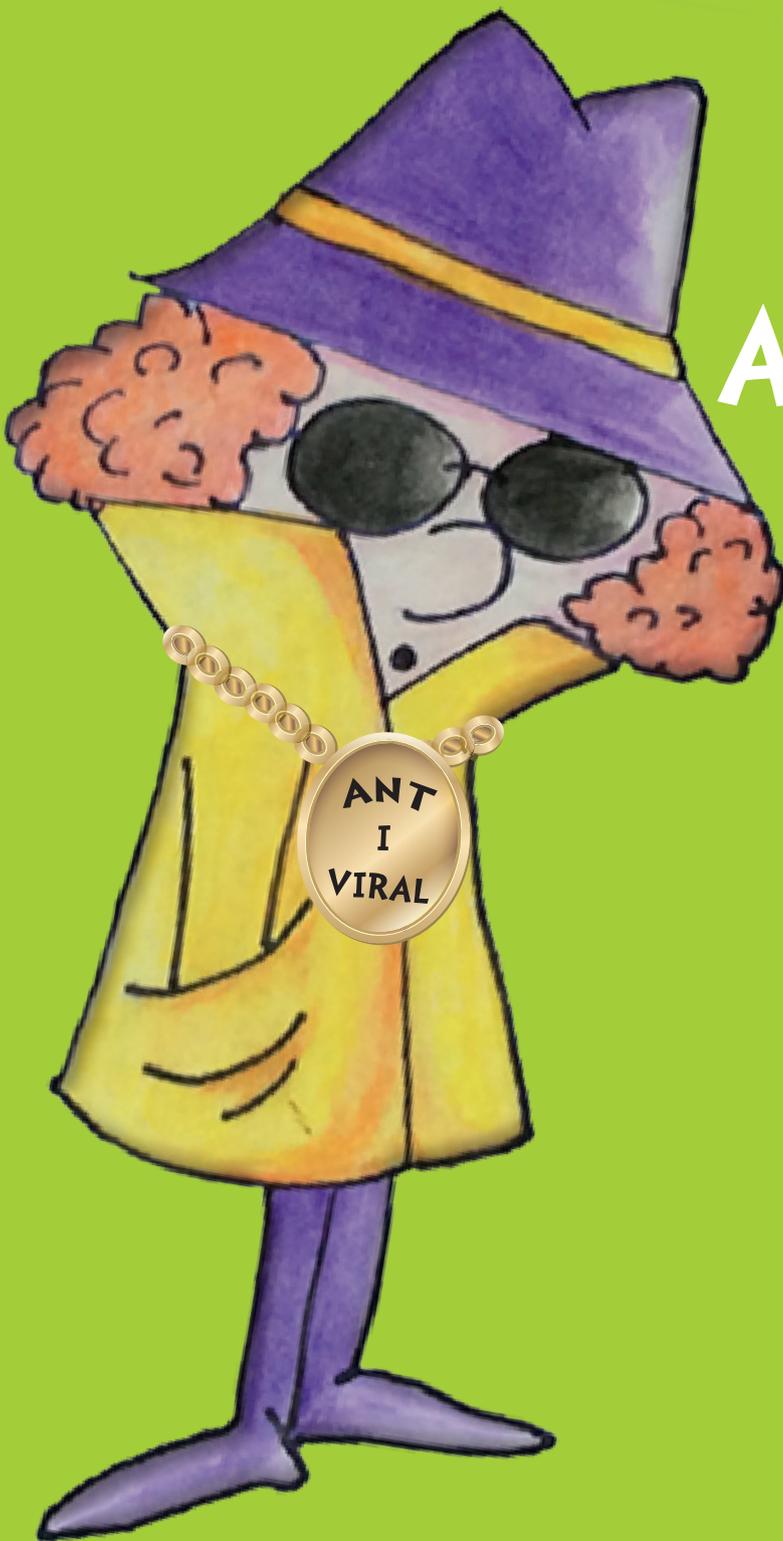


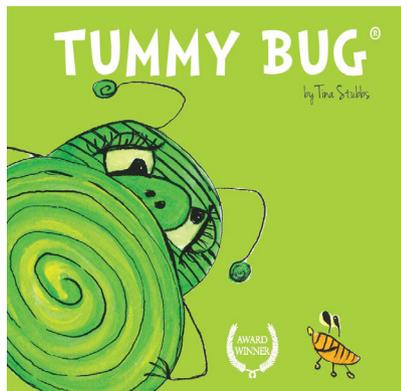
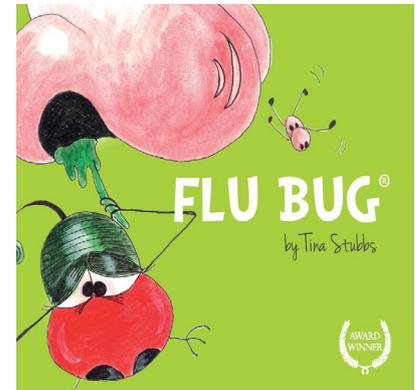
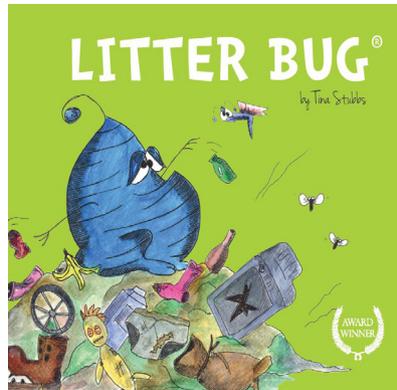
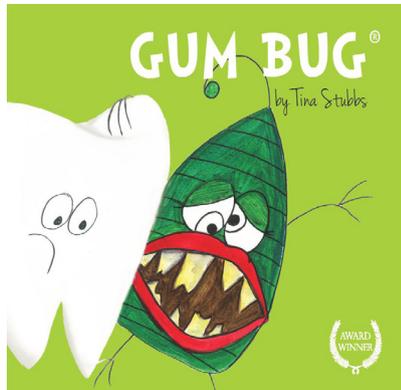
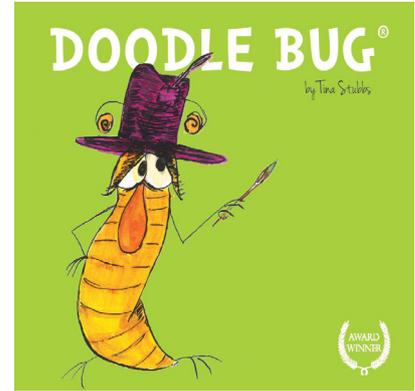
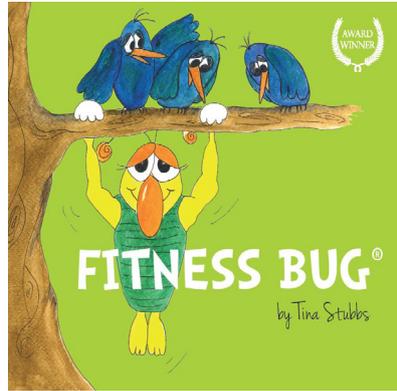
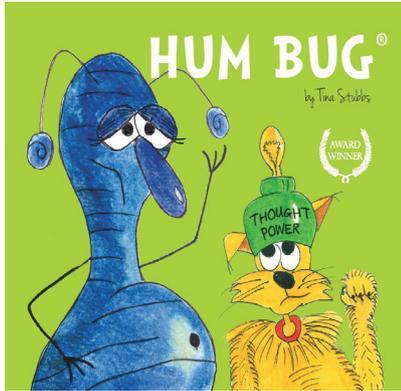
ANT I VIRAL

&

THE VIRUS

by Tina Stubbs





Which Life's Little Bugs healthy habit will you practice next?



ANT I VIRAL

&

THE VIRUS

by Tina Stubbs

1st Edition

Published in UK by Life's Little Bugs

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My name is Ant I Viral,
and my work is quite unique.
I'm a rapping special agent,
and it's viruses that I seek.

*I'm on a mission,
a mission you see,
to keep all viruses
away from you and me!*



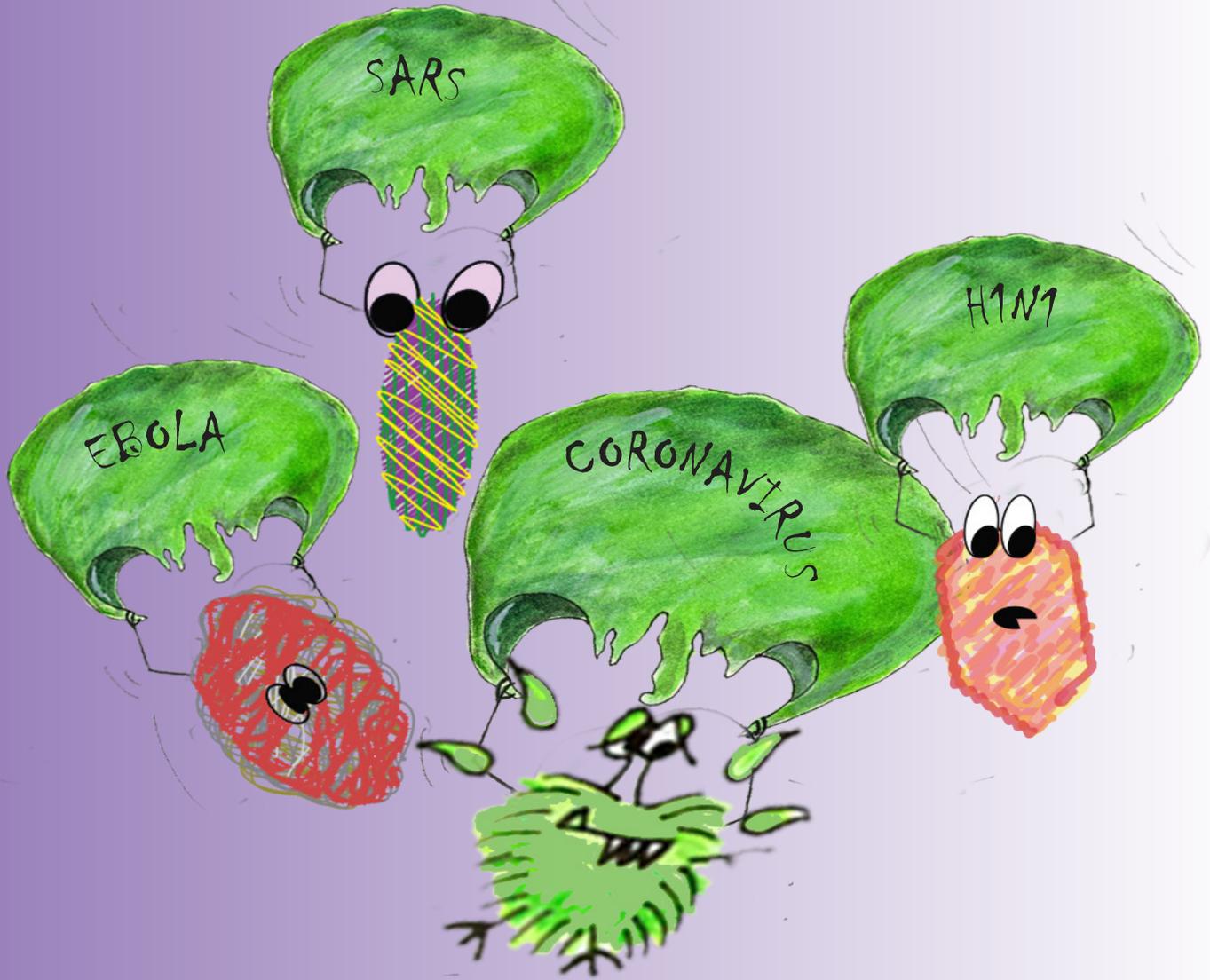
Viruses are tiny germs
that can make you sick and ill.
With coughs and colds or even flu,
or fever and a nasty chill.

Germ-filled sprays that we sneeze out,
or we cough into the air,
are ways they like to travel,
without the airline fare!



Viruses have silly names,
like Ebola, SARS or H1N1.
Now, a virus called Corona
is out to stop and spoil our fun!

*I'm on a mission,
a mission you see,
to keep all viruses
away from you and me!*



Inside a droplet bubble,
it will seek a healthy host.

In your eyes, your nose, and mouth,
are the places it likes most!





So, avoid touching your face or mine.
Unless your hands are nice and clean.

Otherwise, this master of disguise,
will hide from us and not be seen!



Quickly, it can share itself
wherever it may land.

Settling on those surfaces
touched by an unwashed hand.

*I'm on a mission,
a mission you see,
to keep all viruses
away from you and me!*



Viruses are so friendly,
and embrace a busy crowd,
to help them move on further
to more places they're allowed.

Living on many objects
for much longer than a day.
Lingering from dusk to dawn,
causing trouble and foul play!



My special agent weapons
help to keep these germs away.
So, the things we need to do,
we need to do each day!

*I'm on a mission,
a mission you see,
to keep all viruses
away from you and me!*



Don't share your towels or cutlery.
This is something that I ask;
and when you're out in public
you may choose to wear a mask.

I'm a rapping special agent.
I follow these rules too,
So, please don't cough on me,
and I won't sneeze on you!



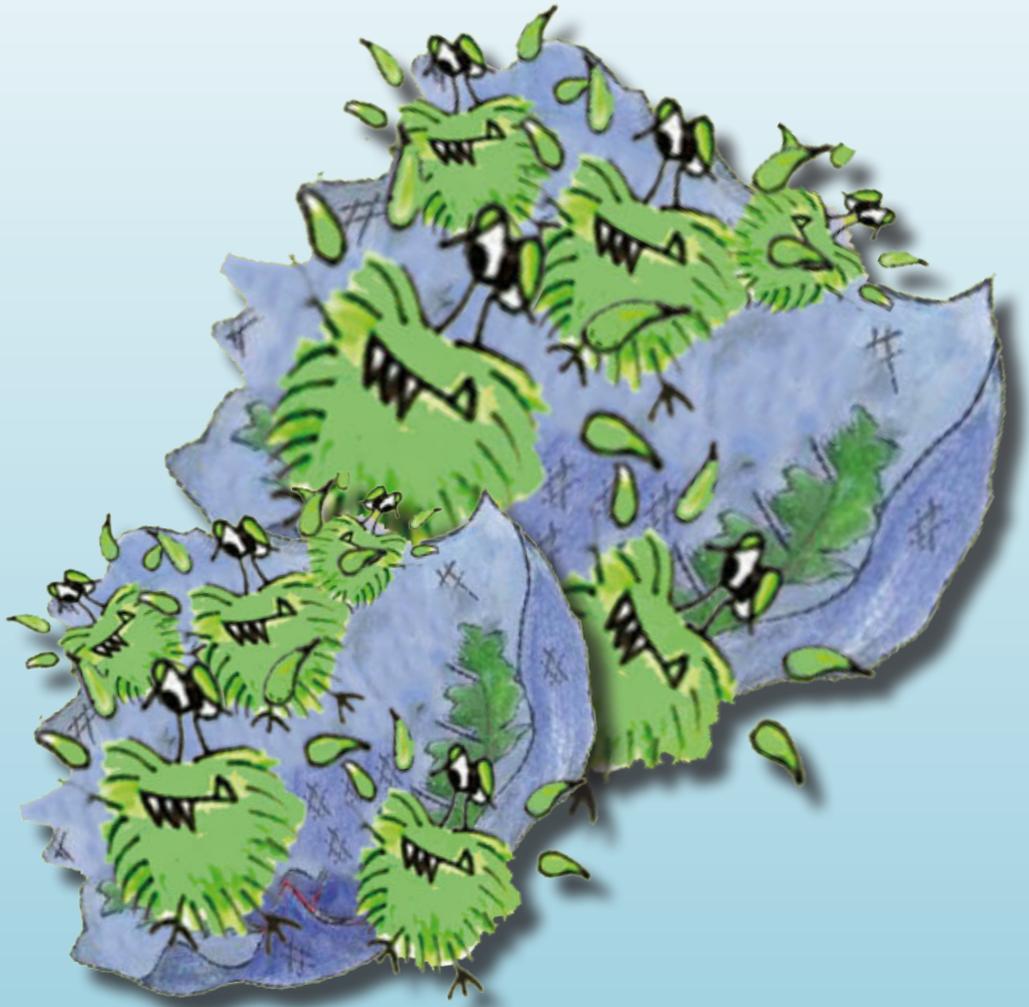
By using soap and water,
to keep our things nice and clean.
We help ourselves stay healthy,
and out of quarantine!

*I'm on a mission,
a mission you see,
to keep all viruses
away from you and me!*



So, wash your hands properly,
to stop us from getting sick.
To stop this virus spreading,
cleanliness will do the trick!

Always use a tissue,
then put it in a bin!
Let's not give a virus
a new place to live in.



If you follow all I've told you,
and these rules you act upon
then the only thing that's viral,
is my Ant I Viral song!

*I'm on a mission,
a mission you see,
to keep all viruses
away from you and me!*



**Please visit again, as there are more
of Life's Little Bugs to meet!
Find out which ones are right near you now!**



Appendix written by Sue Atkins TV & Radio Parenting Expert

The crisis of COVID-19 that has engulfed adult lives has frightened and confused children too.

As they hear you and teachers repeatedly stressing the need to maintain personal hygiene and hear or read of new cases they are likely to be bothered by many questions and fears.

As Mums & Dads we need to allay their fears and dispel their worries by educating them in the best way possible.

Children's natural curiosity is an opportunity, and a window for you (and even grandparents) to 'Talk & Teach' and guide your children and help them navigate this crisis together, so that their fears, misunderstandings and uncertainty is replaced with information, understanding and preventive action.

Coronavirus

Talking to children about the spreading virus is tricky.

On the one hand, you want them to practice good respiratory hygiene — by coughing into their sleeve, using tissues, and regular hand washing,

On the other hand, you want to be careful not to create too much anxiety.

It's important to let your children know that there have been very few cases of the virus reported domestically.

For children of all ages, it's important for parents to reassure their children that the situation is under control.

It's also helpful for parents to explain that children in other countries aren't getting hit very hard by the disease.

Appendix written by Sue Atkins TV & Radio Parenting Expert

If anything, what we're seeing is that children are not getting sick as severely as older adults - that's a piece of good news. The key is to keep the discussion positive.

Just change your language around it, so it's not based in fear-say things like 'This is how we keep healthy and stay safe.'

Limit the News & watch the way you talk about the outbreak.

Wait until you are calm before talking to your kids about the virus. Children pick up on our tone of voice, body language and facial expressions.

The information you decide to withhold from your kids is as important as what you tell them.

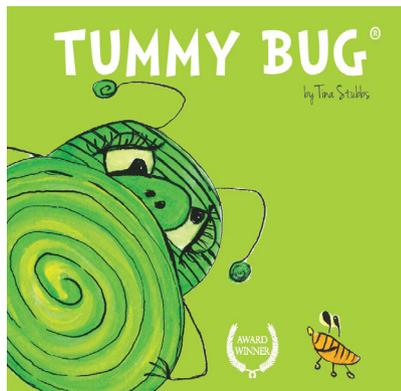
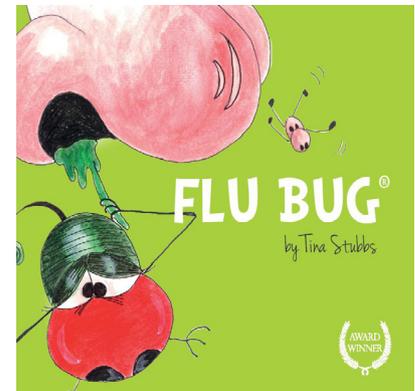
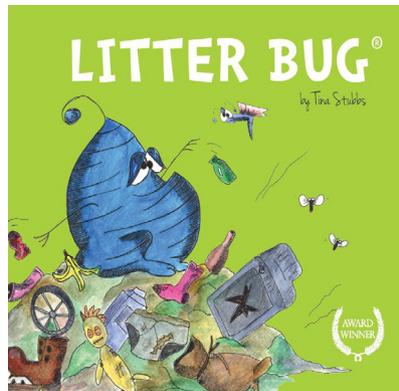
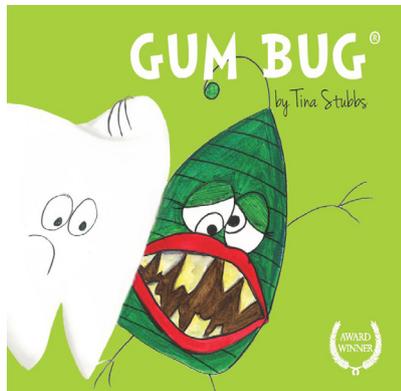
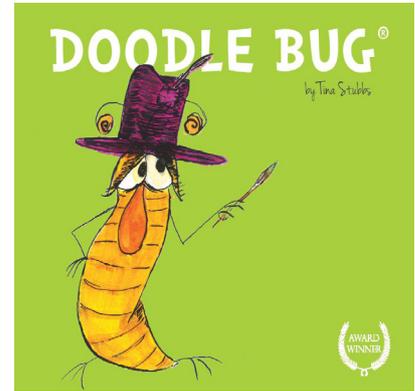
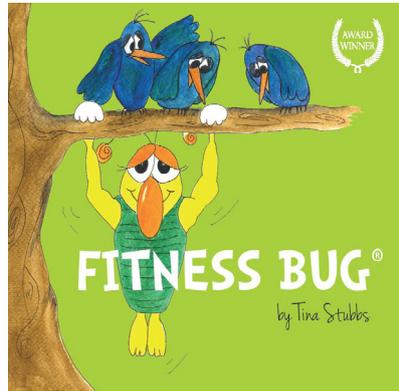
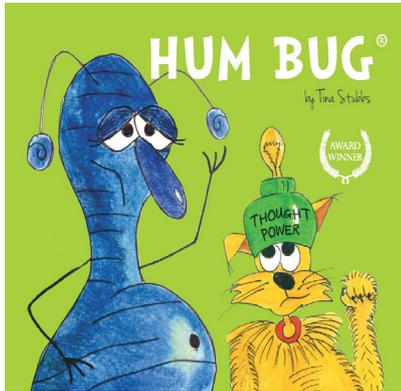
Ask them what they know as school playgrounds & social media could mean they've got the wrong end of the stick! Reassure, inform & be sensible.

Let your child know that adults in authority are working to contain the virus, find a vaccine, and inform the public about specific instructions or health emergencies.

Making sure children and teens feel safe, is the ultimate goal in the conversation so that children don't spend time 'catastrophising' about what might happen. Teens, especially, may get fixated on the news.

Be age appropriate & aim to keep things business as usual.

For more parenting advice from Sue Atkins <http://www.thesueatkins.com/>



**Vist our website for free activities to
download too!**



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