

Many Ways to Share a Hug



Illustrated by Jess Racklyeft



Australian
Childhood
Foundation

childhood.org.au

Hugs work to help people feel close. Did you know that love pops up inside us when we share a hug with people we feel close to; love can't help it, it enjoys the connection and the snuggling in. Hugs adore it when love appears. They think that working closely with love is the best job in the world.

Sometimes things get in the way of hugs, like the **coronavirus**.

Thankfully some hugs are still going strong even with the virus around; like the ones people are sharing at home. However, other ones, like with friends, or nannas and pas, or other family, have had to take a break.



Hugs are not happy about this. They realise that their work is very needed at the moment. They have had a meeting and have all agreed that they are going to work harder and in more ways than usual for a while, just until things get back to normal.

“This is an official announcement from the Hugs, for the next little while there are extra ways that people can share hugs.”



Here are some official ways to share hugs right now:

- * By **staying at home**
- * By **sharing kind words**
- * By **doing thoughtful things** for others
- * By **keeping others in mind**
- * By **caring for animals and nature**
- * By **connecting with kindness with others online**
- * By **sharing a joke** or something funny
- * By **helping someone**
- * By sharing something **we create**

Can you think of some of the ways you and your family are sharing any of these different kinds of hugs at the moment?

Have you noticed that others are sharing some of these different kinds of **hugs** with us right now?
For example:

- * **Nurses** and **doctors** and **pharmacists** are helping people who are sick with the coronavirus get better
- * **Scientists** are working out how to help us get over the coronavirus
- * Our **leaders** are trying to help us know what to do to keep coronavirus away
- * People on the **radio, T.V. and online** are keeping us entertained and informed
- * **Workers at the supermarket** are selling us our food and drink
- * **Cleaners** are wiping away the coronavirus
- * **Police** are helping people do the right thing
- * **Farmers** are growing the food we eat
- * **Bakers** are baking our bread
- * **Workers** are delivering things we need
- * **Workers** are keeping our electricity, gas, and water going
- * **Tech people** are keeping our internet working
- * **Counselors** are helping children and families



Hugs are looking forward to getting back to more of their usual work.
Who knows they might decide to return to their original job,
but also keep these extra ways of hugging as well? What do you think?

Would you like to make your own hug?

Ask your Mum or Dad or carer if they can help you gather some craft supplies to make your own hug.

Ideas for facial feature

Googly Eyes
Textas
Felt

Ideas for a Body

Cotton wool
Cotton balls

Ideas for Arms and Legs

Craft match sticks
Sticks or twigs
Wool
Pipe cleaners

You will need some PVA glue to stick things on.
After you have made your hug or hugs,
let the glue dry.

Draw your own Hug

How might you draw your own Hug?
If your Hug could talk what might it say?

Things you could do with your Hugs

Do you know anyone that could do with a hug right now?

You might like to take a photo of your hug and send it to someone you would like to share a hug with.
With your mum or dad or carers help, you might like to post a picture of your hug on the internet.



The background is a purple surface covered with various items and sticky notes. There are several small jars, some with lids, and many rectangular sticky notes of different colors (white, pink, orange, brown, blue) with handwritten text. Some of the visible text on the sticky notes includes 'DIRECTIONS', 'SOCKS', 'PLANS', 'KEYS', 'REOTES', and 'DIR'. The central focus is a large light blue circle containing the title and subtitle.

Matilda + Theo

Looking after our
Lost and Found Things
in the time of Coronavirus

There is a place where many of our lost things go. It is run by a lady called Matilda. Matilda is kind and hardworking and very thoughtful. She takes in things that we lose and she cares for them. She has a big building to keep everything safe. Inside it is warm and extremely tidy, with lots of shelves holding labelled boxes, tubs, and jars.



Here are some examples of the things that Matilda keeps:

Lost socks, lost toys, lost lunchboxes,
lost homework, lost tv remotes, lost keys,
lost love, lost plans, lost directions.

Matilda carefully writes down everything that is lost and she keeps track of it. She understands that mostly when people lose things it is very sad and hard for them. It hurts their hearts. She feels sad for people's hurt hearts and this makes her even more careful about looking after the things that have been lost.



ground
school
much time
the school
friends



Matilda has found herself extra busy at the moment. Many things that are not usually part of her collection are arriving. After asking around, she has worked out that the coronavirus is the culprit. It is causing more lost things than usual.

For example, Lost playdates, lost visits to nannas and pas, lost school days, lost trips to the playground, lost celebrations, lost swimming lessons, lost footy games, lost milkshakes at the café, lost barbeques, and lost holidays away.

Have you lost anything lately due to the coronavirus? There might be some things that you don't mind losing, but there will also be other things that you are sad about losing. Matilda wants you to know that it is ok to feel sad about these lost things. It is a very hard time for many people right now.





Matilda has a brother called Theo. They live together and he runs the *Found Things Delivery Service* from one half of the giant warehouse they share. Matilda and Theo are very close. They have lamingtons and a big pot of tea each day at 11.30.

Like Matilda, Theo is very organised. His half of the warehouse stores things ready to be found. He has hundreds of delivery vans that transport found things to people all the time.

He delivers things like birthday presents, jokes, new friends, adventures, sunny days, sports premierships, surprises, courage, and smiles from kind strangers on trains.



Like Matilda, Theo is finding his business has also changed due to the coronavirus. He has noticed a run on some things that have been on the shelf for a while like: Extra time with family, board games, indoor exercise, cloud watching, walks, cooking at home, family bike rides, craft, books, backyard fun, garden- ing, music, ball games, watching sunsets.



People seem to be really enjoying finding some of these things together, and Theo is wrapped to clear out so much old stock.

Have you found anything new or different with your family since the coronavirus has been around? Anything that has surprised you or felt good or fun or new to learn?



Matilda and Theo have been talking about all the extra lost things that have arrived since the coronavirus. Together they are going to put in a big order for important things that need to be found again, like:

- ✓ Going to the playground
- ✓ Going to school
- ✓ Lunch Time with School friends
- ✓ Footy practice
- ✓ Netball Games
- ✓ Play dates
- ✓ Going shopping
- ✓ Swimming at the pool
- ✓ Birthday parties

The coronavirus has interrupted supplies of these things, but Matilda and Theo want you to know that now they are written on the order form Theo will get back to delivering them to you as quickly as he can when the coronavirus has passed.

Staying Connected With Our Children

Now is the time to stay close to our children.

They need to feel us beside them so they don't feel as worried as they are. We need to be honest with them and let them know that good people from around the world are working very hard to keep them safe and healthy. Our children will believe us, we love them deeply.

Be Honest

"COVID 19 is a sickness like a cold. Some people will get it. Maybe someone in our family might get sick. We are all a little bit scared. Being scared is a sign that we are concentrating on being safe. There are really good people like doctors who know what to do. They are helping to figure it out."

Validate Their Feelings

"I know I might look worried sometimes. Mums or dads get worried too, just like children. I know it can make you feel scared. But I am ok."
"It is ok to be feeling scared, or worried, or whatever you are feeling right now. You can share that with me whenever you need to."

Acknowledge Day to Day Disruptions

"Even if school and your after school activities stop for a while, they will start up again. How about we think about some ways of doing versions of these things together at home if we need to?"

Remind Them

"I love you, and that is one thing that will never change."

Here are some ways that parents and carers can share connection, comfort and care with their children right now.

Look to History

"There have been sicknesses like this before. And they have stopped. Clever people from around the world have worked them out together. The scientists are doing this right now with this one."

Remain Available

"You can talk with me whenever you need to. I will answer any questions you have. If I don't know the answers, I will find out and then I will tell you."

Have fun

Share some time with your children that is just for them, and let them lead the play.

"Let's do some things that you like to do."

Create some quiet time

Find a regular time where you can just be still with children. Stroke their hair. Watch a favourite show on TV. Listen to music together. Let them decide if they want to talk. Be present with them. Enjoy it.



Understanding Coronavirus for Kids

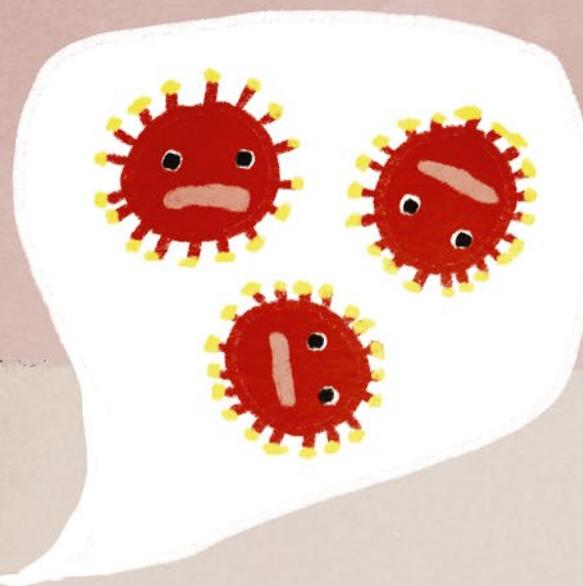


Coronavirus is a new kind of cold. It's so small that we can't see it with our eyes. It's quite sneaky and rude because it is traveling around from person to person without being invited. Coronavirus can go from a person who has it, to another person who hasn't had it, if they spend time close together.





Coronavirus has gotten people worried because we haven't had to deal with it before. There are many smart people in charge helping us work out ways to get over this virus. The scientists can see it with their microscopes. Right now they are figuring out how to stop it making people sick.



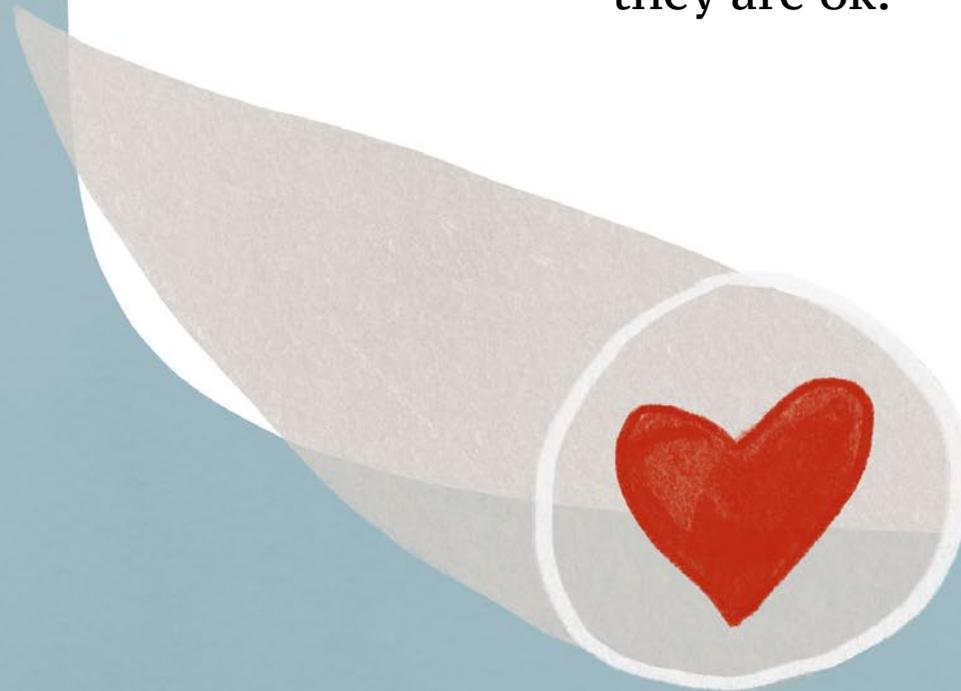
Most people who catch coronavirus only get a bit sick- especially children. People who catch it might get a sore throat, cough, feel tired, or have a fever. Then they get better. We want to try to help people who are already sick, or who are very old not get the virus, because they have enough to deal with. That is why you might have noticed things changing a bit in your world.





You might have noticed people wearing face masks, or the shops being out of toilet paper, or activities that you usually do have been cancelled. You might be hearing the word coronavirus a lot. I wonder if you have noticed any of these things, or anything else that's different? How is that for you?

You might have noticed your mum or dad or carer seem to be a bit more worried than usual. Mums and Dads and carers get worried too, just like children. This might have felt confusing or worrying to you. It's normal if we see someone worried or scared for us to feel scared too. Your mum and dad or carer want you to know that they are ok.





Day to day life might keep being different for a while with coronavirus around. You might get to be at home more than usual and get to spend more time with you family. Can you think of any fun games or favourite things to do together at home? Maybe you could make a list with your family?



We can do things to help beat the coronavirus. We can wash our hands with soap and water or hand sanitiser before eating or after we go to the toilet. This is a big help.

Your mum and dad or carer want you to know that they love you and that will never change. If you have any questions you can ask them. If they don't know the answer straight away, they will find out and let you know.

We will get through this together.

