



HOW TO BE A SUPERHERO

(WHILE STAYING AT HOME
IN YOUR BUBBLE)

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Sparklers



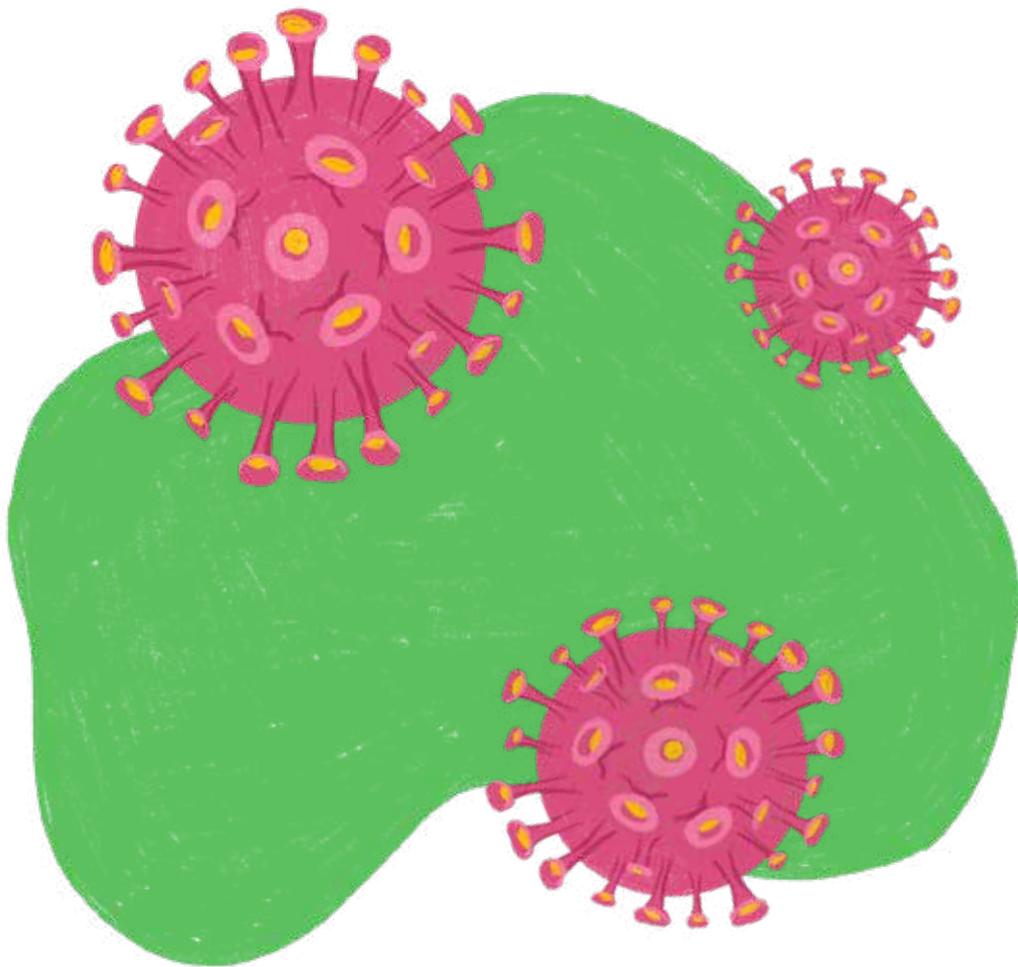
*This book is written for my own
little superhero, Flynn.*

Sometimes we get māuiui/sick. When we get māuiui/sick we stay at home.



This means we can't pass our germs to other people and everyone can stay healthy.

There are lots of different germs which make us māuiui/sick. Some germs are called viruses. At the moment there is a virus called **COVID-19/KOWHEORI-19**, which is making lots of people māuiui/sick all around the world.



This is Jacinda Ardern. She is the Prime Minister of Aotearoa (this means she is in charge!).

Jacinda said,

“Please stay home
so everyone can
stay healthy!”





We will all stay home in our bubbles to keep ourselves and other people healthy. This means that our school, kura or preschool will be closed. We won't visit my friends or whānau. We won't go to the playgrounds. All of my friends will stay at their homes too. This is called "bubble time".

But there are lots of things we can do!

We can play with our toys
or read pukapuka at home.



We can play outside
and go for walks.

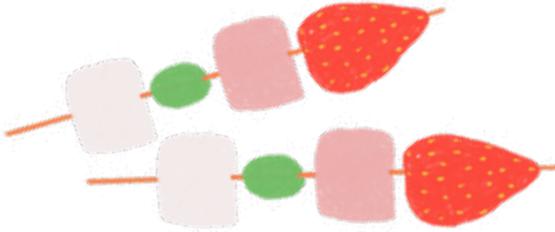
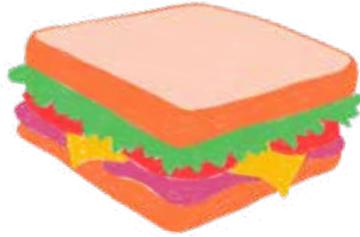
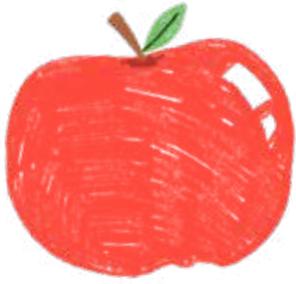


We can learn some
things at home.

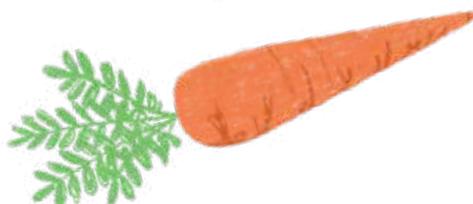
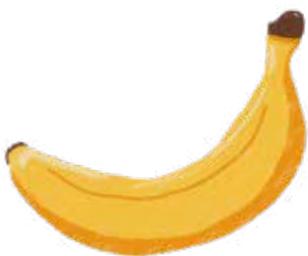


We can still kōrero with
our friends and whānau
on video message.





The supermarkets will be open.
Our whānau will still have yummy
kai to eat at home.



Some people will still catch
KOWHEORI-19 and feel māiui/sick.
If we get māiui/sick our whānau will
look after us.

Most people will
feel better after
being cared for
at home, but we
can go and see a
doctor or a nurse
if we need to.





We can be superheroes by staying home and helping to keep everyone healthy! It might be hard to be a superhero. We might feel pōuri/sad that we can't see our friends or go to different places. It is ok to feel pōuri sometimes.



But it is very important to stay home.

We won't have to stay home forever!

Soon we will feel better and say

“ K A P A I
EVERYONE! ”

We will stop needing to be in our
bubble and we can go back to
school, kura or preschool and see all
of our friends again.

We will feel proud that we have been
superheroes and helped everyone to
be healthy.

IMPORTANT SUPERHERO NOTES



You could use a pillow case or other material to be your super-cape.

This way you can fly past the playgrounds without any bother!

You might make a superhero mask from cardboard and string or laces and colour it.



This way when someone in your whānau needs to go to the supermarket for kai, you can wear it and imagine what yummy kai they might bring back!

You might wear them both for extra super-powers!

This might help you feel braver and calmer when you miss your friends and whānau and talk with them.

And don't forget to zoom around your garden as a superhero!

This way you keep fit and energised - a very important super-power!

