

# Unlocked!

Four friends cope with COVID-19



A Children for Health book

# Characters



Amad



Sara



Esme



Miggy

## Acknowledgements

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## Unlocked!



Esme and Sara were walking home from school when Amad and Miggy came running towards them as if they had some important news.

'Have you heard about the virus?' they said.

'What virus?' asked Esme.

'A new virus called Covid-19. It's making lots of people very sick and the doctors haven't worked out how to make people better yet.'

'That sounds very bad,' said Esme. 'Let's look at the news on the phone.'

The four friends crowded around Amad's phone. Esme read out the news report.

'Oh no,' she said. 'It looks like the virus is travelling all over the world. It's called a pandemic. And it will probably come here soon.'

Miggy looked very worried. 'My grandma is very old and weak. The news says that the virus is dangerous for old people. What can we do to keep my grandma and everyone safe from the virus?'

Amad, who was very good at football said, 'If we are healthy and fit maybe we can fight the virus better. Playing lots of football keeps us fit.'

'But my granny can't play football to keep fit said Miggy. How can we help her stay safe?'

'Look,' said Esme. 'It says people who are very old or sick should be careful to stay at home so they do not catch the virus from other people. And we must wash our hands a lot so that if we touch anything that has the virus germs on it we won't pass them through our nose, mouth or eyes into our body and get sick. And if we wash our hands we won't spread the virus to anyone else.'

'If the virus comes, it says that everyone has to stay at home for two weeks, and get a test is possible.' said Amad. 'You can only go out to get food or have some exercise. Even the schools are closing.'

'Why do people have to stay at home?' asked Miggy.

Esme who wanted to be a doctor had the answer. 'It's because viruses are very tiny and live in the bodies of the people they make sick. The virus germs are too small to see, but when sick people cough or breathe out, or even sing or talk, they breathe out the virus germs that are stuck to the water droplets in their breath. Then the virus germs gets breathed in by other people and makes them sick too.'

'So the very old and sick people should stay at home,' said Sara.

'NO! Everyone must stay home. The problem is that when you first get sick, you might not feel ill, but you can still pass on the germs in your body very easily. And some people never feel very ill but they can still be sick and pass the germs on to old or sick people who could die of the virus. That is why, when a dangerous virus is spreading fast, our government decides that everyone must stay at home for a while.'

'Oh no,' said Amad, the virus better not come here. I need to practice football every day.'

'I don't want the schools to close. What will I do all day? I won't be able to see you our other friends, said Miggy.' The four friends nodded.

'In some countries, people have had to stay home for weeks,' said Sara. 'Imagine not seeing each other for weeks! It's called Lockdown. It sounds like a prison.'

'How will old people who must not go out even for shopping get food to eat? Someone will have to get food for my granny.'

A few days later schools were closed and the children had to stay home. Some people in the town nearby began to get sick with the virus. The mother of one of their teachers, who had always been very kind to the children, was taken to the hospital and later she died. People suspected it was from this new virus but no one said. Her family had to stay at home anyway for two weeks. They could not go out even to buy food. So Miggy's father went to the market and took food to the teacher and her family. He left it outside the door and they waved to him and shouted thank you.

The elders of the village and the government on the news said everyone had to stay in their houses. If they went out to buy shopping they had to wear a face mask in case they had the virus. The face mask stopped the virus from being breathed out into the air and protected other people. People had to stay two meters away from each other outside.

If someone suddenly needed to sneeze and had no tissue ready, they had to sneeze into their elbow.

Everyone was told to wash their hands with running water and soap or use hand sanitiser as soon as they got home. Esmé showed her little brothers and sisters how to do it. She used soap and rubbed her hands all over while singing happy birthday two times to kill the virus. 'We must do this often. Do you remember the five critical times? 1. After toilet 2. After cleaning up a baby 3. After helping someone who is sick 4. Before preparing food 5. Before eating,' she said. 'It's important not touch your eyes and mouth with dirty hands. The virus can only get into our body through our eyes, or nose or mouth.'



It was very hard not seeing her friends though. 'I have an idea,' said her mother when she saw how sad and bored Esme was. 'Your father says you can use his phone to make a group call to your friends once a day, if their parents will agree to let your friends use their phones.'

So once a day the four friends made a group phone call. It was great to hear the four faces together on the phone.



They laughed and joked. It was still fun to talk on the phone even if they could not see each other as they usually did.

'Is everyone washing their hands lots, and not touching their face if they go out?'

'Yes, doctor Esme,' her friends said together.

'And we are making sure our little brothers and sister wash their hands too,' said Sara.

'And I have been helping my mother take shopping to the old people who are not allowed out of the house,' said Amad.



'Do you wear a mask? Esmé said seriously.

'Of course!'

'And I have been sewing masks with my father,' said Miggy, 'and giving them to people in the village. And reminding them to wash them after they come home.'

'Do we have to wear masks at home?' asked Amad.

'No, only when you go out. At home you have to keep door handles and surfaces clean and wash hands a lot to make sure you don't pass a virus on if you get it. And if you have the symptoms of the virus, even just a little headache or cough, then you AND your family must all stay inside for 2 weeks to make sure the virus is gone.'

'How will you get food to eat then?' asked Miggy, who loved eating burgers and fries.

'Neighbours must get the shopping and leave it outside until the virus is gone and it safe to go out and get our own shopping again.'

'We must all we can do to help and to fight the virus,' said Esmé.

'Yes.' said Amad. 'We can soon beat this virus if we all help each other and do all the things that stop it spreading.'

Up in a tree outside Sara's window, the two parrots Zuzu and Zaza had been listening to the children talking. Zuzu was wearing a mask and Zaza was busy showing the little parrots how to wash their feathers.

'The four friends are doing very well in remembering the safety rules, but I think they are getting sad,' said Zuzu. 'No one expected this to last so long. The four friends have not seen each other for weeks.'

'Yes, and their parents are worried. They cannot go to work and they worried about having enough money. Miggy's grandmother has died and Sara's aunt who has an illness called diabetes is sick in the hospital. The children know about the problems. They are not sleeping well, and they feel cross and worried.'

'It is very hard. But what can we do to help them?'

'Hmm,' said Zuzu. 'I might have an idea.'



'Uh oh,' said Zaza. Is it time for the magic feather?'

'Yes. The next time the children talk to each other on their phones, I will have a very big surprise for them. I am going to whisk them away on an adventure.'

'An adventure?'

'Yes, I am going to send the children on a quest to learn how to beat feeling sad and worried. Then they can get back their fighting spirit back again and show others how to get it back too.'



A few days later, after the children had helped prepare the meal for their families and wash up the dishes, they were allowed to talk to each other on the phone for a while.

But all four faces on the screen looked sad.

'It's not the same just talking on the phone. I wish we could play football together,' said Amad.

'And I got shouted at today for not washing my hands before dinner,' said Miggy. 'But it's so difficult to keep remembering.'

'We mustn't give up,' said Esme. 'We must try to be strong and help.'

'We're just children though,' said Sara. 'What can children do? I feel very fed up. And I feel very worried all the time.'

All four friends sighed.

Suddenly, their phones went wrong. Blue and green lights began to flash across the screen like falling feathers. There was a flash of light like a small lightning bolt and a popping sound.

The children blinked. When they could see again, they found themselves standing together in a big empty room with blue and red feathers falling around them.

They looked around, trying to understand how they found themselves there.

'Where is this?' said Miggy.

Sara said, 'Look up at the ceiling. See those numbers! We seem to be trapped inside a mobile phone! But how can that be?'



A squawky voice answered.

'Esme, Miggy, Sara, and Amad, this is Zuzu and Zaza speaking. We are sending you on a quest to beat the sadness dragons or they will make you feel like giving up on trying to keep you and your families safe. Are you ready to begin?

'Yes,' said Miggy, Sara, Amad and Esme jumping up and down with excitement. 'Hooray! An adventure!'

'Who is going to go first?' said Amad.

'You must do it together. You need to find allies to help you with your quest. You cannot do it alone. The four of you must work as a team.'

'Yay,' said Amad. 'We are a great team. The four friends will beat the sadness dragons together.'

'Now,' said Zuzu. 'You will need to think of a superhero you wish to be to go inside the game and play it. Think what special powers each of you can have for your superhero.'

'Amad is good at sport so he can have super strong powers.'

'Sara likes fixing technology so she can have special problem solving powers.'

'Esme wants to be a doctor, so she can have special healing powers.'

'And Miggy loves animals and nature so he can have special powers for taming wild animals and dragons.'

With another bang and a flash, the children found that they each wore a new superhero costume with special masks and gloves and each had their own special super powers.

'OK let's play the game said Zuzu. Playing a game stops your mind from worrying. Concentrating on games helps your mind stay strong.'

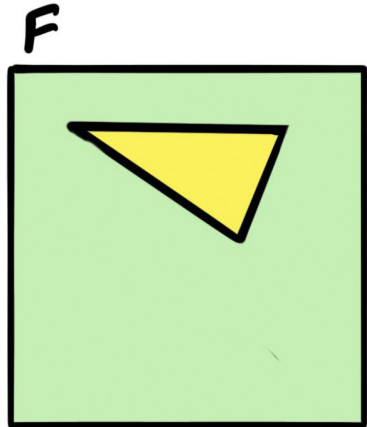
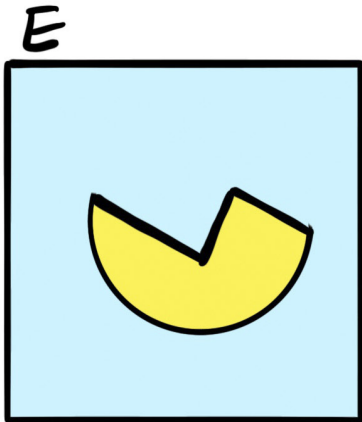
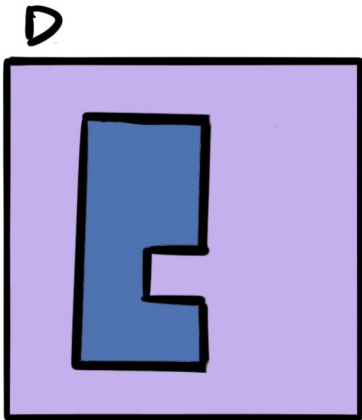
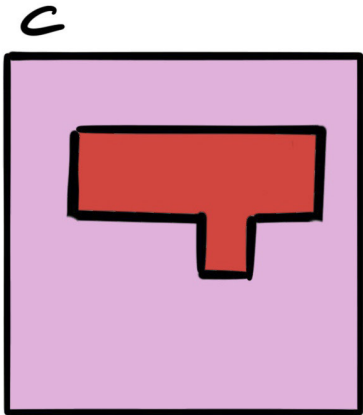
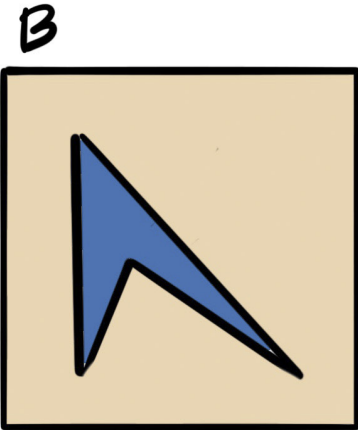
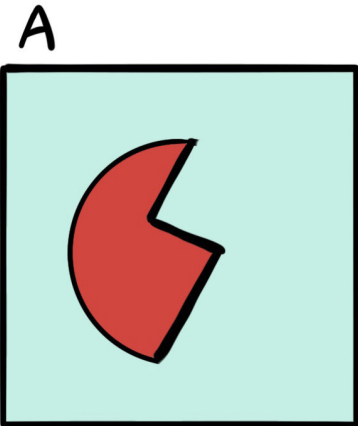
Games can help you beat the sadness and worry dragons. You must collect six gold tokens as a team. You must each use your special talents to help each other. But beware. Now shall we begin?'

The four friends looked at each other and nodded.

'We are ready,' they said together.

'Then here are the first games!'

Rotate and match shapes



Follow the lines to join the person to the sports ball



'Hooray you have 2 gold coins. Did you notice how you stopped worrying as you played? Did you see how you can tell your mind to stop worrying by thinking about something else such as a puzzle, a word game, or a jigsaw. It is a powerful skill.

'Now I will tell you another way. We can meditate for a while.'

The four friends and Zuzu and Zaza sat down and kept still. They closed their eyes and breathed deeply and slowly. They pictured their favourite place with the sun shining on them. When it was time to go again, they all felt calm and strong.

'Now you must finish the quest said Zuzu.'

'And the four friends will do it together,' said Esme. 'You need to find helpers for a quest.'

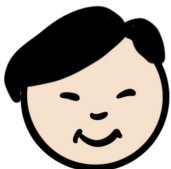
'You will need 4 more gold coins. You must win them in the right order. You must find your avatars in the forest. Then you must go to the dragon's castle and find a letter that will tell you which door to open. Then you will need to find the right key to open it. Inside you will find a power blaster. When you put the gold coins in the slot the power blaster will make a loud noise that dragons hate all the dragons will be gone.'

'Here are the next 4 games.'

The children looked at the games. The four friends made a plan and put the games in the right order. Then they shouted, 'Ready! Let's go!'

Match the avatars with their special powers.

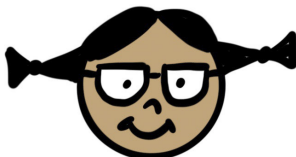
Do you remember what they are?



ESME



MIGGY



SARA



AMEP



STRENGTH



SOLVING

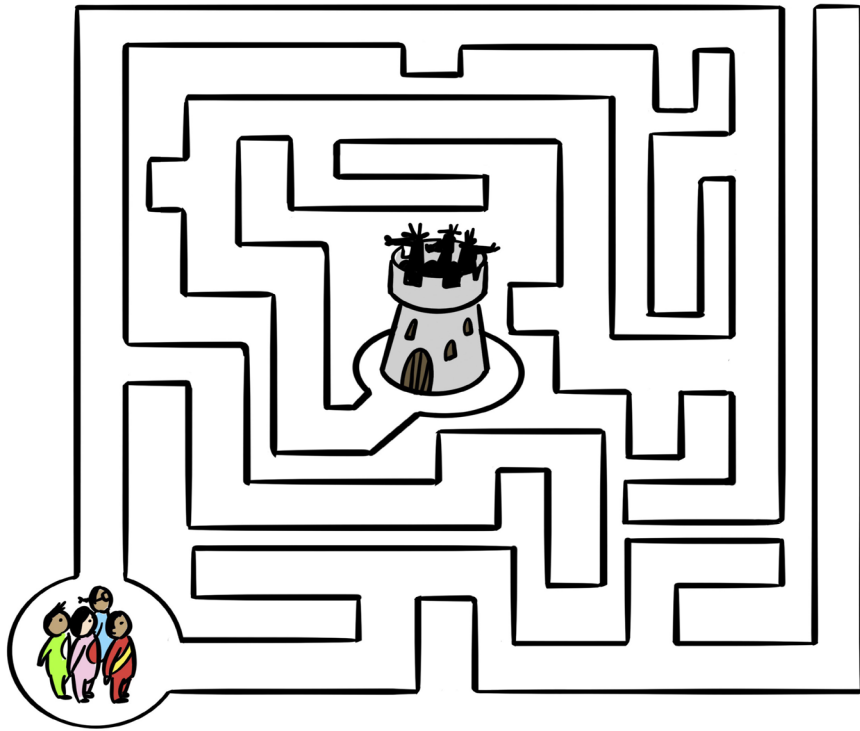


HEALING



TAMING

Follow the maze to the dragon's castle



A letter with a key inside. You must match the key to the right door hole.



You are now inside the castle where the dragons live. Answer the quiz to get your 4 gold coins.

### Quiz: How to Keep Safe

1. Eat bananas
2. Wear a mask
3. Climb a tree
4. Wash your hands
5. Play games to stop worrying

The children now have 6 gold coins.

'Look' said Miggy. 'That machine must be the power blaster. The children ran over and took it in turns to put the gold coins into the slot. Suddenly there was a terrible noise from the power blaster. They saw three dragons flying away from the castle.'

'Hooray!' they all cried. 'We have beaten the dragons.'



Then the blaster began to make a new noise. Blue and green lights began to flash like falling feathers. There was a flash of light like a small lightning bolt and a popping sound. The children blinked. When they could see again, they realised that they were all standing together back in their village and they were all exactly two metres apart.

'That was a good game,' said Sarah. 'And we beat the worry dragons. Now we have done this quest, I can see that we have the power to sort out many problems in real life.'

'Yes,' said Esme. 'We are a team and we can solve problems together. And we know how to keep our minds from feeling too sad or worried by just playing some games together. Games are a secret power.'

'Now let's think of some good ways we can keep being kind and helpful to each other and keep safe,' said Miggy. 'We are the four friends and we can do it.'

The children were too busy to feel sad and worried after that. They each played games with their brothers and sisters at home when they looked sad. They remembered to be helpful to the adults who were worried too. They helped to take shopping to their grandmothers, leaving it at the door. They sewed masks and helped their brothers and sisters do their lessons.

One morning the news said that the lockdown was easing. The children could go to school again and they could play together in the schoolyard.

'I am glad we can go back to school, but I am glad too that we learned how to keep our minds strong. Those games were great!'

'And of course, games are always best when you play them together. I'm glad we are a team,' said Esme.



















