

AUGUST 2026

ISSUE 25

WORLD HEALTH NETWORK

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE



TEAMWORK AND TOGETHERNESS EDITION

TEAMWORK TIPS

CHECK US OUT ONLINE AT:
[WHN.global/KidsZone](https://whn.global/KidsZone)

PUBLIC HEALTH DETECTIVES

BREASTFEEDING AWARENESS

THE STRAW MAN FALLACY

... AND MORE INSIDE!



EXPLORE | SHARE | CONNECT



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

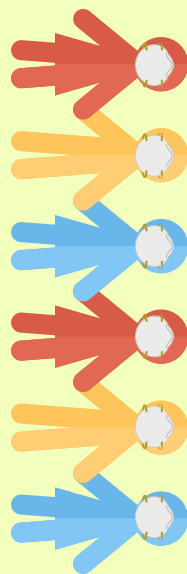
Synonyms: COVID-cautious, COVID-aware, COVID-informed, Still COVIDing, COVID-safe, COVIDing-inclusive

WHAT'S IT ALL ABOUT?

ABOUT US

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

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



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

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The Month Ahead

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

ALL MONTH:

NATIONAL BLACK BUSINESS MONTH (US)

NATIONAL BACK TO SCHOOL MONTH (US)

NATIONAL IMMUNIZATION AWARENESS MONTH (US)

PSORIASIS AWARENESS MONTH (GLOBAL)

NATIONAL BREASTFEEDING MONTH (US)



1 AUGUST - WORLD LUNG CANCER DAY

04 AUGUST - NATIONAL CHOCOLATE CHIP COOKIE DAY (US)

07 AUGUST - NATIONAL PURPLE HEART DAY (US)

09 AUGUST - INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE

09 AUGUST - NATIONAL BOOK LOVERS DAY (US)

09 AUGUST - NATIONAL WOMEN'S DAY (SOUTH AFRICA)

11 AUGUST - MOUNTAIN DAY (JAPAN)

12 AUGUST - INTERNATIONAL YOUTH DAY

19 AUGUST - NATIONAL PATIENT ADVOCACY DAY (US)

19 AUGUST - WORLD HUMANITARIAN DAY

23 AUGUST - SLAVERY REMEMBRANCE DAY (GLOBAL)

26 AUGUST - WOMEN'S EQUALITY DAY (US)

28 AUGUST - RAKSHA BANDHAN (GLOBAL)

31 AUGUST - WORLD DISTANCE LEARNING DAY

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Enjoy another kid-friendly Greek myth!

What Makes Someone a Good Teammate?

"Being kind about others' ideas and having your own."

-C, age 13, US

"Being empathetic and able to help others."

-A, Spain

"Knowing the strengths of your teammates."

-Claire, age 18, US

"Having a good sense of humor."

-Rachel

"Being kind to everyone on the team."

-Fox, age 9, UK

Why Do Teams Matter?

by Claire 

You might have heard that teamwork makes the dream work. Have you ever wondered why that is? Teamwork provides structure and support, and it can make projects way more fun.

Another reason why teamwork is important is mathematical! Let's say you have four friends working with you on a project. You each have your own strengths and interests.

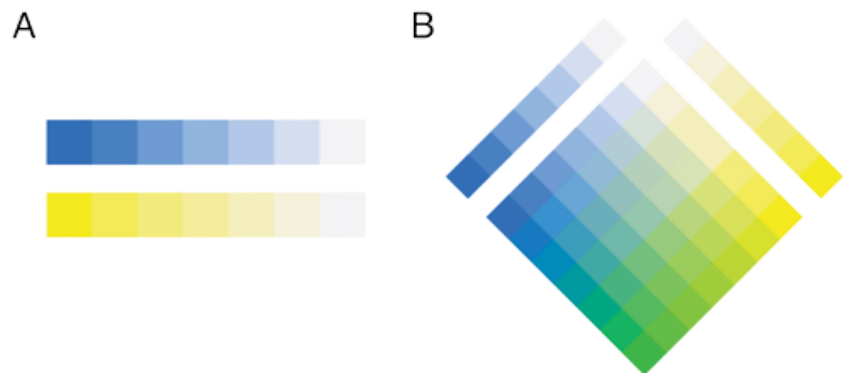
If you divide up the project into pieces but never talk to each other about it, you're *specializing*. Five people doing work can do more than one person doing work. But if you get stuck, there's no one to help you!

If you talk to each other as you go and help with each other's pieces, now you're working as a team! You still have different skills, but you apply those skills to the same problem. This cross-collaboration means that you can be much more creative and efficient as a team!

This doesn't mean all five of you have to work together on every single step of the project, and it doesn't mean that you have to do the whole project at once. It just means that, when you communicate as you go, your strengths strengthen each other!

Check out this diagram

Professor Bar-Yam uses to show how teammates do more together than they could apart! Group A has two specialists working without talking. Group B shows them working as a team. Look how many more tasks they can complete!





A Look at the Literature

Accessible Research for Younger Readers

Interim Estimated Effectiveness of 2025-2026 COVID-19 Vaccines in Adults Using a Test-Negative Design

GOAL



TO LEARN WHETHER 2025-2026 COVID VACCINES PROTECT ADULTS FROM BAD ACUTE OUTCOMES LIKE GOING TO THE HOSPITAL

METHOD



THE RESEARCHERS LOOKED AT PATIENT RECORDS FOR GROWN-UPS WHO TESTED POSITIVE FOR COVID-19 AND WENT TO THE DOCTOR. THE RESEARCHERS ALSO LOOKED AT PEOPLE WHO TESTED NEGATIVE FOR COMPARISON. THEY LOOKED AT WHICH PATIENTS HAD HAD A 2025-2026 COVID VACCINE.

RESULTS



THE RESEARCHERS FOUND:

- ABOUT 5% OF ADULTS WHO WENT TO THE EMERGENCY ROOM OR URGENT CARE AND ABOUT 6% OF ADULTS WHO WENT TO THE HOSPITAL FOR COVID HAD TAKEN THE 2025-2026 VACCINE
- ABOUT 12% OF ADULTS WHO WENT TO THE EMERGENCY ROOM OR URGENT CARE AND 12% OF ADULTS WHO WENT TO THE HOSPITAL FOR A DIFFERENT RESPIRATORY ILLNESS HAD TAKEN THE VACCINE.

THE RESEARCHERS ESTIMATED THAT THE VACCINE CUT ADULTS' RISK OF GOING TO THE EMERGENCY DOCTOR FOR COVID IN HALF AND THAT THE VACCINE REDUCED ADULTS' RISK OF HOSPITALIZATION FOR COVID BY 55%. THIS ALL MEANS THAT THE 2025-2026 COVID VACCINE MAKES GROWN-UPS ABOUT HALF AS LIKELY TO HAVE SERIOUS INITIAL SYMPTOMS FROM COVID. IT DOESN'T TELL US ANYTHING ABOUT LONG COVID.

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

Being an Upstander: Stand Up for What's Right!

by Claire 

What's an upstander, and why do you want to be one? An **upstander** is someone who notices and stops or solves a bad situation. This person might stop a bully, end an argument, or stand up for an unpopular but important view. Being an upstander makes your environment safer and makes you feel proud!

How can you be a good upstander? First, be on the lookout! Be aware of bad situations waiting to happen. This might mean keeping an eye on a bully, checking your carbon dioxide monitor, or looking both ways before you cross the road. Being aware means you can act fast if you need to!

What if you realize there is a dangerous situation? One way to be an upstander is **speaking up**. This might mean politely telling someone why you think their behavior is wrong, like telling your cousin it's not okay to tease your little sister.

Speaking up can also mean letting someone know right away that a situation is uncomfortable or unsafe, like pointing out a car coming down the road.

A similar way to be an upstander is **reporting**. This is different from tattling because your goal is to keep people safe, not to get them in trouble. This might mean asking your teacher to check on a kid who's being bullied, or it might mean asking your parents to remind your friends about wearing their masks properly during your playdate.

Another way to be an upstander is by acting first or **preempting** a bad situation. You might distract a bully before they have a chance to pick on another kid, or you might avoid going to a playground where you know some of the other kids are sick.

Remember, it's important to be an upstander who solves problems, not a bystander who gives up. You have power, as a friend, student, family member, and generally awesome kid. Use your power to stand up for what's right!

If you'd like to tell a story about a time you stood up for something or someone, the Kids' Zone would love to hear about it. Send in a submission for our next issue!



Feature Article

HOW TO WORK BETTER AS A TEAM

Teamwork is all about working together to get something done. It means everyone pitches in, shares ideas, and plays a part in reaching a common goal, whether that's cleaning up the playroom, winning a board game, or doing a school project together.



Why teamwork matters



- 1 Big jobs feel smaller when everyone helps.
- 2 Different ideas can make a project stronger.
- 3 Teams help us practise listening and respect.
- 4 Working together can be more fun.

What makes a strong team?



Having shared goals



Open to different ideas and communicate efficiently



Support each other and assign tasks fairly



Respect others' strengths

**A good team is not a team where everyone is the same.
A good team is one where everyone's strengths matter.**

6 Smart Teamwork Tips

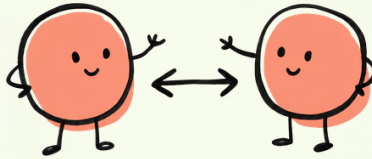


Listen first



Let others finish speaking before you share your idea.

Take turns



Make space so everyone gets a chance to talk.

Share the jobs



Split up projects so everyone gets help and gets to help!

Be kind during disagreement



You can disagree and still speak respectfully.

Offer Help



If someone is stuck, ask how you can support them.

Notice Strengths



Some teammates plan, some create, some encourage, and some solve problems.

When teamwork gets tricky

Problem: Two people want the same job.

Solution: Take turns or split the role.



Problem: Someone feels left out.

Solution: Ask for their idea and include them.



Problem: The team is off track.

Solution: Pause and make a simple plan.



Quiz Time!

What Kind of Team Member Are You?

Choose A, B, C, or D for each question.
Keep track of the letter you pick the most.



1 When your group starts a project, what do you do first?

A Make a plan

B Think of fun ideas

C Cheer everyone on

D Look for what might go wrong

2 If a teammate feels left out, what do you do?

A Give them a role

B Invite them to share an idea

C Make them feel welcome

D Figure out what caused the problem

3 What sounds most like you?

A I like to organize

B I am creative

C I am kind and supportive

D I stay calm and solve problems

4 Your team is stuck. What do you do?

A Break the task into steps

B Suggest a new idea

C Encourage everyone

D Find the problem and fix it

Quiz
Time!

What Kind of

Part 2

Team Member

Are You?

5

What job would you enjoy most?

- A Planner
- B Brainstormer
- C Helper
- D Fixer



6

If two teammates disagree, what do you do?

- A Help them make a fair plan
- B Offer a fresh idea
- C Help them stay calm
- D Think through the best solution



7

What are your teamwork strengths?

- A Keeping things on track
- B Coming up with ideas
- C Making others feel included
- D Solving tricky problems

8

At the end of a project, what are you proud of?

- A We stayed organized
- B We made something creative
- C We worked kindly together
- D We found smart solutions

Count
Your
Letters



Mostly A = The Organizer



Mostly B = The Idea Maker



Mostly C = The Encourager

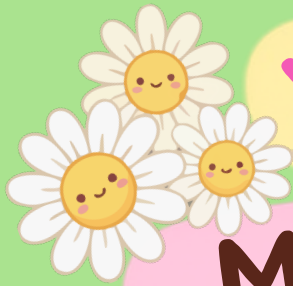


Mostly D = The Problem Solver

If you have a tie,
you can be more
than one type!



By Linh Pham



Your Member

Team

Type!



The Organizer



Strengths:

reliable, plans, keeps the team on track



Watch out:

may take over or forget to ask for ideas



Maximize your potential:

invite others to share and stay flexible

The Encourager



Strengths:

kind, supportive, helps people feel included



Watch out:

may avoid hard conversations



Maximize your potential:

Use your voice when the team needs honesty

The Idea Maker



Strengths:

creative, curious, brings fresh ideas



Watch out:

may jump to the next idea too quickly



Maximize your potential:

pair your ideas with a simple plan

The Problem Solver



Strengths:

calm, practical, good in tricky moments



Watch out:

may try to fix everything alone



Maximize your potential:

Ask teammates to help and share the work



**Every team member type matters.
Great teams grow when different strengths work together.**



By Linh Pham

Our teamwork Story

part 1



Mina, Leo, and June were making a class poster about kindness.

Mina said, "We should use bright drawings!"

Leo said, "We need clear facts too!"

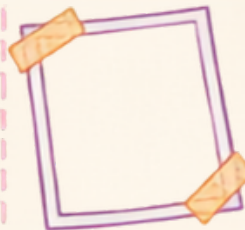
June said, "Let's hurry so we can finish fast."

At first, everyone talked at once.

Mina felt unheard.

Leo felt frustrated.

June tried to take over.



The poster paper stayed blank because the team could not agree on what to do first.

Their project was important,
but their teamwork was not working yet.

Could they find a better way to work together?

By Linh Pham

part 2



Mina took a deep breath and said, "Can we take turns?"

Leo nodded and said, "Let's choose one main idea first."

June added, "I can cut and glue after we make a plan."

The team listened to one another.



First, they agreed to make a kindness poster with both bright drawings and clear facts.

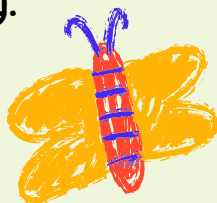


Next, they shared jobs fairly.

Mina drew the pictures.

Leo wrote the facts.

June organized the paper and glued the pieces in place.



When someone had a new idea, they asked, "What do you think?"
"How can I help?"



Soon, the blank paper turned into a colorful poster.

The team felt proud because everyone had a part, everyone was heard, and everyone helped the group move forward.



NOW WORK TOGETHER ON A BIGGER BUILD

TEAM CHALLENGES

PICK ONE (OR TRY ALL 3!)



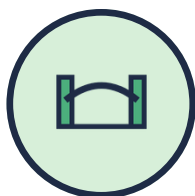
By Rachel

Bigger experiments need bigger teamwork. Grab your partner and give one of these a try.



Human Sundial

One partner stands still while the other traces the shadow's edge every 20 minutes. Compare how it moves — that's Earth rotating!



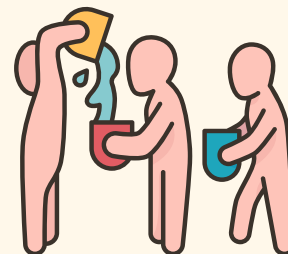
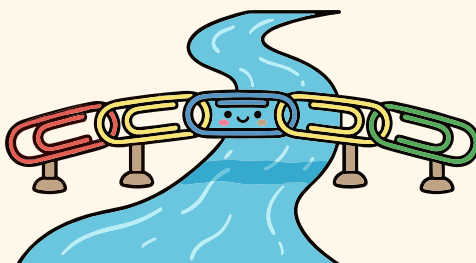
Bridge Builders

Using only paper and tape, build a bridge that holds a small toy. Which team's bridge holds the most weight?



Water Relay

Poke tiny holes in paper cups and relay water from bucket to bucket. Talk about why it leaks — that's gravity at work!



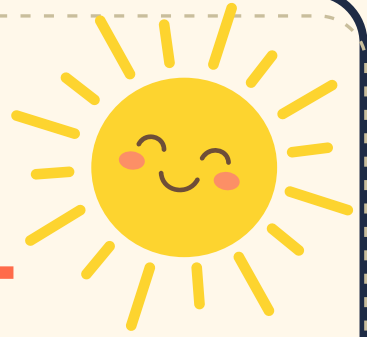
TEAMWORK MAKES



THE DREAM WORK!



GRAB A PARTNER, THEN GO EXPLORE



SUMMER SCIENCE SCAVENGER HUNT

Every clue on this trail is a two-person job — find a buddy before you begin!



1 Match leaves with your partner — same shape wins!



2 Spot **3 cloud types** together and name their shapes.



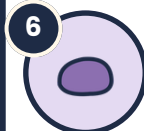
3 One finds something that **floats**, one finds a **sinker**.



4 Find a bug and count its legs together.



5 Find a shadow — guess the time of day together.



6 Find **2 rocks**: one smooth, one rough. Compare!



7 Find a plant leaning toward light — that's **phototropism**!



8 Close your eyes together — describe a nature sound.



9 Count the points holding up a spider's web.



10 Find something symmetrical — flower, leaf, or wing.



11 Watch a puddle — is it evaporating? Decide together.



12 Find **3 flower colors** in one yard or park.





PUBLIC HEALTH DETECTIVES: THE MYSTERY OF THE STUFFY CLASSROOM

By: Naomi Bar-Yam



A few days after learning about wastewater surveillance, Ifrah walked into their class and stopped.



"Does it feel stuffy in here to you?" she asked Luke.



Luke shrugged. "A little. Why?"



"I don't know," said Ifrah. "The air just feels different from outside."

Before Luke could answer, Ms Rachel held up a small device.



"Good timing," she said. "Today we're going to begin to investigate the air around us."



Ifrah grinned. "Another public health mystery?"

"Exactly."
Ms. Rachel held up the device. "This is a CO₂ monitor."



"A what?" asked Luke.



"CO₂ is short for carbon dioxide. It's a gas that people breathe out every time they exhale."



"So we're all making CO₂ right now?" asked Ifrah.

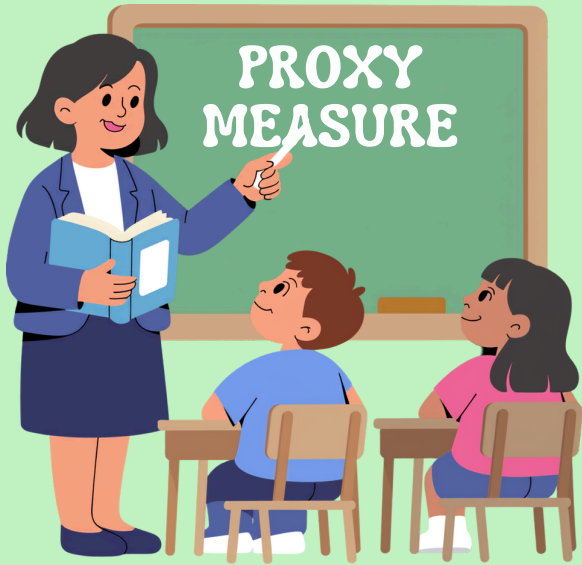


"That's right," said Ms. Rachel.



"But why would we want to measure it?" asked Luke.

The class took a few deep breaths. Ms. Rachel wrote two words on the board: **PROXY MEASURE**. The students stared at the words. "A few days ago," Ms. Rachel said, "we learned that scientists can find tiny pieces of viruses in wastewater. They were measuring the thing they wanted to know about." The class nodded.



"This is different. Sometimes scientists cannot easily measure the thing they care about. Instead, they measure something related to it."



"A clue?" asked Ifrah.

"Exactly. A clue. A proxy measure is something we measure because it helps us learn about something else."



Luke thought for a moment. "So what does CO₂ tell us about?"

"It can tell us something about how much air people are sharing in a room," said Ms. Rachel. "And the more shared air there is, the more important it becomes to understand what's in that air."



"So, if lots of people are breathing in a room, there will be more CO₂," said Ifrah.



"Yes."



"And if the room is closed and fresh air isn't coming in, the CO₂ can build up because it has nowhere to go."



"Exactly."



"So CO₂ is a clue," said Luke.



"Now you're thinking like public health detectives." Ms. Rachel turned on the monitor. "Let's investigate."

First she carried it near an open window. The number on the screen was low, a few hundred. After a few minutes she moved it to the middle of the classroom. The number rose a little higher. At lunch, she brought it into the cafeteria. The students watched as the number climbed higher.



"Whoa!" said Luke.



"Why do you think that happened?" asked Ms. Rachel.

"More people," someone suggested.

"The cafeteria is crowded."

"There are no windows in the cafeteria," another student said.



"What will happen if we move it somewhere else?" asked Ifrah.



"That's a great question," said Ms. Rachel.

The class began calling out ideas.

"What about the gym?"

"The library?"

"The hallway?"

"What about outside?"

Ms Rachel smiled.

"Those sound like the kinds of questions scientists ask."

Back in the classroom, Ms Rachel asked, "Who remembers the CO₂ reading near the window?"

Several students guessed.

"Maybe 450?"

"I think it was 500."

"What about the cafeteria?"

The answers were all different.

Ms. Rachel laughed.

"This is why scientists keep records."

She drew a table on the board.

The students immediately leaned forward.

Location	CO ₂ Reading
Near the window	450
Classroom	700
Cafeteria	950



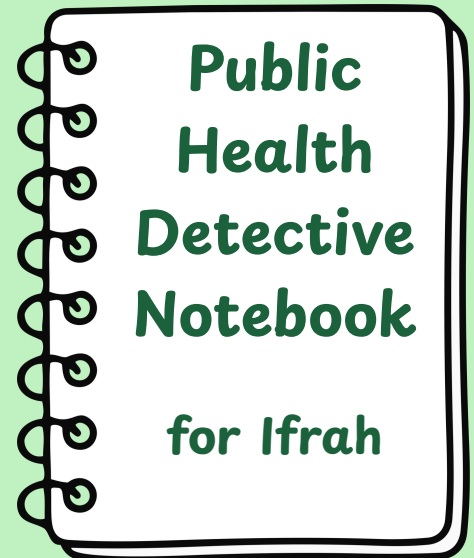
"Now I can see the pattern!" said Luke. "The cafeteria had the highest reading. And the area near the window had the lowest."

"Exactly," said Ms. Rachel.

"Scientists don't rely on memory. They write down their observations in an organized way so they can remember and look for patterns."



She handed each student a new notebook. Across the top it said: **PUBLIC HEALTH DETECTIVE NOTEBOOK.**



"If we're going to be detectives," said Ifrah, "we need detective notebooks."



Luke grinned. "And more mysteries."



"I think we'll find plenty," said Ms. Rachel.

Ifrah looked at her notebook. At the bottom of the first page was a question: **What do you wonder about the air in your school, home, or community?**



"I already have one," she said.



"What?" asked Luke.



"We know the numbers are different," said Ifrah. "But what do they actually tell us?"



"That's exactly what we'll investigate next," said Ms. Rachel.



"But first, we need more observations. Let's each measure a different room every day for a week," Luke suggested.



"Sounds like our next case," Ifrah said smiling.

Public Health Detective Glossary

- 1. Public Health** – Finding clues about what helps people stay healthy and using what we learn to protect our communities. Helping people stay healthy before they get sick.
- 2. Data** – Information.
- 3. Surveillance** – Collecting information about health and illness to help keep communities safe and healthy.
- 4. Wastewater** – The water from toilets and sinks in homes and buildings in a city or town. It flows through pipes to a treatment plant.
- 5. Pathogens** – Germs, such as viruses and harmful bacteria, that can make people sick.
- 6. Canary in the Coal Mine** – An early signal of danger.
- 7. HEPA purifier** – An air cleaner that uses a high-efficiency filter to remove tiny particles from the air.
- 8. Respirator** – A mask that filters small particles and pathogens.
- 9. PCR test** – A polymerase chain reaction test, a type of test often used to identify germs. Some COVID-19 swab tests use PCR.
- 10. Proxy** – Something that stands for or gives information about something else.
- 11. CO2 monitor** – A tool that measures carbon dioxide in the air, a gas released when people breathe out and when fuels burn.

On the ball: how we can prevent sickness at global sports games



Major international sporting events like the Olympics, FIFA World Cup, and Tour de France bring together tens of thousands of people from all around the world. Consequently, these events can heighten the risk of transmission for sports teams and spectators alike. Between packed stadiums, crowded tourist sites, and busy airports, there is contact with thousands of people.

There is a history of virus outbreaks at major sports games. In 2010 at the Vancouver Olympics, two tourists were carrying measles, causing an outbreak of over 80 cases. At the 2020 Olympics and Paralympic Games, held in 2021, there were 788 confirmed cases of COVID-19. This year at the FIFA World Cup, some players on the Norwegian team missed games because of illness.

Staying healthy is important for athletes to ensure that they can maintain ultimate performance. Some athletes who have had COVID-19 have developed Long COVID and have been unable to return to their previous athletic ability.

Some athletes wear masks at major sporting events to avoid getting sick. Jonas Vingegaard is a professional racing cyclist from Denmark who won the Tour de France in 2022 and 2023. In the 2026 race, he wore a mask, noting that "I hear already that there's some sickness in some teams and I've had a history of being sick in my last two Grand Tours, so as you said: 'Better safe than sorry.'" In a similar vein, 19-year-old French cyclist Paul Seixas started wearing a mask in the eighth stage of the Tour de France to avoid viruses.

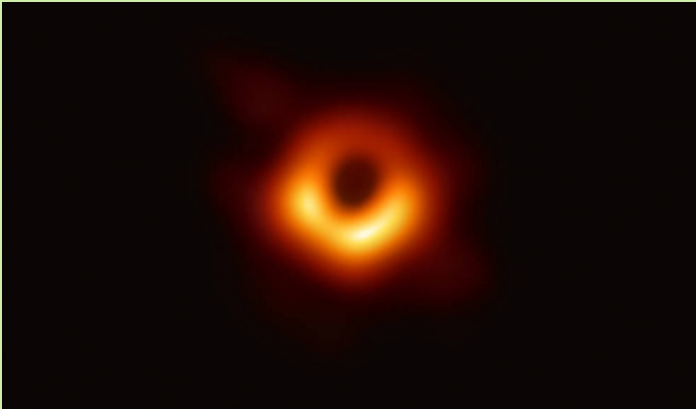
Public health officials also work to monitor data about disease to track transmission. For the 2026 World Cup, public health workers are using data from wastewater and anonymised medical records to detect early signs of disease outbreaks. Where risks of outbreak appear, measures such as contact tracing and isolating people who are sick help to mitigate the magnitude.

Overall, preventing outbreaks at international sporting events involves both public-health systems that monitor and respond to transmission and personal behaviours that minimise spread and protect oneself.



BLACK HOLES

by Leela Ganguly



What is a Black Hole?

Despite the name, black holes aren't empty places; in fact, they are one of the densest objects in the entire universe. Black holes are

really just a lot of matter packed into a tiny space. Just like large objects, such as planets and the Sun, have gravity that pulls other objects towards them, black holes have gravity too. However, beyond a boundary called the event horizon, nothing can escape, not even light. This is why telescopes cannot see black holes directly: the black holes themselves do not emit or reflect light that can escape to us, so they are not visible to us on Earth.

So if light near black holes can't escape, how did we take a photo?

Scientists detect the presence of black holes by observing how they interact with what's around them. Black holes are usually surrounded by accretion disks, which are rings of superheated dust, gas, and plasma that surround the black hole. These rings make the black hole visible in photos by showing the outline of the black hole itself (black spot in the middle of the ring).

Besides observing glowing accretion disks, scientists can detect black holes through their effects on nearby stars and light, as well as through radiation from surrounding material.

How do they form?

Stars eventually run out of fuel. When this happens, they can no longer support themselves, and they collapse. After this, the outside of the star explodes into a supernova, which you can think of as a huge firework. These supernovas can be visible for months!

Meanwhile, the inside of the star gets squeezed in until it becomes a tiny point, called the singularity of a black hole. This little dot has huge effects on what's around it, through its gravity that comes from the large amount of mass inside the dot. The dot pulls in anything that gets too close, and it is officially a black hole.

If you went too close to a black hole, would you really turn into spaghetti?

If you got too close, then yes, the black hole would stretch you! Imagine you fell into a black hole head first. Then the gravity would affect your head more than your feet, because your head would be closer to the black hole, causing your head to be stretched and turning you into a human piece of spaghetti! Luckily, the closest known black hole is about 1,560 light-years from Earth, and it is about ten times the mass of our Sun.

ALL ABOUT...

ANIMALS THAT GLOW!

Bioluminescence is when a living thing makes its own light, right from inside its body! It happens through a special chemical reaction that mixes something called luciferin with oxygen and creates a soft glow without any heat.

by Rachel



Anglerfish have a glowing lure attached right above their mouth, powered by glowing bacteria living inside it, that dangles like bait to lure smaller fish close enough to eat.

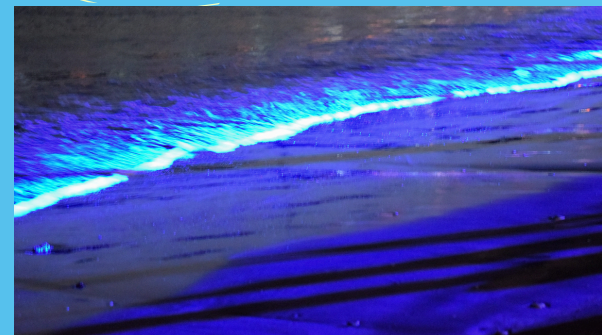
Fireflies flash their own special pattern of light — like a secret code — so they can find and recognize other fireflies of their exact same species in the dark.

Sea fireflies (ostracods) squirt a cloud of blue glowing mucus into the water when threatened — sailors once called this eerie effect "the sea's own fireworks."

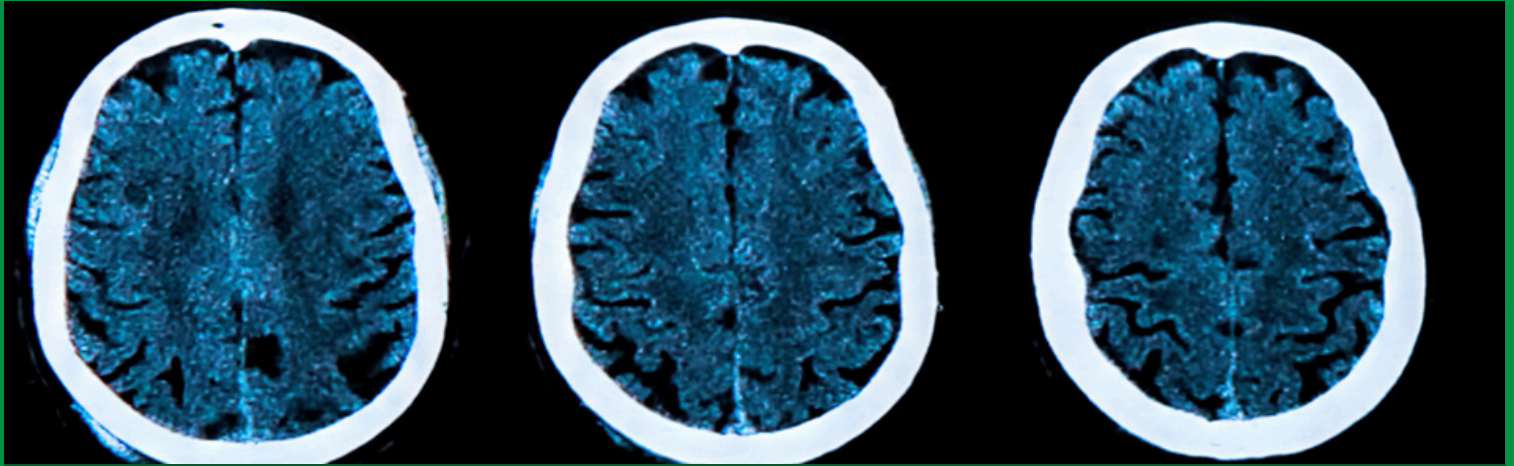
Glowworms (found in caves in New Zealand and Australia) hang dozens of sticky, glowing silk threads from the ceiling — the light attracts flying bugs straight into the trap.

Dinoflagellates are ocean creatures so tiny that a single drop of water can hold thousands of them — but together, they can make entire ocean waves glow blue at night.

Vampire squid can't spray ink like regular squids. Instead, when scared, they shoot out a cloud of glowing mucus to startle predators and slip away in the confusion.



HOW COVID CAN AFFECT THE BRAIN



The brain is one of the organs that can experience lasting effects from COVID-19. Neurological issues like brain fog and loss of smell were noticed early in the pandemic. However, it can often be confusing how all the consequences of COVID in the brain fit together, especially because different people develop different symptoms.

Let's start with brain fog. Brain fog is a term for lots of cognitive issues, like memory problems, difficulty finding words, mental fatigue, and trouble concentrating. Brain fog can be caused by lots of things--not getting enough sleep or enough to eat, for example. However, many people with Long COVID have to manage brain fog day after day.

Researchers are studying several possible causes of brain fog, including inflammation and lower serotonin levels. Since serotonin is involved in mood, COVID is also linked with an increased risk of depression and anxiety.

This doesn't mean that Long COVID is just a mental health condition! Long COVID impacts the body, too, and the fatigue many patients experience isn't just caused by depression. But mental health symptoms are important and deserve compassion, treatment, and research just like physical symptoms!

What about loss of smell or taste? Loss of smell (anosmia) and loss of taste (ageusia) are common symptoms of COVID-19. The primary olfactory cortex is the section of your brain that helps you understand what you're smelling. COVID-19 can disrupt the smell system, especially through inflammation and damage to supporting cells in the nose.

The primary olfactory cortex is right next to parts of your brain that handle memory, emotion, and focus. This may help explain why people who have had COVID can struggle to concentrate, do risky things, or feel angrier than usual. And COVID can even cause brain changes similar to dementias like Alzheimer's and Parkinson's diseases.

Super Milk: How Breastfeeding Helps Babies Grow Strong and Stay Healthy

Celebrating World Breastfeeding Week and National Breastfeeding Month

by Naomi Bar-Yam 

August is a special time around the world and in the United States. It's a time when families, health workers, and communities celebrate something amazing—human milk! The first week of August is World Breastfeeding Week, and the whole month is National Breastfeeding Month in the U.S. These celebrations help us remember and learn about how important breastfeeding is for babies, mothers, and even society as a whole.

When babies are born, their bodies are still learning how to protect themselves from germs and diseases. Their immune systems—the part of the body that fights off sickness—are not fully developed yet. That's where human milk comes in. It's packed with nutrients and special ingredients that help babies stay healthy, as babies and even as they get older.

One of the coolest things about human milk is that it changes as the baby grows. Milk for a newborn is different from milk for a six-month-old. During a single day, or even a single feeding, the milk can change to give the baby exactly what they need. It's like human milk grows up alongside the baby!

Human milk also acts like a germ-fighting superhero. When a mother is exposed to certain germs or gets vaccinated, her body can make antibodies that pass into her milk. These antibodies may help protect the baby from some infections. This is especially important for diseases like COVID-19, flu, RSV, and measles, which can be dangerous for babies. Breast milk is a baby's first vaccine!



And here's another cool fact: human milk works on a system called supply and demand. That means the more a baby nurses, the more milk the mother's body makes. As the baby grows and needs more milk, the mom's body adjusts to keep up. As the baby starts eating other foods in addition to nursing, the mom's body makes less milk. The baby and the mom are working together to make just the right amount of milk—no measuring required!

Breastfeeding isn't just good for babies—it's good for moms too. It helps their bodies recover after childbirth, lowers the chance of certain serious illnesses like breast and ovarian cancer, and builds a close bond between parent and baby.

Of course, not every family can breastfeed, and that's okay. Some babies need to be fed in other ways, and the most important thing is that babies are fed with love and care. But whether a family breastfeeds, uses donor milk, or feeds in other ways, we can all still learn about and support breastfeeding in our communities.

To celebrate National Breastfeeding Month, draw your own "Super Milk Hero"! Imagine breast milk as a superhero. What powers would it have? How would it help babies? Would it wear a cape? Send your drawing or story to Kids' Zone, and we might feature it in a future issue!

Breast milk is more than food—it's protection, connection, and love. Thanks for celebrating National Breastfeeding Month with us, and for learning about all the amazing ways babies grow strong with human milk!



A Man Made of Straw: Don't Be Tricked Into Knocking Over a Good Argument!

by Claire 

One day, Arjun was talking on the phone with his friend Emma. Arjun's family is COVID-cautious. He's homeschooled, he masks everywhere he goes, and his mom always brings an air filter to the doctor. Unlike Arjun, Emma rarely takes any precautions.

Emma had a cold, and Arjun reminded her she wouldn't get sick so often if she wore a mask and opened the windows.

"You already know I play the flute, Arjun! You know I can't mask all day like you do," Emma snapped.

Arjun felt sad. He hadn't meant to offend Emma. He was just worried about her!

That night before bed, he told his mom what happened. "I wasn't telling her to be just like me, Mom. I know some people can't take the same precautions we do. But I think there are some easy ways she could stay safer!"



"You're right, Arjun," his mom said. "Not everyone takes exactly the same precautions, and that's okay! It's still right to feel that your friend needs to take better care of her health."

"She made it sound like I wanted her to do something crazy! I just suggested she wear a mask at school."

“What Emma did is called the **straw man fallacy**,” his mom said.

“A straw man?” asked Arjun. “Like a scarecrow?”

“You can imagine a scarecrow!” his mom laughed. “How easy do you think it is to knock a scarecrow over?”

“Pretty easy,” Arjun answered.

“So Emma turned your argument into a straw man--something so weak she could knock it right over. That’s why she pretended you were saying something more extreme than you really meant.”

“So what do I do?” Arjun asked sadly.

“You can let Emma know you don’t expect her to be just like you!” His mom sighed. “She might keep misunderstanding you on purpose. Sometimes people like to use fallacies to help them win an argument. It’s like cheating in a debate!”

His mom sat quietly for a moment, thinking. “The important thing is to make sure Emma knows you care about her and recognize that she has a different situation than you. Maybe you can offer her some tips to make masks more comfy. What she does with that is up to her!”

Arjun still felt a little sad, but talking to his mom had made him feel much better. He wondered if people used the straw man fallacy in other places, too. . .



Is There a Straw Man Here?

Add a Check in the Correct Box: **Yes!** **No!**

Politician A: We need to cut back our meat consumption!

☐
☐

Politician B: They want to ban cows!!

Politician A: We need to cut back our meat consumption!

☐
☐

Politician B: To protect our beef industry, we should try making farms more efficient instead!

Doctor A: Using copper faucets will reduce bacteria levels!

☐
☐

Doctor B: They think a metal will kill all the germs!!

Epidemiologist A: Vaccines alone won't prevent COVID from spreading.

☐
☐

Epidemiologist B: They think vaccines are useless!!

Kid A: I think Taylor Swift is the best musician ever.

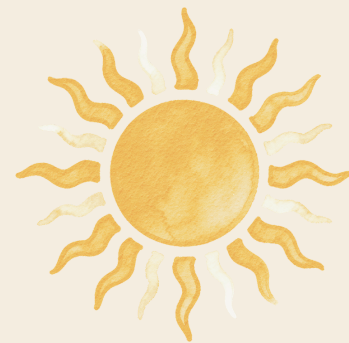
☐
☐

Kid B: Well, I really like Michael Jackson!

Answers : 1) Yes; 2) No; 3) Yes; 4) Yes; 5) No

Can the sun bake cookies in a car?

By Rachel



A fun science experiment about sunshine and heat

Quick facts

90°F+

outside temp needed to get started

150–200°F

how hot a closed car can get inside

2–3 hrs

typical baking time in a car

165°F

safe finished temperature to check for

On a hot, sunny day, a closed car can get so hot inside that it can actually bake cookies. This happens because of something called the greenhouse effect: sunlight passes through the glass, turns to heat, and gets trapped inside.

How it works

- Sunlight passes through the windows and warms the dark dashboard.
- The glass traps that heat inside, the way a greenhouse does.
- Dark, flat surfaces absorb the most heat and get the hottest.
- Given enough time, the trapped heat is enough to bake.

Try it yourself

- 1** Ask a grown-up to help you pick a hot, sunny day.
- 2** Put a towel on the dashboard so it stays protected.
- 3** Close all the windows tight, like a greenhouse.
- 4** Wait about 30 minutes for the car to heat up.
- 5** Set your cookie dough on a tray inside, then wait.



GROWN-UP RULE

Only grown-ups check the cookies and take the tray out — it's always very hot. Never sit in a closed hot car, not even for a minute.

Sunshine cookies

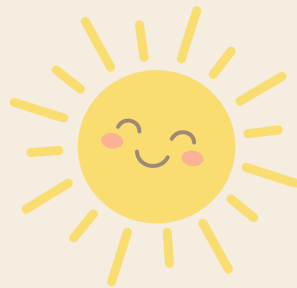
vegan · makes about 12

WHAT YOU NEED

1 cup flour
1/2 tsp baking soda
1/4 tsp salt
1/3 cup coconut oil or butter
1/2 cup brown sugar
1 tbsp 'milk' (plant or dairy milk)
1 tsp vanilla
1/3 cup chocolate chips

WHAT TO DO

1. Mix the dry ingredients
2. Mix oil, sugar, 'milk', vanilla
3. Stir it all together
4. Add chocolate chips
5. Make small flat rounds
6. Bake low and slow
7. A grown-up checks that it's done



It's a fun way to see science in action — and a good reminder of how much heat a closed car really holds.



Australian Wildlife

Australia is home to over 200,000 species of animals. Here are some fun facts about a few of its famous animals!



Rainbow Lorikeets are multi-coloured birds that have tongues which look like a paint brush!



Wombats are marsupials. Wombats glow under UV light and have cube-shaped poo!



Koalas are marsupials. They sleep for up to 18 hours a day and feed on eucalyptus leaves!



Kangaroos are a type of marsupial. Newborn joeys (baby kangaroos) are the size of a jelly bean. Kangaroos are herbivores.

Stories from our Readers

The Story of Hermes

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



When Hermes was a baby, he snuck away from his mother, Maia, in the night. He went exploring until he saw a group of red cows. There was a symbol on each of them, a circle with a dot in the middle of it. They were Apollo's cows.

Hermes stole the cows, tying palm fronds to their tails and bark to their hooves. Then he tied giant pieces of bark backward onto his feet.

After hiding the cows in a forest, Hermes sacrificed two for the gods. Hermes snuck back to his cave home, but his mother saw him and asked where he was. She told him that he can't sneak out anymore. It would be dangerous.

Apollo and his twin sister, Artemis, found the cows missing the next day. Apollo tracked the theft back to Hermes and found him at his mother's cave home.

When confronted, Hermes ran away. Apollo gave chase, racing after Hermes across the entire world.

They passed Atlas, raced after each other through a temple, and ran all the way up to the palace on Mount Olympus. Hermes went over to his father to seek refuge.

Apollo went up to Olympus, screaming at Hermes. Hera smiled at Apollo's indignance. Apollo was telling the other gods what Hermes had done when Hermes created and started playing the lyre. Hermes gave it to Apollo and told him where to find his cows. In exchange, Apollo gave him back the cows and gave him a wand. The two brothers were now friends.



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!