



# Covid-19 and Me 2020

This  
booklet  
belongs to



# Introduction

## **What do I need to know about this booklet?**

This booklet helps me capture the special moments spent during Covid-19 and how I adjusted to the new routine in order to be safe. It captures my voice, my feelings, and helps me reflect on some activities to keep my body and soul active. It is great that it reminds me of the dangers of online chat and who I can contact if I need anything.

## **What does my carer need to know about this booklet?**

My carer needs to know that I own this booklet and my carer will help me fill in special moments, in order to remember them in the future. This book also reminds my carer about the importance of cybersafety and indirect tips to help me maintain my health and wellbeing

## **What does my caseworker need to know about this booklet?**

My caseworker will support me and my carer, if needed, in order to keep my memories alive. My caseworker will follow up on any issues or concerns in this book and will do their best in order for me to reach my "House of Dreams and Hopes".

## **About Noah's Ark**

Covid-19 and Me 2020 has compared the hard times we are currently facing to Noah's Ark. You might not be familiar with this story from the **Hebrew Bible**, however there are many similar stories across many cultures like:

- NUH (From the Islamic Quran)
- MANU (From the Hindu Puranas)
- TALE OF THE MERCHANTS AT SEA (From the Buddhist Samudda-Vanija Jataka 454)
- ZIUSUDRA (From a Sumerian tablet)
- ATRAHASIS (From various Akkadian tablets)
- UTNAPISHTIM (From several Babylonian tablets)
- EGYPTIAN FLOOD MYTH (From the Egyptian Book of the Dead, the Book of Going Forth by Day, translated by Raymond Faulkner)
- DEUCALION AND PYRRHA (Greek mythology)
- COXCOX (Aztec myth)
- THE FLOOD OF IFE (Yoruba - Nigerian myth)
- THE FUHI FAMILY (Chinese Flood Myth)
- NUU AND THE FLOOD (Hawaiian myth)

# Noah's Ark

A long, long time ago, it rained a lot and it never stopped. Floods covered all the earth.

To be safe, Noah had to stay in his Ark with his family for 40 days and 40 nights.

There was no internet, no phone, and no entertainment; however, Noah had **HOPE**.

Because he stayed home, he was saved from the dangers.

You are living now in a very similar situation:

- Your home is the Ark
- The viruses are the flooding.

These are wild times. For many of us, all we can think about is COVID-19. It is affecting almost every part of our daily lives. Someday, though, this will all be a memory – something that happened in the past that we all got through, together.

This is a great opportunity for you to capture the moment; you will have the opportunity to have faith and hope for the future. You will also revisit all these special memories and occasions when you get older.



# This is me

My height is: \_\_\_\_\_

My weight is: \_\_\_\_\_

I am good at: \_\_\_\_\_

The name of my school is: \_\_\_\_\_

I'm in grade: \_\_\_\_\_

I am currently living with: \_\_\_\_\_

My favourite music or song is: \_\_\_\_\_

My favourite book is: \_\_\_\_\_

Things I like to do are: \_\_\_\_\_

My favourite toy or game is: \_\_\_\_\_

The sports I like to play are: \_\_\_\_\_

People I like to spend time with are: \_\_\_\_\_

Things I like about myself are: \_\_\_\_\_

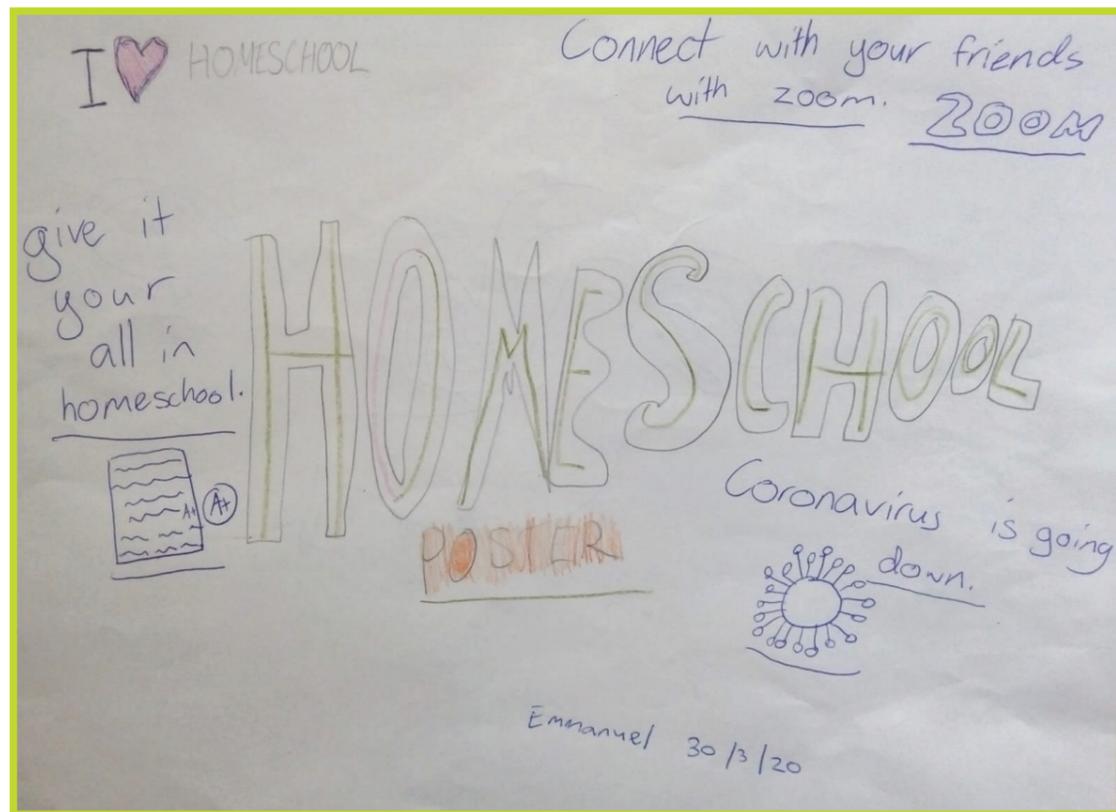
My friends are: \_\_\_\_\_

When I grow up, I would like to be : \_\_\_\_\_

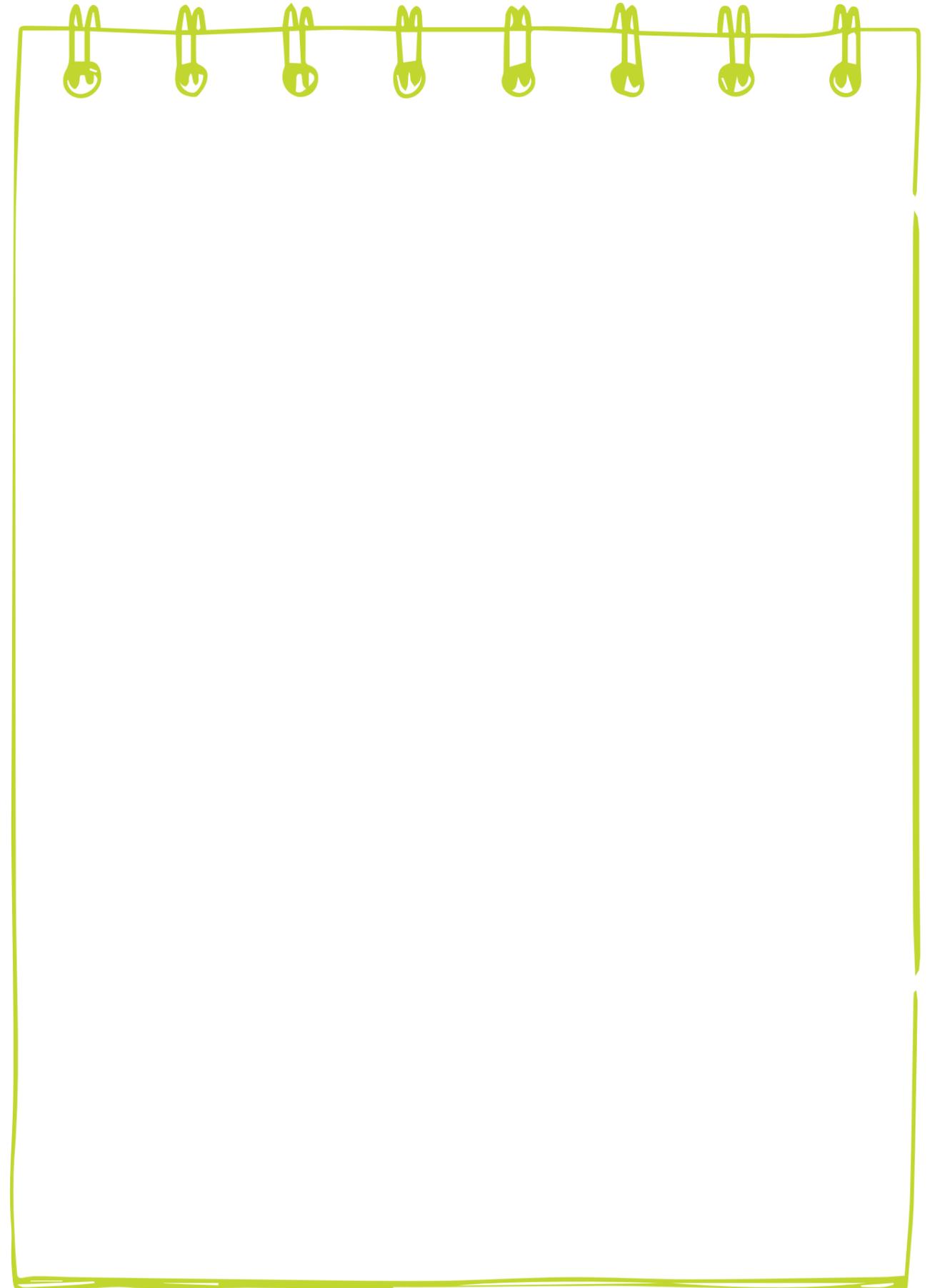
Online school learning is: \_\_\_\_\_

# Write, Draw or Capture

Drawing by Emmanuel, 9 years old regarding Home school, Corona virus and connecting with others. Emmanuel has his hopes up because corona virus is going down!!!!



**Write, draw or take a selfie of what you need to do during this period to keep you safe from Corona virus.** (You can refer to the front cover).





# Adjusting to new routines

New routines during this time can be:

Social distancing

At home together

Cannot see my friends

Home schooling

Cannot give anyone a hug

What other new routines do you currently have in place?

Handwriting practice lines for the first question.

What new things or skills have you learnt during this period at home? (Baking, tasting new food, knowing a person more, having fun with family games)

Handwriting practice lines for the second question.

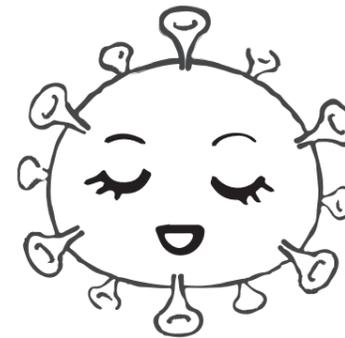
# Speak your feelings

How do I feel right now?

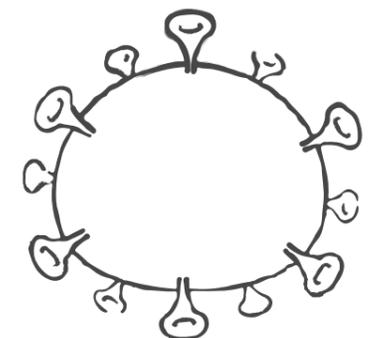
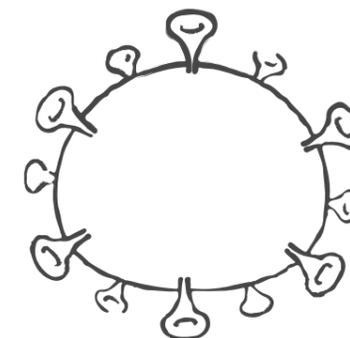
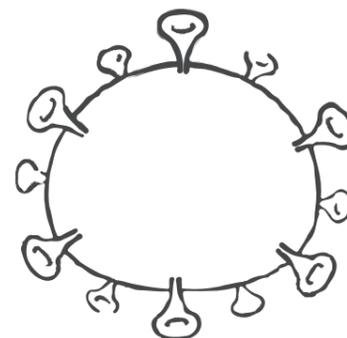
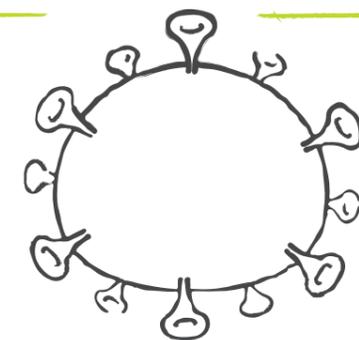
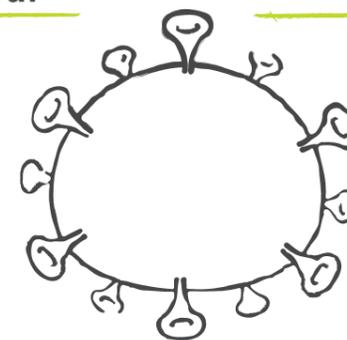
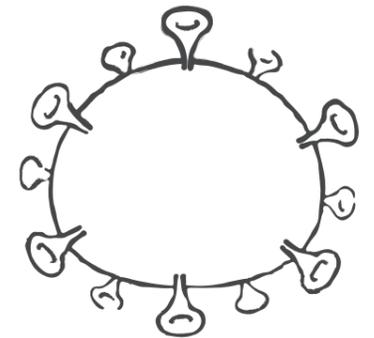
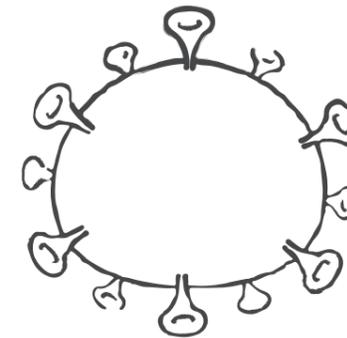
Everyone feels differently about things. We don't have to feel the same all the time. It's okay when our feelings change.

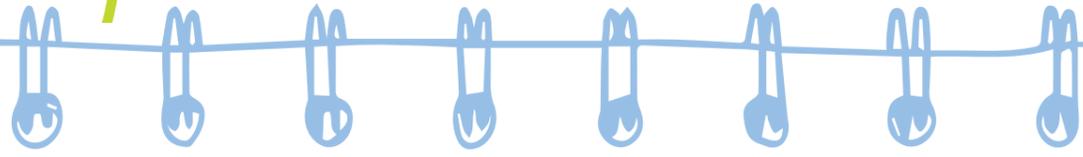
How do you feel right now?

Draw what you feel



Hopeful





How does the Corona virus make you feel?

What are 3 things you can do to make you feel happy?

- 1.
- 2.
- 3.

How do you feel about missing school?

How do you feel about learning from home?

The 3 things I am most grateful for during this time are:

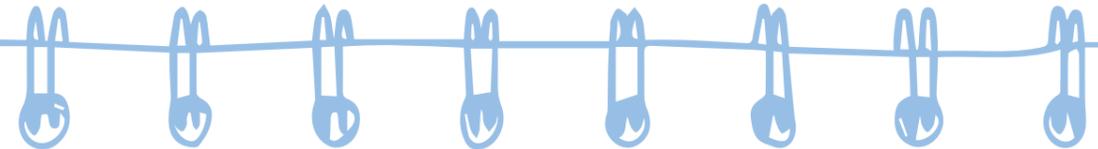
- 1.
- 2.
- 3.

Three things you would like to do when you don't have to stay at home anymore.

- 1.
- 2.
- 3.

# Your thoughts

Capture anything you want to highlight about this period of time e.g. write a poem, paste an image, record information from a website.....





# My Health



## How to stay Safe and Healthy

While staying at home, it is important to engage our body, mind, and imagination while we continue to connect with others. We can:

- do exercise and be active;
- do something creative (like arts and crafts, cooking etc.);
- to stay connected with families and friends (like calling, messaging or writing letters);
- to take care of our brain (like yoga, listening to music, meditation).

**Date:**

**Event:**

I know where I keep my health (e.g. asthma) action plan:

I know what to do when I feel unwell (e.g. use my puffer):

I know that things are not good with my health (e.g. my asthma) when:

Write or draw 3 things that you are doing to keep active:

1.

2.

3.

# Making Memories

Write or draw 3 things you are doing to be creative:

- 1.
- 2.
- 3.

Here are the 3 things I am doing to connect with family and friends:

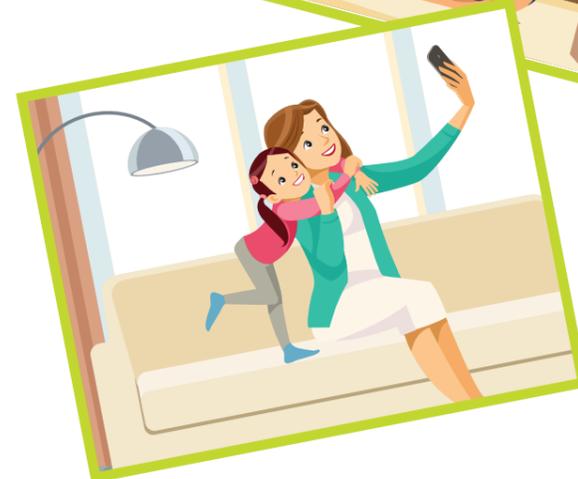
- 1.
- 2.
- 3.

Write or draw 3 things you are doing to help your brain relax:

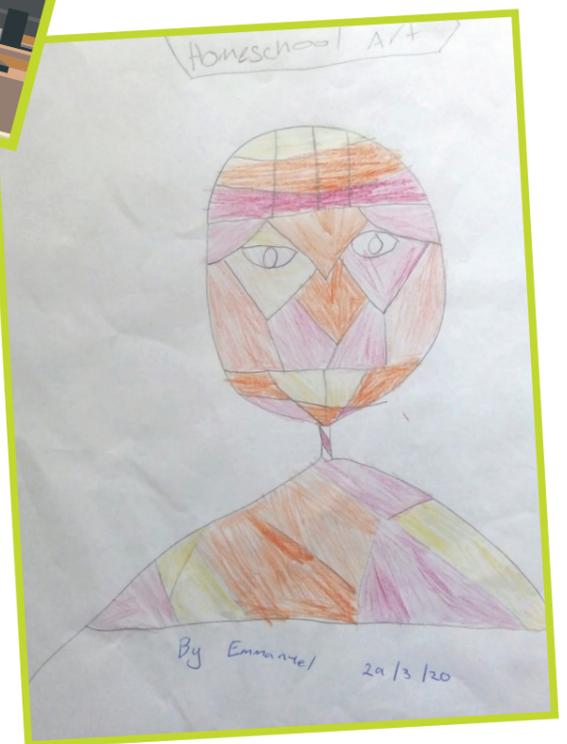
- 1.
- 2.
- 3.



You can add in a sleeve about all your activities, or take photos of what you are currently doing while staying at home e.g. drawing, painting, baking and others.



Abstract by **Emmanuel 9-year old** representing a person with no nose or mouth to be safe from Corona virus.





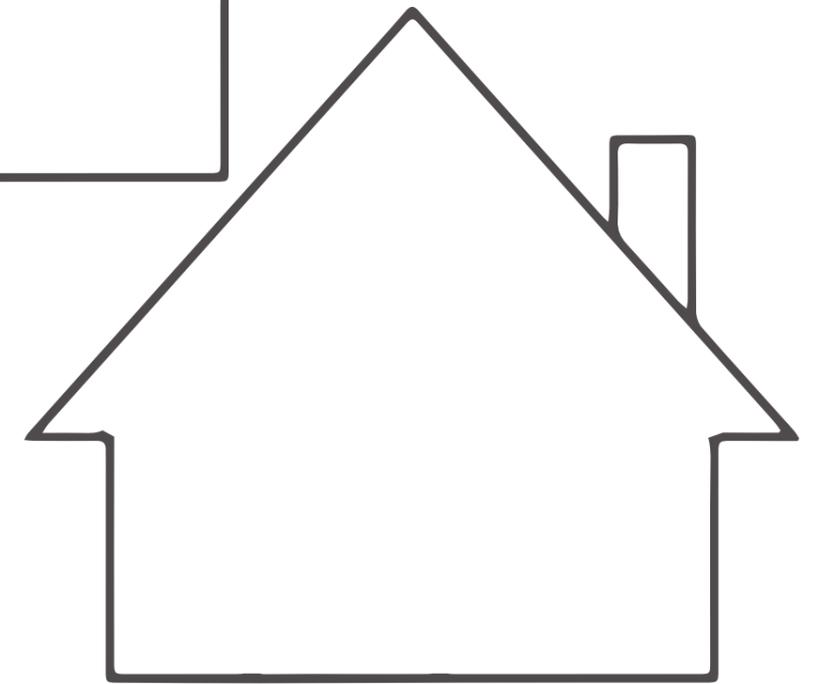
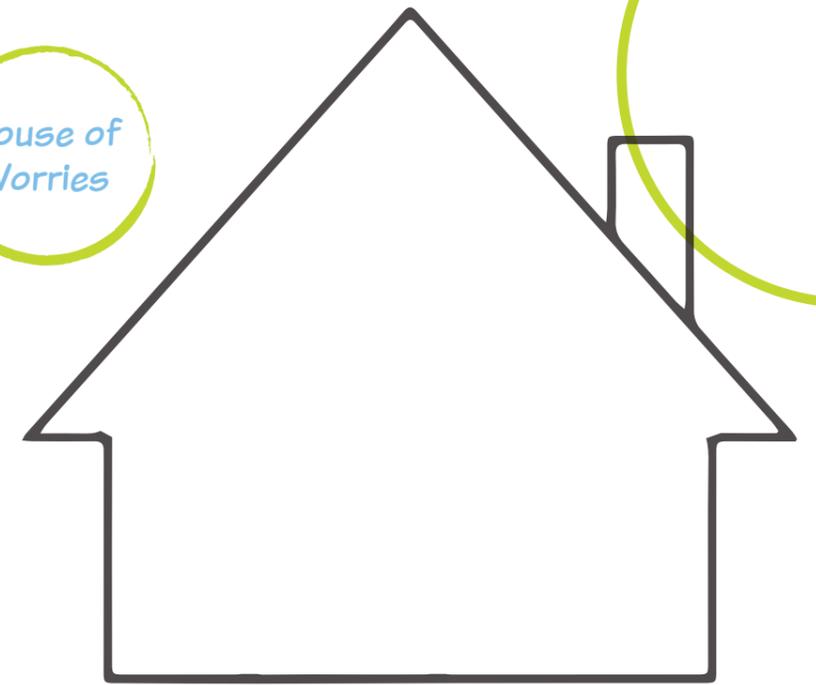
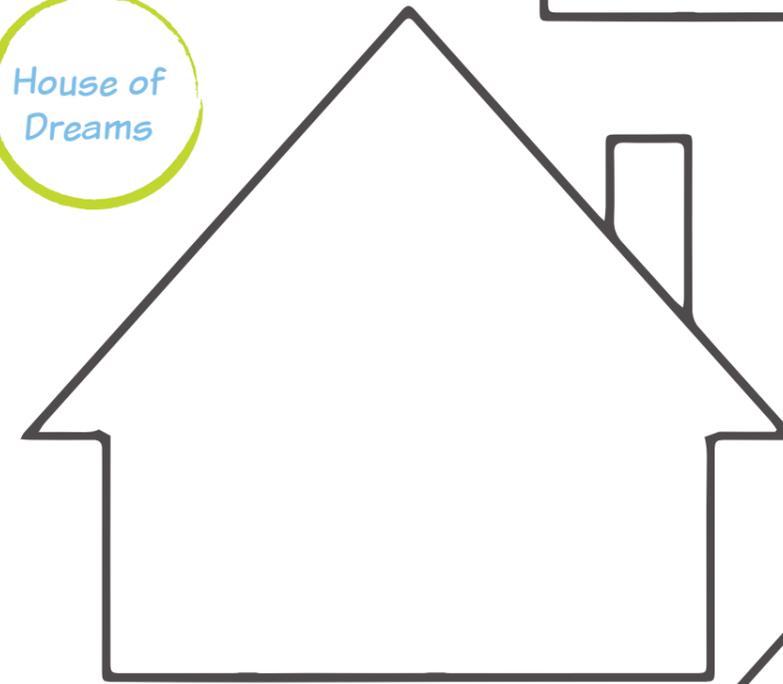
Based on what is happening now with Covid-19, write in each house your worries, the good things, and your dreams.

These are the 3 adult people I can talk to when I am worried:

House of Dreams

House of Worries

House of Good Things







# Staying safe online

Social networking is a great way to stay connected with family and friends, but it also comes with some risks. Stay safe when socialising online.

*To stay safe online, it is important to remember*

- I won't share the name of my soccer or netball club
- I won't share the name of my or my carer's address
- I won't share my password
- I won't share my phone number or carer's phone number
- I won't share my bank account details or my carer's details
- I won't share where I go to school or where my carer works
- I won't share rude photos or texts



This is the name of the adult I can tell if someone or something makes me worry while I am online

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Kids Helpline is a free, private and confidential telephone and online counselling service specifically for children and young people aged between 5 and 25 years old.

## Kids Helpline

Phone: 1800 551 800

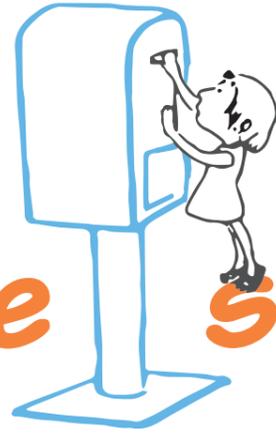
Website: [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**The 1800 551 800 Number is open any time 24/7.**

Below are some important contacts that you should keep with you at all times.

<b>Caseworker (Name) contact</b>	_____
<b>After hours agency contact</b>	_____
<b>Community Services Helpline (open all time)</b>	132111
<b>Kids Helpline</b>	1800 551 800
<b>Emergency: Fire brigade, Police, Ambulance</b>	000 anytime

# Letter to my future self



# Here comes the sun!!!



(This page to be completed when you don't have to stay at home anymore)

Write a letter or email to yourself to read when you are an adult aged 25 years old. Tell your future you about the corona virus, what you are doing, how you are feeling. What new things have you learned during Covid-19, and what will you be doing when this is all over?

Who told you that children do not need to stay home anymore?

What did they tell you?

What were you doing?

What was your first reaction?

What's the first thing you wanted to do?

Number of days spent at home:

From:

To:

Dear

LOVE,

(Your name)



I will keep this booklet in a safe place, to look at it when I am older.



For more information  
on Covid-19 and  
how it may impact you,  
visit the  
NSW Health website  
[www.health.nsw.gov.au](http://www.health.nsw.gov.au)



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For more  
information on  
this booklet,  
please contact  
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