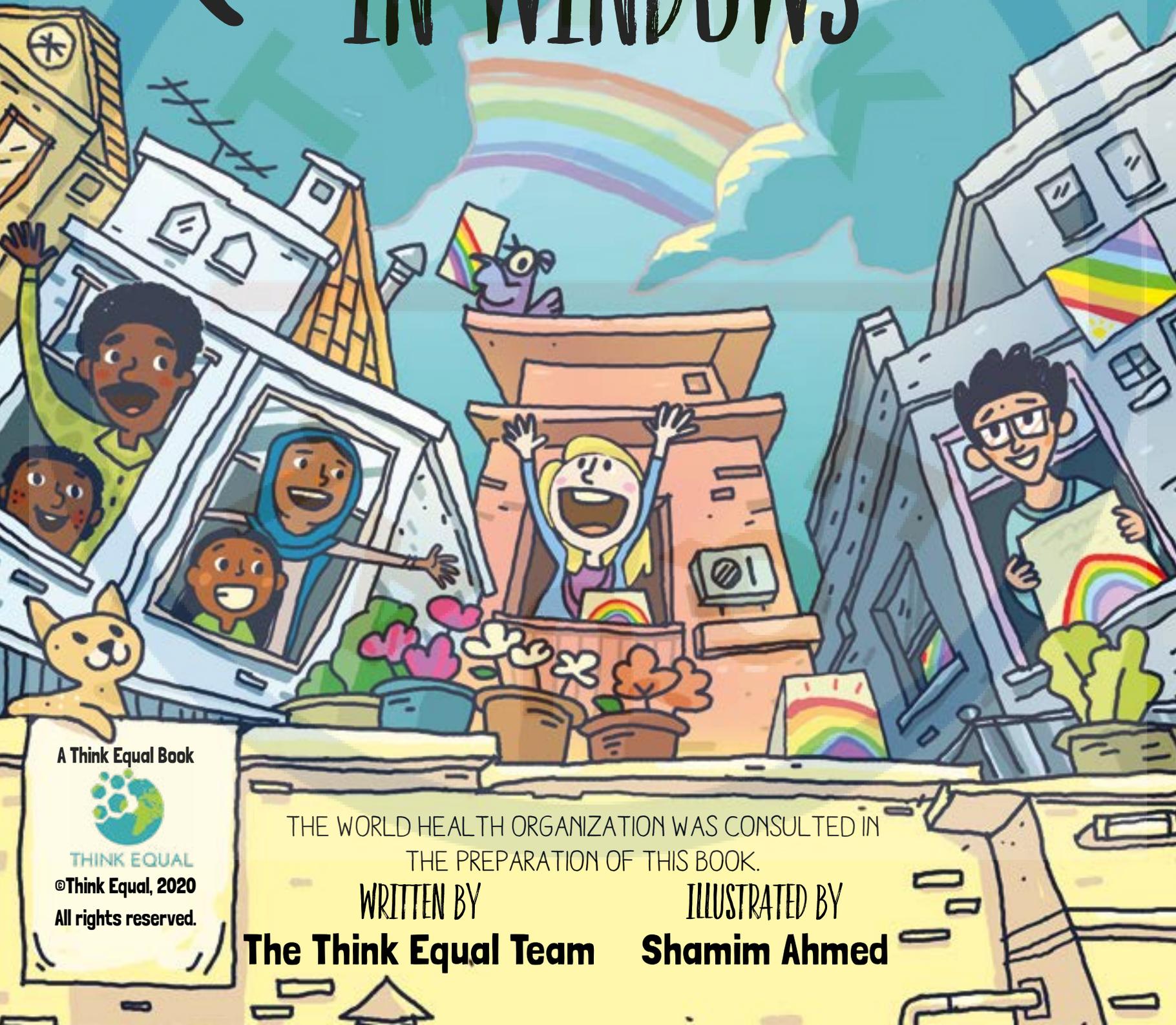


Rainbow IN WINDOWS



A Think Equal Book



THINK EQUAL

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THE WORLD HEALTH ORGANIZATION WAS CONSULTED IN
THE PREPARATION OF THIS BOOK.

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A tiny little virus has come to our city, and to all the other cities in the world. If you get sick, you can make others sick too. So until it's gone, we wear masks and gloves and we don't stand too close to other people.

I love my little brother so much. My heart breaks when he is sad. He usually has the sweetest little beaming smile, but now he is holding his little arms out to me. They are shaking and his fists are tightly clenched.





"I... want... to go...to...the...playground!" He takes big gulps of air in between each word. "I know", I say, "But we can't go out because of the virus".

"But what *is* a virus?" he howled. "A virus", I explained, "is tiny - so tiny that you can't even see it, except if you have a microscope. When it gets into a person, the person can get sick, then a sick person can make other people sick too."



"Do you remember how in winter you sneezed and coughed and your cheeks were red and hot? Well, that was called 'the flu', and that was because a virus got into you. But then you got better. Well, this is also a virus, just a new kind of virus."

We did some hot drink breathing. We breathed out over a pretend hot chocolate to cool it down. Then we breathed in, smelling the delicious drink. As he did this, his breathing grew calmer. When he smelled the imaginary hot chocolate, his little mouth almost smiled!



And then we did something brand new that I learned in school. It's called "Take a Break, Make a Plan". It's for when we have big, big feelings and we want to calm down.



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1. Notice your body changing; how do you feel inside?
Are you hot/cold? Does your tummy feel funny? Is your heart beating quickly?



2. Name your emotion.
Are you angry? Sad? Excited?



3. Take a break.
Take 3 deep breaths.



It's OK to feel sad and angry that we can't go out to play. All feelings are OK. But we can help ourselves to feel calm and remember that everything will be alright again before too long.



I told my little brother about everyone in our country and the clever scientists across the world, who are working together to help stop the virus from spreading and to help everyone stay healthy.





I told him about the women and men who work as doctors and nurses and helpers in our hospitals. They are helping the people who get sick, to get better. That is why last night we all went out to our windows, and clapped loudly to thank them.





I told him about all the hundreds of thousands of people who are 'volunteers' - which means they care so much about other people that they are helping them stay well.

We are making a rainbow, and we are going to put this rainbow up in the window to say thank you to all those kind and good people who are helping everyone.





So when the kind doctors and nurses and helpers are caring for us, we can also thank them by listening to what they say. We must keep a good distance from other people, stay at home for a time, wash our hands a lot, not sneeze or cough into the air and sometimes, wear masks!



I taught him how to wash his hands very, very well. We wash in between all the fingers and we rub our hands together strongly in the soapy water, not forgetting the thumbs and the nails. While we wash, we can count to 20, or sing one of our favourite songs.



I taught him that the virus is found in our mouths and our noses. So if we are coughing or sneezing, we must cough into our arm, not into the air, so the virus doesn't get to other people. This is how we take care of one another.



We thought about things we both wanted to do but can't do right now because of the virus. I wrote them down for both of us, so that when we can go outside again, we will pull one piece of paper out of the jar every day and then go out and do whatever was written on the paper!

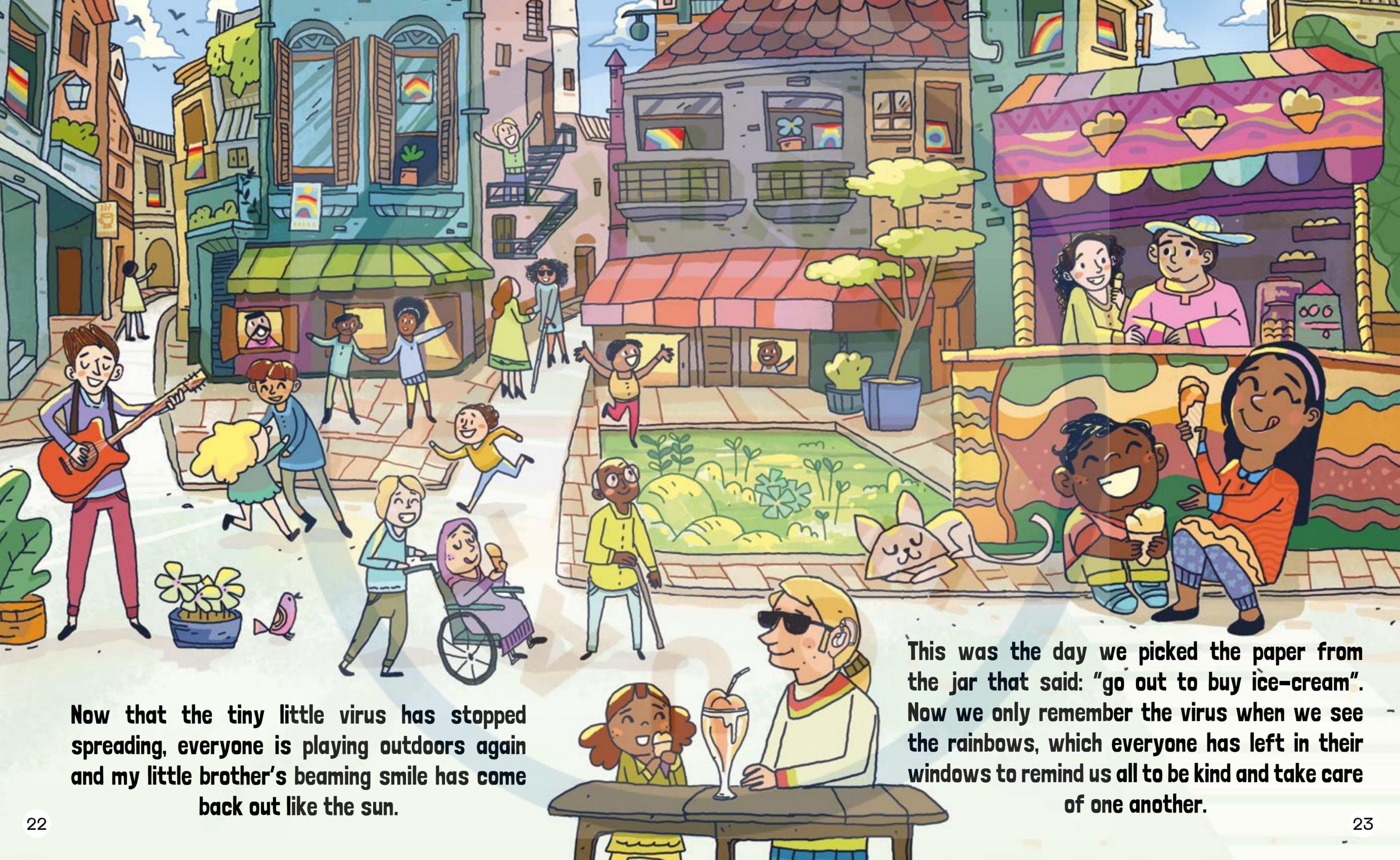




I also showed my little brother a magic way to understand what a virus is. I took a bowl of water and I poured pepper into it. You could try it too.

I told him to imagine the tiny pepper dots were the virus and then I told him to wait for the magic....All I did was wash my hands with soap and put my soapy finger in the water. The pepper dots all rushed to the side of the bowl! Magic!





Now that the tiny little virus has stopped spreading, everyone is playing outdoors again and my little brother's beaming smile has come back out like the sun.

This was the day we picked the paper from the jar that said: "go out to buy ice-cream". Now we only remember the virus when we see the rainbows, which everyone has left in their windows to remind us all to be kind and take care of one another.

AFTERWORD FROM A WORLD HEALTH ORGANISATION EXPERT

It has been a great pleasure to contribute to this children's story about Covid-19. As part of the global response to the pandemic, the World Health Organization (WHO) has developed several sets of guidance for the general public. Themes addressed include "Healthy Parenting", with the health and wellbeing of children in mind. The Think Equal team have done a great job with the story and including very relevant messages and recommendations found in the WHO's guidance, for example, on talking to children about Covid-19 using age appropriate language, and sharing tips about behaviours we can apply to protect ourselves from the virus. With all of this goes supporting children, as Think Equal so powerfully does, with practical tools to manage stress and anxiety, and keeping a positive outlook. These are all elements eloquently and lovingly captured in this book.

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