D
E

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



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



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



WorldPride Human Rights Conference

Amsterdam, the Netherlands

Aug 5-7

Find more information here: <https://conference.worldpride.amsterdam/>



San Francisco Pride

San Francisco, California, USA

June 27-28

Find more information here: <https://sfpride.org/>



Pride in London

London, UK

July 4

Find more information here: <https://prideinlondon.org/>



WHAT'S THE SCIENCE ON CATCHING COVID OUTSIDE?

by Eddie
and Claire

Science News:
Outdoor COVID
Transmission and
Dragonflies!

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

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

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

Tiny particles spread out in a cone shape when you breathe out. Sneezes can spray these particles up to eight metres (26 ft).

Florian Poydenot and colleagues created a formula for the concentration of SARS-CoV-2 particles in outdoor air. When the wind speed is twice as high, the concentration is half as much. When the distance from an infected person is twice as high, the concentration is a quarter as much!

Still, there isn't much scientific research into COVID-19 spreading outside. One startling report by the Chinese Center for Disease Control and Prevention (CCDC) in 2022 said that an unmasked jogger in a park may have infected 39 people in the space of just half an hour. The report said the man spread the virus as he ran past people on a four-metre (13 ft) wide footpath. The CCDC said genetic analysis suggested the cases were linked – but they didn't include the data in the report, causing some scientists to question that finding.

Five studies from 2020 – before the highly contagious Omicron variant of COVID emerged – found that fewer than 10% of infections were transmitted outside. Many papers produced similar findings, but it is unclear how new variants might change these results.

ALL ABOUT... DRAGONFLIES



PHOTOS BY ADAM



BY RACHEL

They predate the dinosaurs by 60 million years. Dragonfly-like creatures were some of the first winged insects to evolve, appearing roughly 300 million years ago — a full 60 million years before the first dinosaurs walked the Earth.

Their ancient relatives had 2-foot wingspans. Modern dragonflies have wingspans of up to only about five inches, but an early relative called *Meganeuropsis permiana* was found in the fossil record with a wingspan longer than two feet.

They can move each of their four wings independently. Unlike other insects that move all four wings in simple synchrony, dragonflies can move each of their wings independently. This gives them extraordinary aerial agility — they can hover, fly backwards, and change direction instantly.

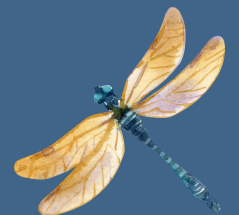


Dragonfly nymphs are ferocious underwater predators. In their larval stage, the aquatic dragonflies eat just about anything — tadpoles, mosquito larvae, fish, other insect larvae, and even each other.



Their eyes cover almost their entire head. Dragonfly compound eyes contain up to 30,000 individual facets, each creating its own image — giving them a near-360-degree field of view with only a tiny blind spot directly behind them.

They spend most of their lives underwater. All dragonflies spend the majority of their lives living underwater. Baby dragonflies, called nymphs or naiads, are fully aquatic and can remain in this larval stage for months or even years before emerging as the flying adults we recognize.





How fireflies turned hide-and-seek into a light show

By Rachel L

Imagine you are playing a giant game of hide-and-seek in your backyard. The sun has gone down, the shadows are long, and it is pitch black. To win the game and keep from being found, you need to stay as quiet and hidden as possible.

So, what is the absolute worst thing you could do? Probably waving a giant, glowing neon flashlight around, right?

Yet, every summer, millions of fireflies do exactly that. They fly through the night sky, flashing bright green and yellow lights from their bottoms. It seems like a terrible plan for survival. But as it turns out, fireflies aren't making a mistake—they are actually the reigning world champions of nature's highest-stakes game of hide-and-seek. To win, they had to undergo one of the most brilliant evolutionary makeovers in history.



Act 1: Joining the Night Shift

Millions of years ago, the ancient ancestors of today's fireflies didn't look like much. They were just ordinary, boring brown beetles. They didn't glow, and they didn't fly around at night. Instead, they looked for food during the bright daytime.

But as time went on, the daytime got crowded. More and more predators, like sharp-eyed birds and speedy lizards, moved into the neighborhood. Finding food without becoming a snack yourself became nearly impossible.

To survive, these beetles made a major behavioral adaptation: they changed their schedule. They left the dangerous daytime behind and worked the night shift. By becoming nocturnal (animals that are active at night), they could easily hide in the dark from all those daytime bullies.



Act 2: The Baby Worm Breakthrough

Moving to the night shift solved one problem, but it created a brand-new one. The ground was dark, creepy, and full of new nighttime predators, like hungry frogs and giant spiders.

Surprisingly, it wasn't the grown-up fireflies that solved this problem first—it was their babies!

Firefly larvae, often called glowworms, are tiny, slow-moving creatures that crawl through the dirt. Because they couldn't run away from danger, those with better defenses were more likely to survive. Over time, they evolved special chemicals inside their bodies that makes them taste absolutely repulsive and toxic to other creatures.

But a bad taste only helps if a predator knows before they take a bite. So, the babies evolved a tiny, faint glow in their tails. It was a neon billboard that warned predators: "Stop right there! If you eat me, you'll get a terrible tummy ache." It was the ultimate "timeout" signal in the game of hide-and-seek. Frogs and spiders quickly learned that a glowing bug meant "do not seek here," and they left the babies alone.



Act 3: Upgrading the Game

As those clever, glowing babies grew up into flying adult beetles, they hit a massive roadblock. They were safer from predators, but now they were flying around in a pitch-black forest trying to find their friends. When they were daytime bugs, they could easily see each other's colorful wings. At night, they were totally blind to each other. If they couldn't find a mate, there would be no more baby fireflies, and the whole species would vanish!

That is when the adults borrowed a trick from their babies.

Over thousands of generations, the grown-up beetles kept the glowing superpower they had as larvae, but they upgraded it. They didn't just glow to scare enemies away; they shaped their bodies to control the light, turning it into a high-tech communication system.

By pumping oxygen into special cells in their bellies, they could turn the light on and off like a light switch. They created a secret flashlight language. A short flash, a long flash, or a dip in the air meant, "Olly olly oxen free! I'm over here, come find me!"



Act 4: Different Neighborhoods, Different Rules

Just like kids playing in different backyards, fireflies around the world have adapted the rules of hide-and-seek to fit where they live.

Some fireflies do not flash at all. Instead, they use special scents called pheromones to find each other.

In other places, like the Great Smoky Mountains in the United States, thousands of fireflies gather in the trees and at the exact same time. This is called synchronous flashing. Imagine a whole forest blinking on and off like Christmas lights! Scientists think the flashes help fireflies find the right mates, and they might confuse predators like bats. When everyone flashes at once, the "seeker" gets dizzy and doesn't know which "hider" to chase.



WINNERS OF THE GAME

By changing over many generations and turning their bodies into living flashlights, fireflies turned a dangerous dark world into their own personal playground.

The next time you are outside on a warm summer evening and see a tiny spark of green light float past your eyes, take a second to watch it closely. You aren't just looking at a pretty bug. You are watching a living, breathing winner of a million-year-old game of hide-and-seek!





LUMPY McGLOBBER

and the Great Big Butter Disaster

A Choose-Your-Own-Adventure Story

By Rachel L.

You are in charge of this story!

At the end of each section, you will find choices.
Pick the one YOU want and turn to that page.
Each path leads somewhere different – some endings
are better than others. Can you find them all?

When you reach THE END, go back to the
story's beginning and try a different path!

Turn to the next page to begin! Good luck. Try not to drip.

Chapter 1 – A Lumpy Beginning



Meet Lumpy McGlobber – the world's only mashed potato monster.

He is lumpy. He is misshapen. He has a left eyeball that points slightly sideways, three wobbly arms, and a nose that looks exactly like a Brussels sprout (which he finds deeply insulting).

He also has a big butter problem. You see, Lumpy is made entirely of mashed potatoes, and on warm days – like today – he drips. A slow, golden, greasy river of butter follows him everywhere he goes.

Today, Lumpy is doing his homeschool lessons at the kitchen table. His little brother Gus is sitting across from him, eating cereal and staring like Lumpy is a science experiment. Which, honestly, Lumpy kind of is.

Lumpy has already sat on his math worksheet AND dripped into the fruit bowl. The bananas are now buttered. Nobody asked for this.

Mom appears in the doorway. "Lumpy, I need you to come with me to run errands. Put on shoes."

Lumpy looks down at his feet. He does not have shoes. He does not have feet, technically. He has four lumpy potato stumps.

"...I'll do my best," says Lumpy.

What do you do?

A. Try to duct-tape paper bags to his potato stumps as shoes

B. Just ooze straight to the car and hope for the best

C. Tell Mom he can't go because he still has reading to finish

[Click here to read the rest of the story.](#)

Don't Get Burned! Why Staying Cautious is a Biological Superpower



STAYING SAFE WHEN THE ENVIRONMENT GETS WILD

BY RACHEL L.

Imagine stepping outside and feeling a blast of heat so intense it feels like opening a giant oven! The ground is scorching, the air is shimmering, and normal rules for playing outside completely fly out the window.

When the environment around you gets tough, dangerous, or unpredictable, you can't just pretend everything is normal. You have to do what the smartest creatures on Earth do: adapt!

To **adapt** means changing your habits, your schedule, or your gear so you can still live your best life while staying safer. Right now, plenty of human families are adapting to the world in a different way—like **wearing masks**, checking air quality, and choosing outdoor hangouts to keep safe from viruses like COVID-19.

Guess what? Animals have been doing their own version of this for millions of years. Let's un-mask some of nature's coolest secrets to see how a little **creativity** keeps us all safe when the world gets wild.



STRATEGY 1: THE NIGHT SHIFT

 WILD WORLD FACT

If you walked through the Sahara Desert at noon, you might think it was completely empty. But it's not! The locals are just hiding. Meet the **fennec fox**. This adorable creature has giant ears that act like built-in radiators to release body heat. But its biggest superpower is knowing when to stay inside. Instead of running around under a blazing sun, the fennec fox sleeps through the heat in a cozy underground burrow. When the sun goes down, the fox emerges to hunt, play, and explore!

 THE HUMAN PARALLEL

Some cautious human families use the exact same strategy! Instead of going to a playground when it's packed with crowds, they might choose to go **early in the morning** when it's quiet, or host an outdoor movie night under the stars. You aren't missing out on the fun; you're just picking the safest "climate" to enjoy it.



• Nature's Superheroes •



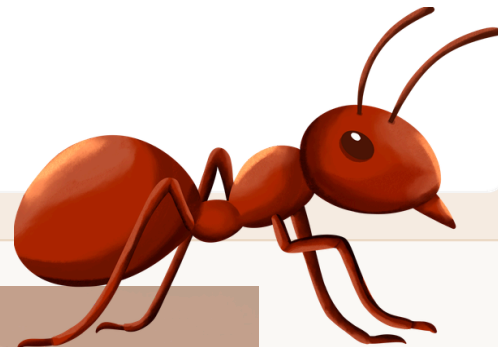
STRATEGY 2: HIGH-TECH SPACE SUITS

 **WILD WORLD FACT**

What if you *have* to go out when things are risky? You wear the right armor. The **Saharan silver ant** is a tiny bug with a massive defense system. While other animals hide, this ant charges out onto the burning sand. How? It wears a coat of ultra-special, triangular silver hairs. These hairs act like a **high-tech space blanket**, reflecting the sun's dangerous rays right back into the sky. The ant doesn't fear the heat; it just dresses for it!

THE HUMAN PARALLEL

High-quality masks (like N95s or KN95s) and air purifiers are our version of the silver ant's coat! When you wear a mask into a crowded store or a classroom, it isn't a sign of fear. It's a brilliant piece of **bio-gear**. It's a tool that allows you to navigate the world safely, helping keep invisible germs out of your lungs just like the ant keeps heat away from its body.



STRATEGY 3: THE UMBRELLA TRICK

 WILD WORLD FACT

Staying safe doesn't mean you have to be lonely. You just have to get creative about how you hang out with your friends. Take the **Cape ground squirrel**. When the African plains get too hot to handle, these clever squirrels don't retreat to solitary confinement. Instead, they lift their big, bushy tails and flip them over their heads like **personal umbrellas**! This portable shade allows them to stay outside, look for snacks, and keep an eye on their colony together.

 THE HUMAN PARALLEL

Finding new ways to hang out is a hallmark of human adaptability. Whether it's setting up an epic video-game night online, having a **tailgate picnic** where everyone sits in their own open car trunks, or waving from a distance, cautious kids are masters of the "Umbrella Trick." The friendship and laughter are exactly the same — only the delivery method has changed!



CONCLUSION: ADAPTABILITY IS A SUPERPOWER!

In the animal kingdom, nobody looks at a fennec fox sleeping in its burrow or a silver ant in its shiny coat and thinks, "Wow, look how scared they are." No way! We look at them and think, "**Wow, look how incredibly smart they are!**"

Animals that adapt aren't weak; they are the ultimate survivors. They are the ones who look at a changing environment and say, **CHALLENGE ACCEPTED!**

So, if your family does things a little differently right now to stay healthy — whether that means masking up, keeping your distance, or eating lunch outdoors—remember this: **You are executing nature's most brilliant strategy.** It takes strength, intelligence, and a whole lot of creativity to pivot when the environment gets wild. You're not just getting through it; you're adapting like a pro!



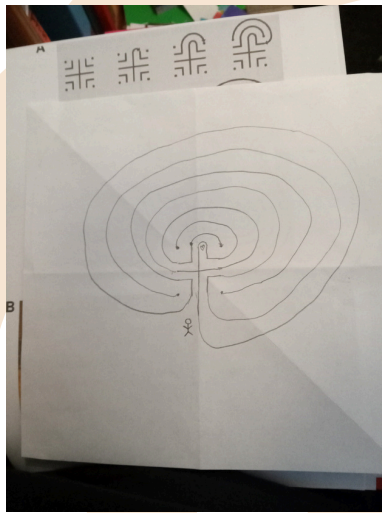


World Labyrinth Day

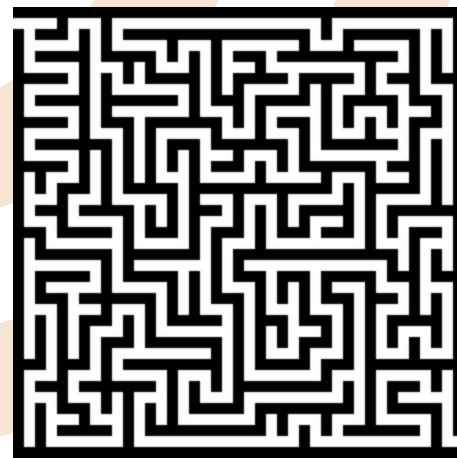
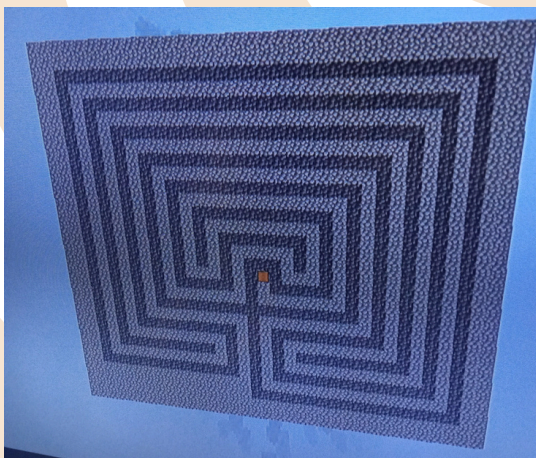
by Shea and Tommy O'Neil



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

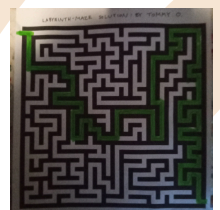


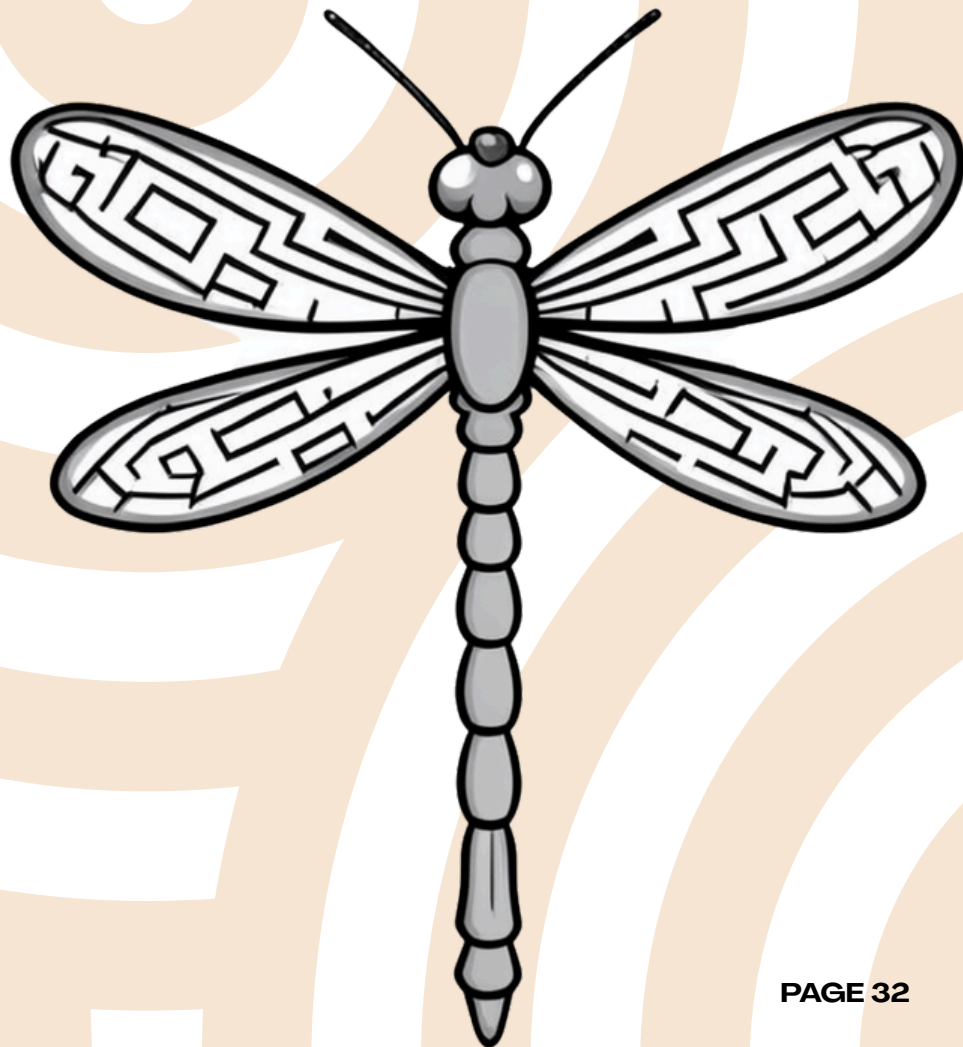
Hand-drawn (top left) and physically made (top right) traditional labyrinth - that is: one way in, one way out, guaranteed to reach the center, and get back. Meditative, tranquil.



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

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





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

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

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

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

Here are the links to her latest work:



Art by Julian Gray

Comic

Fairy tale

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

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

Let us know!



Picture by Louise Kenward,
published in The Psychologist

Stories from our Readers

The Story of Apollo

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



When Apollo's mother was pregnant with him and his twin sister, she wasn't allowed to rest on dry land. She had to keep running, and no one was allowed to give her sanctuary. This was because Hera, queen of the gods, was angry at her and had her assistants chasing her.

Apollo's mother, Leto, was chased by Iris, goddess of rainbows, and Python. Zeus, Apollo's father, had his brother, Poseidon, create a marsh island called Delos. That was where Leto found sanctuary to give birth to her children. Leto, Apollo, and Artemis lived on Delos for a while, until Zeus summoned them to Mount Olympus.

One day, much later, when Apollo was grown, he went to the pit of Python. Angry at the snake for chasing his mother, Apollo battled it.

After a long fight, Apollo won, defeating Python. That is how he became the god of prophecy. One day, long after Apollo's fight with Python, one of Apollo's sons, Asklepios, brought someone back from the dead.

Asklepios was a healer. He was the best healer to exist, and he had done many things that had never before been done. But bringing someone back from the dead was a step too far. Zeus struck Asklepios with one of his lightning bolts, killing him instantly.

When Apollo heard of Asklepios's death, he was angry and sad. The cyclopes had given Zeus his lightning. Apollo couldn't hurt them, but he could hurt their sons.

When Zeus heard that Apollo had hurt the cyclopes' sons, he held Apollo over the pit of Tartaros. Leto begged him not to drop Apollo into it. If Apollo went in, he would never be able to come out. Zeus finally pulled Apollo back to earth. He was punished by being sentenced to a year of servitude to a mortal king. Apollo wasn't allowed to use his powers. He could only serve the mortal king.

After a year, Apollo went back up to Mount Olympus. But don't believe that made Apollo less prideful or stubborn. He is still the same as always, and that is how he has to be.



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!