

When the world went back

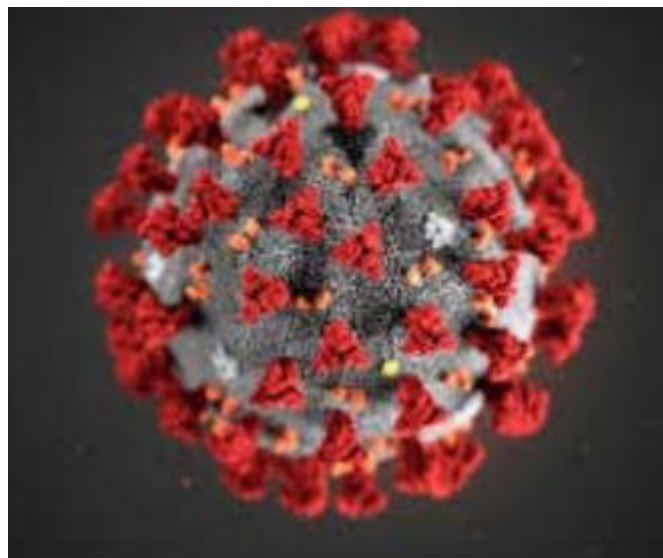


Mel Churton
Registered Psychologist
May 2020

We stayed home for ages. Well it felt like that anyway.



All because of a nasty virus that made lots of people sick.



It was easy to catch the virus. So the best thing was to stay home and stay safe.



Then one day things started to get back to normal. People got well again.



The people came out of their houses.
The cars started driving again.



The mums and dads went back to
doing mum and dad stuff. And the
kids went back to school.



But we are also a bit worried about what things will be like.



The world has been closed for a while. Things might not be the same.



But as we walked to school, the sky is still blue, the trees are still green.



Mr. Pratash says hello from the dairy on the corner. He has flowers outside again and lots of bread and milk. And he has lollies 😊



The playground is great. It is so cool to be able to use the equipment again and hang out outside.



We are super excited to see our friends again. It's so cool to be together. It feels like we've been away forever!



The class is the same. The teacher smiles and takes the roll. “Kia ora everyone, Haere Mai” she said. “Who has some news to share?”



“We haven’t been anywhere for weeks!” we say. “But you must have done SOMETHING?” she asked.



Oh yes, we had!

And each of us takes turns to tell her about our stay home adventures.



We have baked, made huts, played cards and board games.



We have helped around the house with the washing up and cleaning and the tidying.



There is a lot of tidying up when all of us are at home!



We have spent heaps of time with our pets. We have skyped our aunties all the time. We have even played games on-line with the cousins.



We've done drawing and wrote stories and we even sent some letters! Who even does that these days?



Staying home was kind of ok. But we are glad to be back at school. We can't just stay home forever, that would be weird!



While we are at school, we kind of miss mum and dad. But we can still have lots of fun with them after school, on the weekends and in the holidays.



We worry a bit about germs, but we can keep doing super careful handwashing. We can sneeze into our elbows. We can put our dirty tissues in the bin.

Tips for teaching kids about GERMS & HAND WASHING



We won't share our drink bottles. But we never used to do that anyway, 'cos it's just plain gross! And we'll stay home when we are sick, because that is **safe and sensible** for everyone.

We are glad to be back. It's different but is a good kind of different. It's ok!



If we feel a bit worried from time to time, we can talk to our teacher or our mums and dads. We can also google our *new friends* 'cos they'll know what to do.



Who knows, we might even be **Scientists** one day, just like them?