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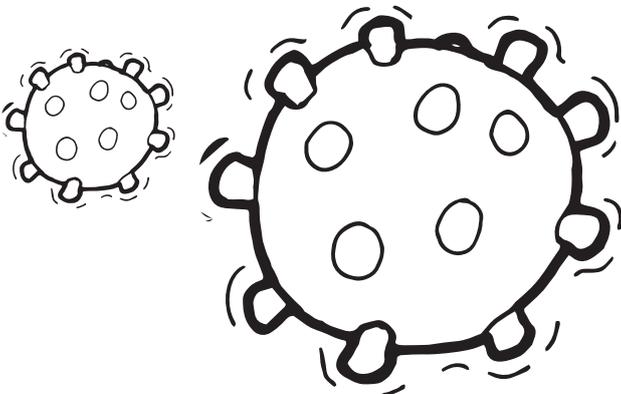
CORONAVIRUS IS MAKING BOYS, GIRLS AND GROWN UPS ALL AROUND THE WORLD FEEL UNWELL. BUT IF WE WORK TOGETHER, LIKE ONE BIG, SUPER TEAM, THERE ARE THINGS WE CAN ALL DO TO HELP TO DEFEAT IT AND MAKE IT GO AWAY. GO TEAM WORLD!

B BORIS



BORIS IS THE LEADER OF OUR COUNTRY, THE UNITED KINGDOM. YOU MIGHT SEE HIM A LOT ON TV. HE TOO HAS CAUGHT CORONAVIRUS AND FEELS A BIT BLUE. POOR BORIS. HE'S SO BUSY TRYING TO STOP THIS SILLY VIRUS THAT HE ALWAYS FORGETS TO BRUSH HIS HAIR! OOPS!

C CORONAVIRUS



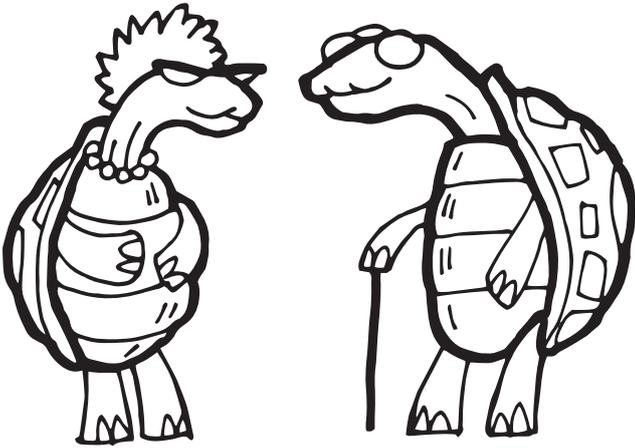
CORONAVIRUS IS NOT OUR FRIEND. TWO THUMBS DOWN! WHEN PEOPLE CATCH IT, THEY MIGHT GET A BAD COUGH, FEEL VERY HOT AND SOMETIMES HAVE TO GO TO HOSPITAL FOR SPECIAL MEDICINE. THAT'S WHY WE MUST DO OUR BEST TO STAY AWAY FROM IT. BECAUSE IT DOESN'T BELONG IN PEOPLE AFTER ALL. IT BELONGS ON THE NAUGHTY STEP!

D DISTANCING



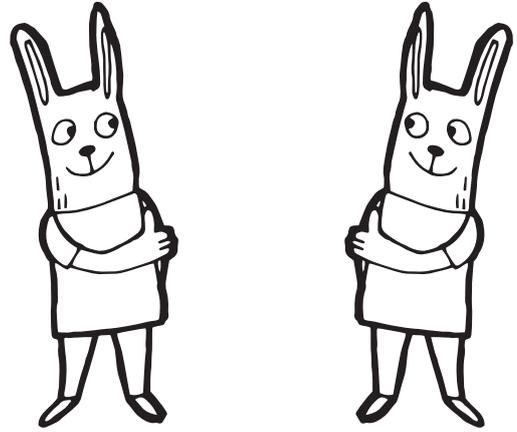
CORONAVIRUS LIKES TO JUMP FROM PERSON TO PERSON. THIS IS HOW IT SPREADS. BUT KEEPING A BIG DISTANCE (LIKE THE LENGTH OF A CAR) BETWEEN US AND OTHER PEOPLE IS A VERY CLEVER WAY TO STOP THAT HAPPENING.

E ELDERLY



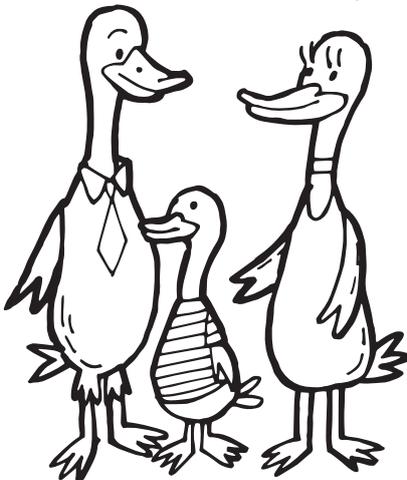
ELDERLY PEOPLE ARE MUCH OLDER THAN YOU. LIKE SOME GRANDPARENTS, FRIENDS OR NEIGHBOURS PERHAPS. THEY ARE THE BEST AT TELLING STORIES (SOMETIMES ABOUT THE OLDEN DAYS) AND GIVING OUT BISCUITS. IF THEY CATCH THE VIRUS, IT MIGHT MAKE THEM FEEL MORE UNWELL THAN OTHER PEOPLE, SO IT'S EVEN MORE IMPORTANT THAT THEY STAY SAFE, AT HOME.

F FRIENDS



WHO ARE YOUR BEST FRIENDS? JUST LIKE YOU, THEY ARE SPENDING TIME AT HOME WITH THEIR GROWN UPS, TO KEEP SAFE AND STOP CORONAVIRUS FROM SPREADING. THEY ARE AS EXCITED AS YOU ARE FOR LOTS OF PLAY DATES WHEN THE NAUGHTY VIRUS GOES AWAY.

G GROWN UPS



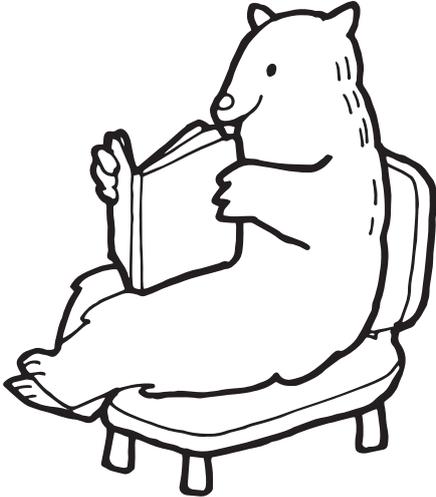
WHO ARE YOUR GROWN UPS? THEY ARE THE PEOPLE WHO LOOK AFTER YOU. IT'S THEIR JOB TO KEEP YOU SAFE AND HAPPY, WHICH IS WHY THEY ARE KEEPING YOU AT HOME WITH THEM MORE AT THE MOMENT, AWAY FROM THE VIRUS. THEY MIGHT ASK YOU TO EAT YOUR VEGETABLES, DO TIDY UP TIME OR NOT TO DRAW ON THE CAT, BUT THEY LOVE YOU MORE THAN ANYTHING ELSE. EVEN WHEN THEY'RE A BIT GRUMPY!

H HANDS



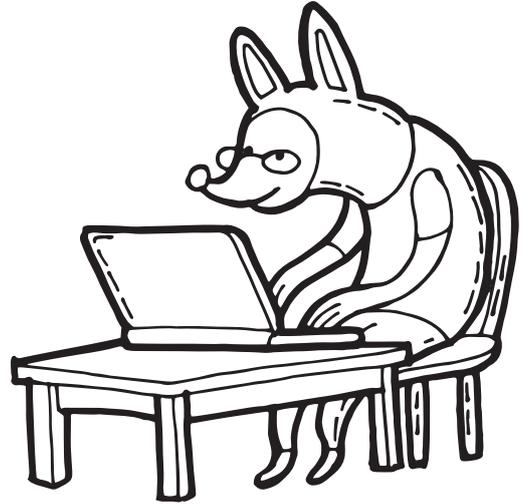
WHAT'S YOUR FAVOURITE SONG? IF YOU SING IT TWICE WHILST WASHING YOUR HANDS WITH SOAP, YOU WILL BE SURE YOU HAVE WASHED OFF ANY NASTIES THAT MIGHT HELP THE VIRUS SPREAD AND YOUR HANDS WILL BE NICE AND CLEAN. SO REMEMBER TO WASH YOUR HANDS OFTEN AND SHOW OFF YOUR LOVELY SINGING VOICE!

I ISOLATION



IF ONE OF YOUR GROWN UPS CATCHES CORONAVIRUS, THEY MIGHT NEED TO SPEND A WEEK OR TWO ALONE IN YOUR HOME GETTING BETTER. THIS IS TO STOP YOU AND YOUR FAMILY FROM CATCHING IT TOO. SO TRY YOUR BEST TO STAY AWAY FROM THE ROOM THAT THEY ARE RESTING IN. WHEN THE VIRUS HAS ALL GONE THEY CAN JOIN IN WITH THE FAMILY ONCE AGAIN. HOORAY!

J JOBS



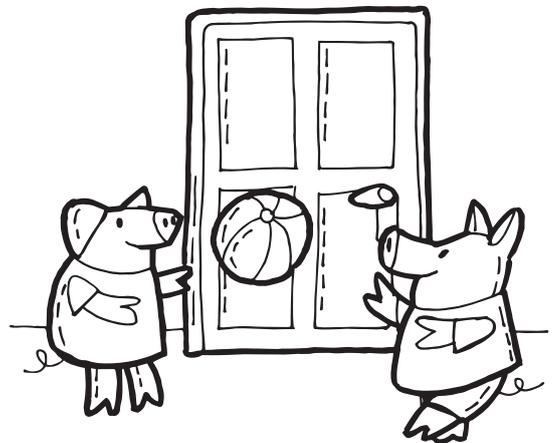
USUALLY YOUR GROWN UPS MIGHT GO OUT TO WORK. BUT AS WE ALL MUST STAY HOME MORE TO HELP STOP THE VIRUS FROM SPREADING, THEY MAY NEED TO DO THEIR JOBS FROM HOME FOR A LITTLE WHILE. IF YOU SEE THEM TALKING TO OTHER GROWN UPS ON THEIR COMPUTERS, TRY NOT TO JUMP AROUND BEHIND THEM OR SING LOUDLY NEAR THEM (AS FUNNY AS THAT WOULD BE).

K KINDNESS



KINDNESS IS WHEN YOU DO NICE THINGS FOR OTHER PEOPLE. LIKE DRAWING PICTURES FOR FAMILY OR PHONING THEM OFTEN TO SEE HOW THEY ARE. RIGHT NOW WE NEED MORE OF IT THAN EVER. KINDNESS MAKES OTHERS SMILE. REMEMBER TO ALWAYS BE KIND.

L LOCKDOWN



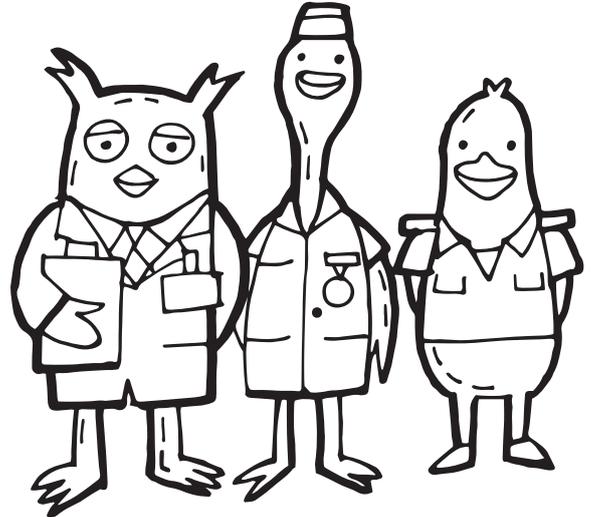
CAN YOU REMEMBER THE MAN'S NAME FROM LETTER 'B'? THAT'S IT, BORIS. BORIS HAS SET RULES THAT SAY PEOPLE CAN ONLY GO FOR SHORT WALKS EACH DAY AND MUST STAY HOME AS MUCH AS POSSIBLE TO HELP STOP THE VIRUS SPREADING. THIS IS CALLED LOCKDOWN.

M MOVING



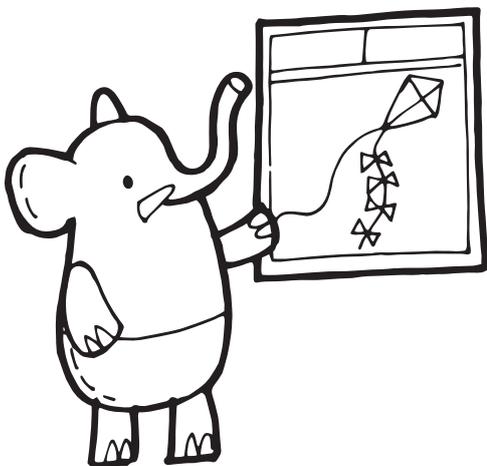
WHILST YOU'RE AT HOME MORE YOU MIGHT WANT TO WATCH A BIT MORE TV. AND THAT'S OK. BUT TRY TO REMEMBER TO KEEP MOVING AROUND LOTS TOO. RUN, JUMP, SKIP, DANCE OR EVEN JOIN P.E. CLASSES ON THE WEB. READY, STEADY, GO!

N NHS



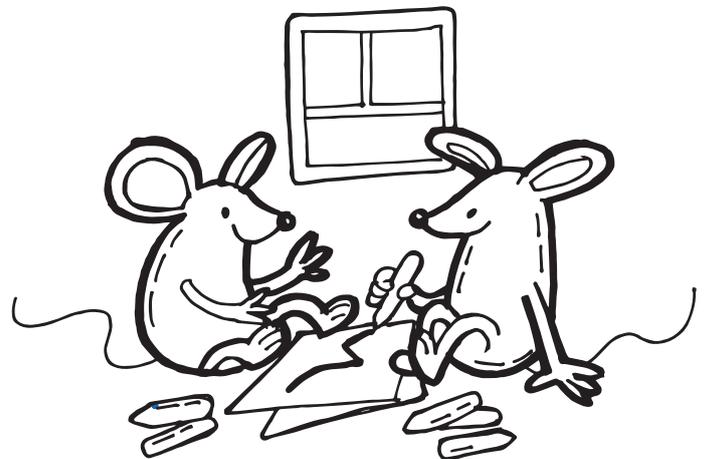
'NHS' MEANS NATIONAL HEALTH SERVICE. THIS IS ALL THE WONDERFUL, CLEVER AND KIND PEOPLE WHO HELP TO MAKE US BETTER. LIKE DOCTORS, NURSES, PARAMEDICS, HOSPITAL CLEANERS AND MANY MORE. THEY ARE VERY BUSY TRYING TO MAKE LOTS OF CORONAVIRUS PATIENTS BETTER, SO IF WE STAY WELL AT HOME, THEY WON'T NEED TO LOOK AFTER US TOO.

O OUTSIDE



YOU MIGHT MISS GOING OUTSIDE AS MUCH AS YOU NORMALLY DO, BUT IT WON'T BE FOREVER. AS SOON AS CORONAVIRUS STOPS MAKING PEOPLE UNWELL, WE WILL ALL ENJOY GOING TO THE PLACES THAT WE LOVE THE MOST AGAIN.

P PLAY



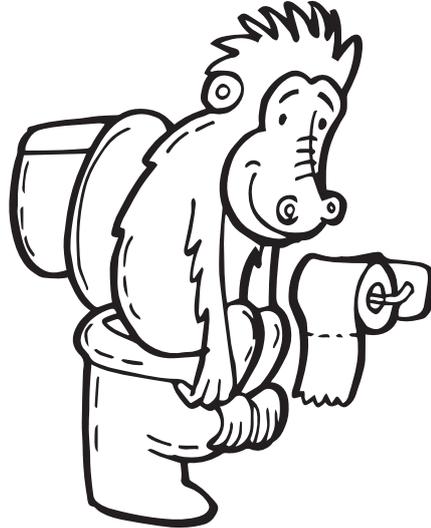
HAVING MORE TIME AT HOME MEANS YOU CAN PLAY WITH YOUR TOYS AND GROWN UPS EVEN MORE. DANCING, SINGING, COLOURING, DRESSING UP, PAINTING, BOARD GAMES, HIDE-AND-SEEK, MAKING DENS... THERE ARE ENDLESS WAYS TO HAVE LOTS AND LOTS OF FUN AT HOME.

Q QUESTIONS



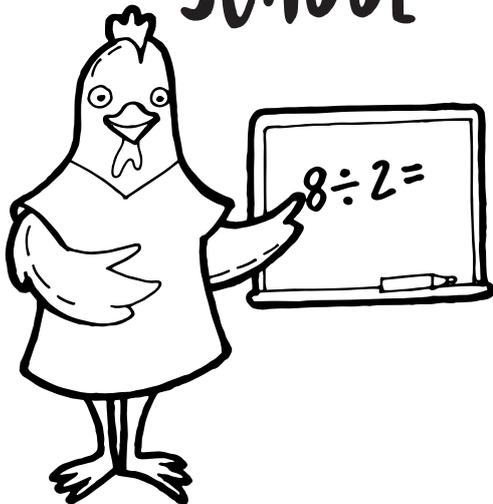
IT IS A VERY CONFUSING TIME AND EVERYTHING FEELS A BIT DIFFERENT. SO WHENEVER YOU HAVE ANY QUESTIONS, ASK AWAY, YOU WON'T EVEN HAVE TO RAISE YOUR HAND.

R RATIONING



TO MAKE SURE EVERYBODY HAS ENOUGH FOOD, DRINK (AND TOILET ROLL), ASK YOUR GROWN UPS TO TRY RATIONING. THIS MEANS NOT BUYING TOO MUCH AND SAVING SOME FOR OTHERS.

S SCHOOL



YOUR SCHOOL OR NURSERY WILL BE CLOSED FOR A WHILE TO HELP PROTECT YOU, YOUR FRIENDS, TEACHERS AND GROWN UPS CATCHING CORONAVIRUS. BUT THERE ARE LOTS OF WAYS TO LEARN AT HOME: ON THE COMPUTER, IN THE GARDEN, BAKING AND EVEN PLAYING. YOUR TEACHERS WILL BE LOOKING FORWARD TO HEARING ALL ABOUT EVERYTHING YOU'VE LEARNT WHEN YOU GO BACK.

T TISSUE



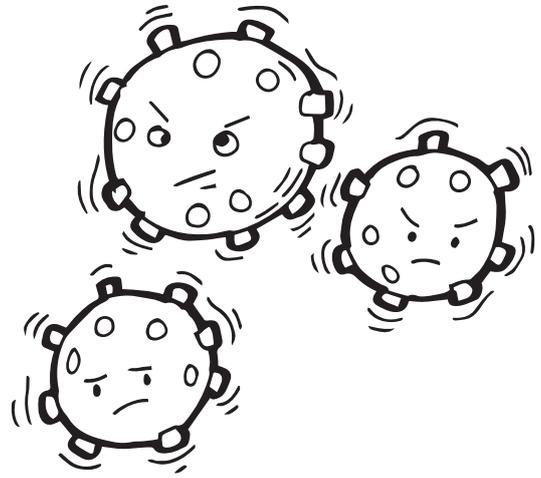
NEXT TIME YOU HAVE A RUNNY NOSE OR FEEL A SNEEZE COMING, TRY TO CATCH IT IN A TISSUE, THROW IT IN THE BIN AND WASH YOUR HANDS STRAIGHT AWAY. THIS WILL STOP ANY NASTIES FROM LANDING ON YOU, YOUR TOYS, YOUR HOME OR IN YOUR GROWN UP'S FACE.

U UNKNOWN



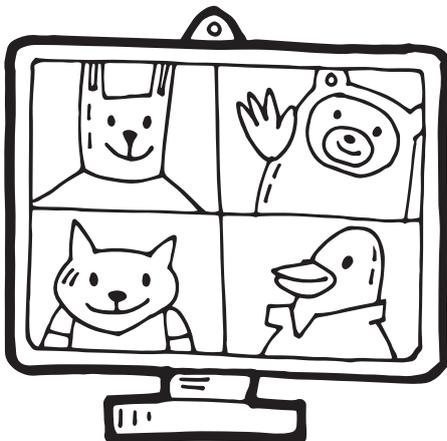
THE UNKNOWN ARE THINGS WE DON'T HAVE THE ANSWER TO YET. LIKE HOW LONG WE WILL BE IN LOCKDOWN FOR OR WHEN YOU'LL GO BACK TO SCHOOL. BUT WHAT WE DO KNOW IS THAT IF WE STAY AT HOME LIKE BORIS HAS ASKED, WE CAN STOP CORONAVIRUS AS SOON AS POSSIBLE.

V VIRUS



WHEN A PERSON WITH A VIRUS COUGHS OR SNEEZES, TINY, INVISIBLE DROPS FLY THROUGH THE AIR AND LAND ON SURFACES. IF WE BREATHE THOSE DROPS IN OR TOUCH SOMETHING, LIKE A TOY OR A BOOK THAT THEY HAVE LANDED ON, WE MIGHT CATCH THE VIRUS TOO. THE BEST WAY TO STOP THAT FROM HAPPENING, IS TO WASH OUR HANDS LOTS.

W WEB



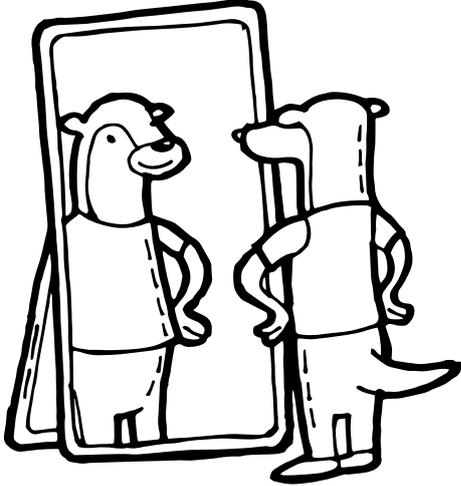
THE WEB IS SOMETHING THAT GIRLS AND BOYS AROUND THE WORLD CAN LOOK AT, ON A PHONE, TV OR COMPUTER. IT MEANS YOU CAN SEE AND SPEAK TO YOUR FRIENDS FROM FAR AWAY, TAKE PART IN FUN CLASSES (LIKE P.E) FROM YOUR HOME OR WATCH OTHER KIDS PLAY WITH THE SAME TOYS THAT YOU MIGHT ALREADY HAVE.

X XOXO



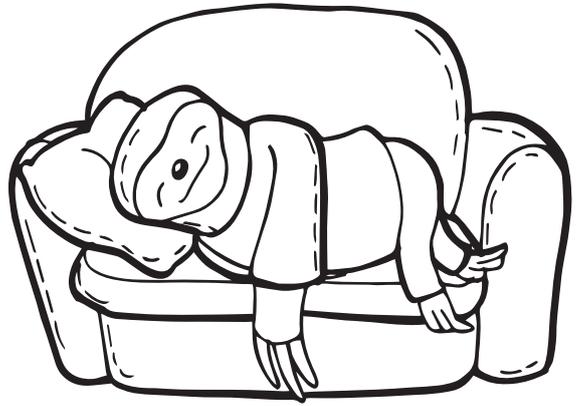
BEING UNABLE TO VISIT OUR FAMILY AT THE MOMENT, LIKE NANS, GRANDADS, AUNTIES AND UNCLES, MEANS THEY ARE GOING TO BE MISSING YOU A LOT. GET READY, BECAUSE THEY ARE ALL GOING TO HAVE LOTS AND LOTS AND LOTS OF KISSES AND CUDDLES WAITING FOR YOU WHEN YOU SEE THEM NEXT!

Y
YOU



YOU ARE A SUPERHERO RIGHT NOW! YOU CAN HELP TO SAVE PEOPLE FROM GETTING UNWELL, JUST BY DOING LITTLE THINGS LIKE STAYING HOME AND KEEPING YOUR HANDS NICE AND CLEAN. THANK YOU, YOU ARE THE BEST!

Z
ZZZ



TRY TO ENJOY THESE LAZY PJ DAYS AT HOME WITH YOUR GROWN UPS, BECAUSE ONE DAY WHEN YOU WAKE UP IN THE MORNING IT WILL ALL BE OVER AND EVERYTHING WILL GO BACK TO NORMAL.

THANK YOU FOR SPENDING SOME TIME WITH YOUR GROWN UPS LEARNING ABOUT CORONAVIRUS AND HOW IT'S MAKING THE WORLD A LITTLE BIT WEIRD RIGHT NOW. WE WOULD LOVE TO SEE YOUR WONDERFUL COLOURING SO MAYBE ONCE YOU HAVE FINISHED, ASK YOUR GROWN UPS TO TAKE A PICTURE AND SEND IT TO US AT WILL@IDEASANDTHAT.CO.UK

REMEMBER TO STAY HOME, WASH YOUR HANDS OFTEN AND HAVE LOTS OF FUN.

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