

# Our COVID-19 Artwork



Children from  
around the world  
share their  
experiences



# The International Network for Child and Family Centered Care

*proudly present this collection of artwork from children around the world*

We gave children the opportunity to share a piece of artwork that reflected something about their experience of life during COVID-19 restrictions (March-May 2020). The descriptions, stories and poems presented in this e-book have been transferred verbatim from the original submissions.

For each submission, we asked about the level of COVID-19 restrictions experienced by the child at the time of their entry. These levels consisted of:

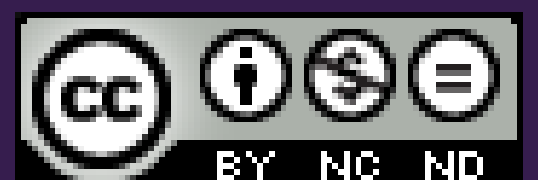
- None (no change to normal living routine)
- Minimal (e.g. still attending school, but not allowed to play with friends after school)
- Some (e.g. still attending school, but not allowed to play with friends after school and needed to stay 1.5 -2 meters away)
- Moderate (e.g. home schooling, able to go out to parks)
- Severe (not allowed to leave the family home)
- Other

As the International Network for Child and Family Centered Care, our vision is to facilitate growth, advancement and leadership in child and family centred care education, practice, theory and research. We aim to be internationally relevant, contextually appropriate and directed by the voices of children and families globally. For more information, see our website: [www.incfcc.weebly.com](http://www.incfcc.weebly.com).

*This e-book is published under CC BY-NC-ND copyright and is free to use without modification with reference: "Foster M, Carter B, O'Sullivan TA, Quaye A (Eds) and The International Network for Child and Family Centred Care (2020) Our COVID-19 Artwork [www.incfcc.weebly.com](http://www.incfcc.weebly.com)"*

-

See page 71 for a full list of members involved in this project.





# Contributors

*Click on a name to link directly to the artwork*

## Australia

[Annakano, 9 years old](#)  
[Fadi, 9 years old](#)  
[Loopa, 11 years old](#)  
[Eli, 7 years old](#)

## Estonia

[Salme, 9 years old](#)

## Ghana

[Deede, 7 years old](#)  
[Djormo, 11 years old](#)  
[Dromo, 11 years old](#)  
[Jerome, 14 years old](#)  
[Jeslyn, 12 years old](#)  
[Suomo, 11 years old](#)

## Indonesia

[Kekey, 10 years old](#)

## Ireland

[Roisan, 10 years old](#)

## Jordan

[Ahmed, 5 years old](#)  
[Alaa, 11 years old](#)  
[Donia, 12 years old](#)  
[Hebah, 14 years old](#)  
[Jana, 5 years old](#)  
[Lana, 10 years old](#)  
[Layan, 11 years old](#)  
[Masah, 5 years old](#)  
[Osama, 10 years old](#)  
[Rana, 6 years old](#)  
[Salma, 5 years old](#)  
[Sanaa, 11 years old](#)  
[Shahid, 5 years old](#)

## Malawi

[Favour, 10 years old](#)  
[Glory, 10 years old](#)  
[Tadala, 7 years old](#)

Malaysia

Nin Xuan, 6 years old

New Zealand

Angoose, 11 years old

Nigeria

Ellise-Gold, 6 years old

Olachi, 11 years old

Pearl, 8 years old

Saudi Arabia

Odai, 7 years old

Yara, 4 years old

South Africa

Thabiso, 9 years old

Sweden

Axel, 9 years old

Edwin, 11 years old

Ethan, 6 years old

Tendo, 11 years old

Turkey

Apek, 9 years old

Burak, 10 years old

Yalmaz, 13 years old

United Kingdom

Milo, 6 years old

Mollie, 12 years old

Natasha, 10 years old

United States of America

Adam, 5 years old

Ayzula, 11 years old

Jason, 9 years old

Zambia

Lady T, 7 years old

Luyando, 13 years old

Momo, 6 years old

Nana, 9 years old

TK, 8 years old

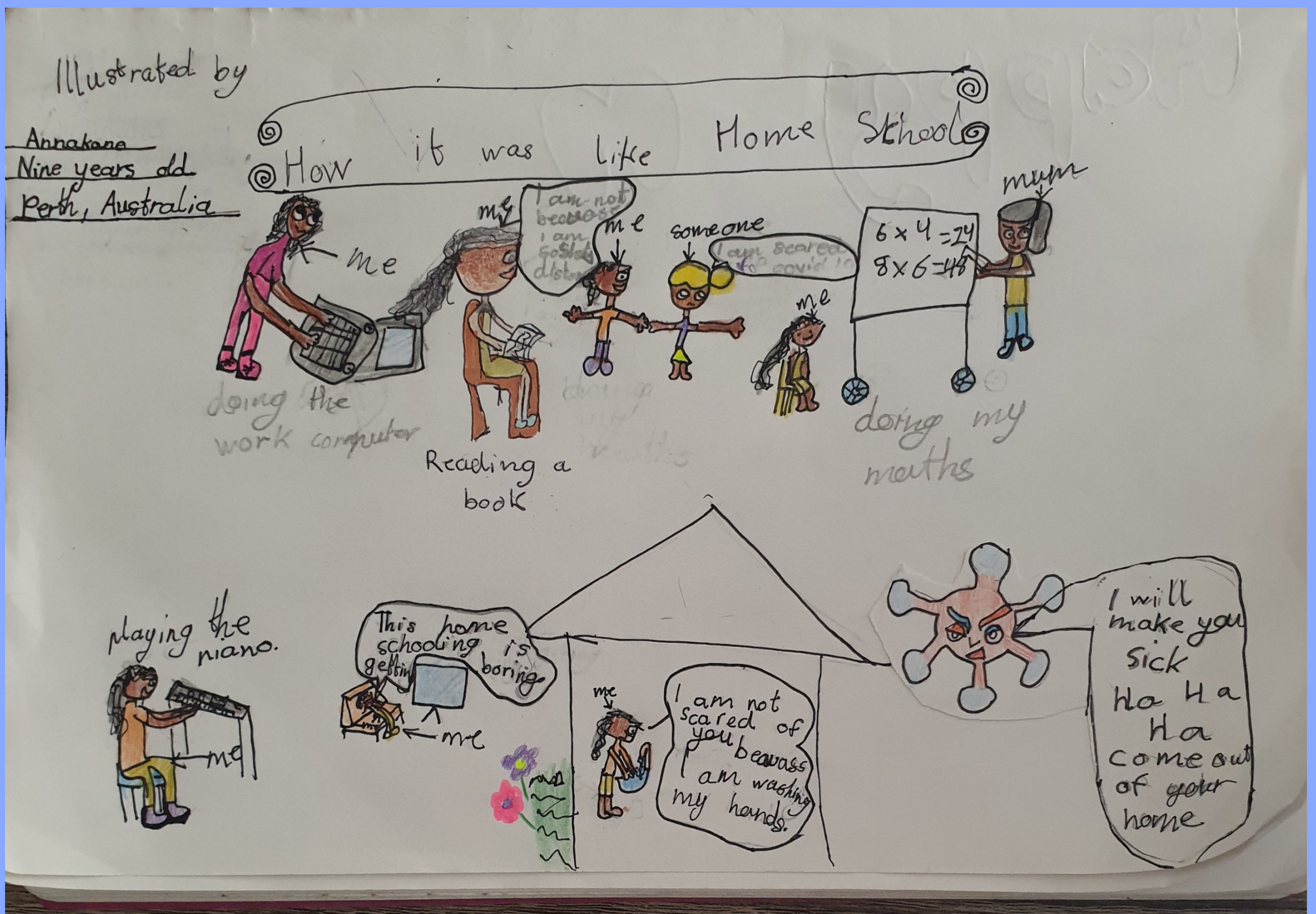


# Annakano

9 years old  
from Australia



Level of restriction: Moderate



"I shared this because I don't want other children to be scared of covid-19 like me and because home schooling is absolutely boring!"



**Fadi**  
9 years old  
from Australia



**Level of restriction: Moderate**



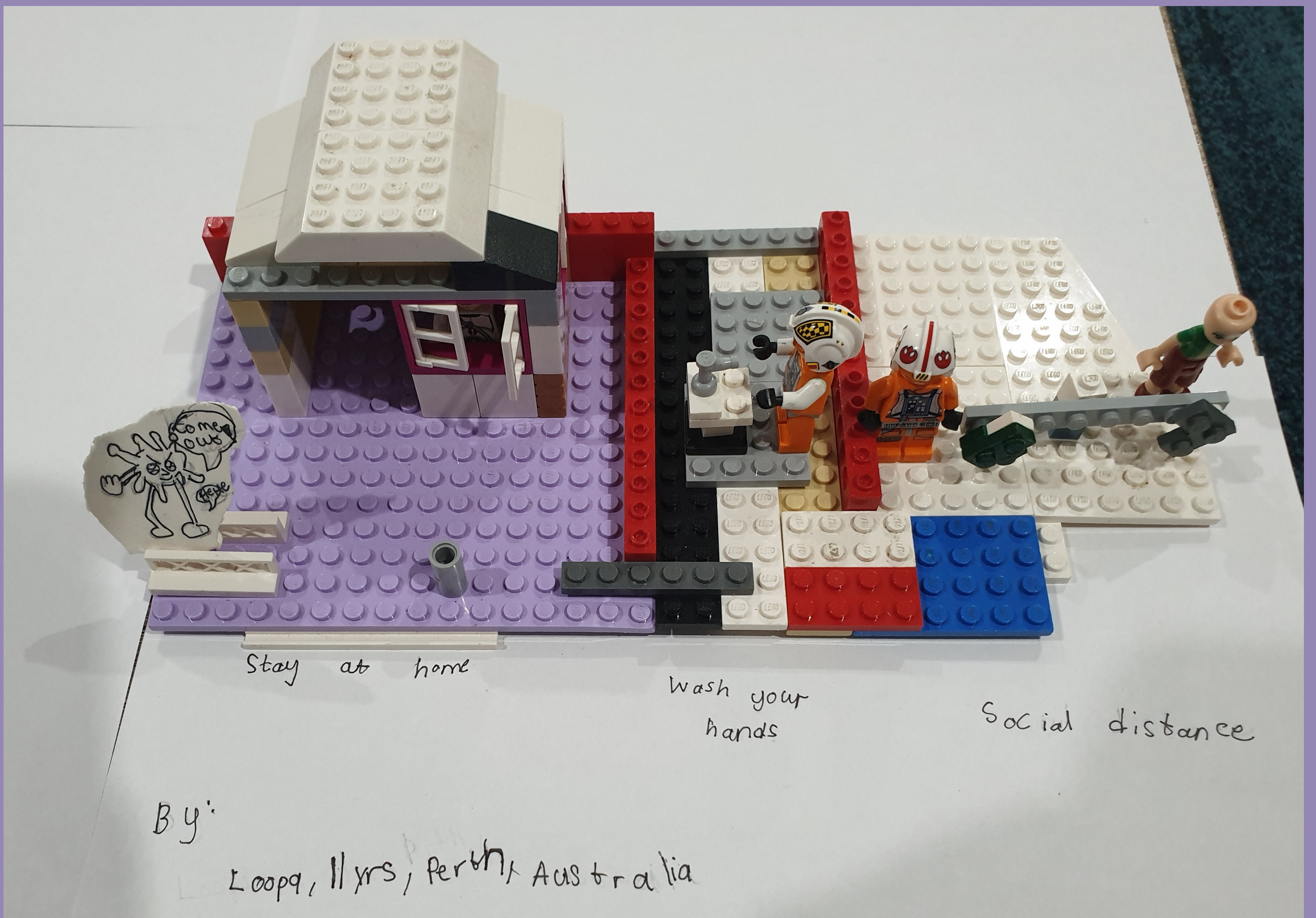
"The child behind the window is stuck because of covid. Covid sucks. I wish corona ended and extinct like dinosaurs."



**Loopa**  
11 years old  
from Australia



**Level of restriction: Some**



"I want to show how to defeat the coronavirus by washing your hands, staying at home and practicing social distance."



**Eli**  
7 years old  
from Australia



**Level of restriction: Moderate**



"We go for lots of walks and bike rides and look for bears and rainbows that are in the house windows. One day we spotted 32 bears!"



**Salme**  
9 years old  
from Estonia



**Level of restriction: Moderate**



"I even enjoyed the crisis because I never liked going to school and I was thinking about homeschooling. However, the crisis hit my mother hard and there were a lot of bad things too."



**Deede**  
7 years old  
from Ghana



**Level of restriction: Severe**

"Story about coronavirus and my daily routine at home during the lockdown. How it all started."

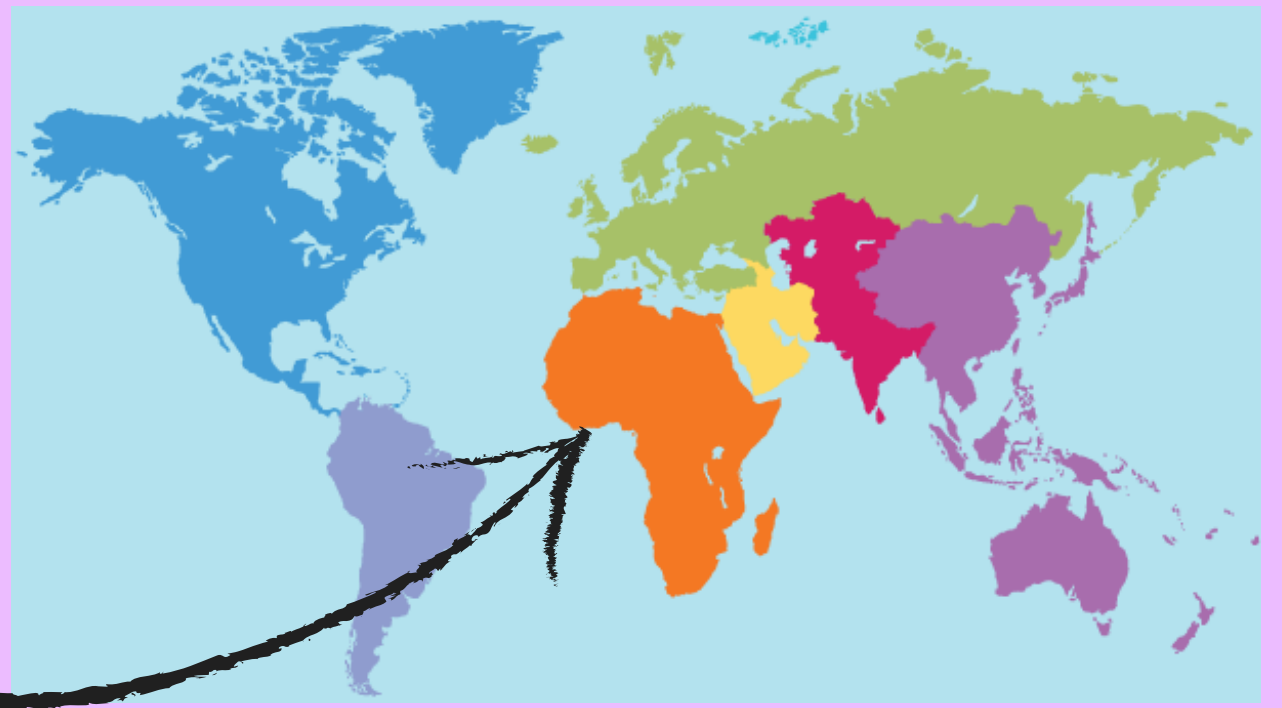
Day 1 of the story. One morning when I woke up, as usual, I brushed my teeth, bathed and ate my breakfast. Then I went to school. My teacher at school told my friends and me about the virus. My teacher taught us how to wash our hands properly and how the virus infects people. She also told us about the protocols. The following day we were all asked to go to school with hand sanitizers.

Day 2 of the story, then on a Monday morning, as usual my mom woke me up and told my sister and me that the president of Ghana has closed down all schools because of the virus. I was very happy that I would not go to school for a while. I went to brush my teeth, bathed and had my breakfast and played with my siblings.

*(Continued on next page)*



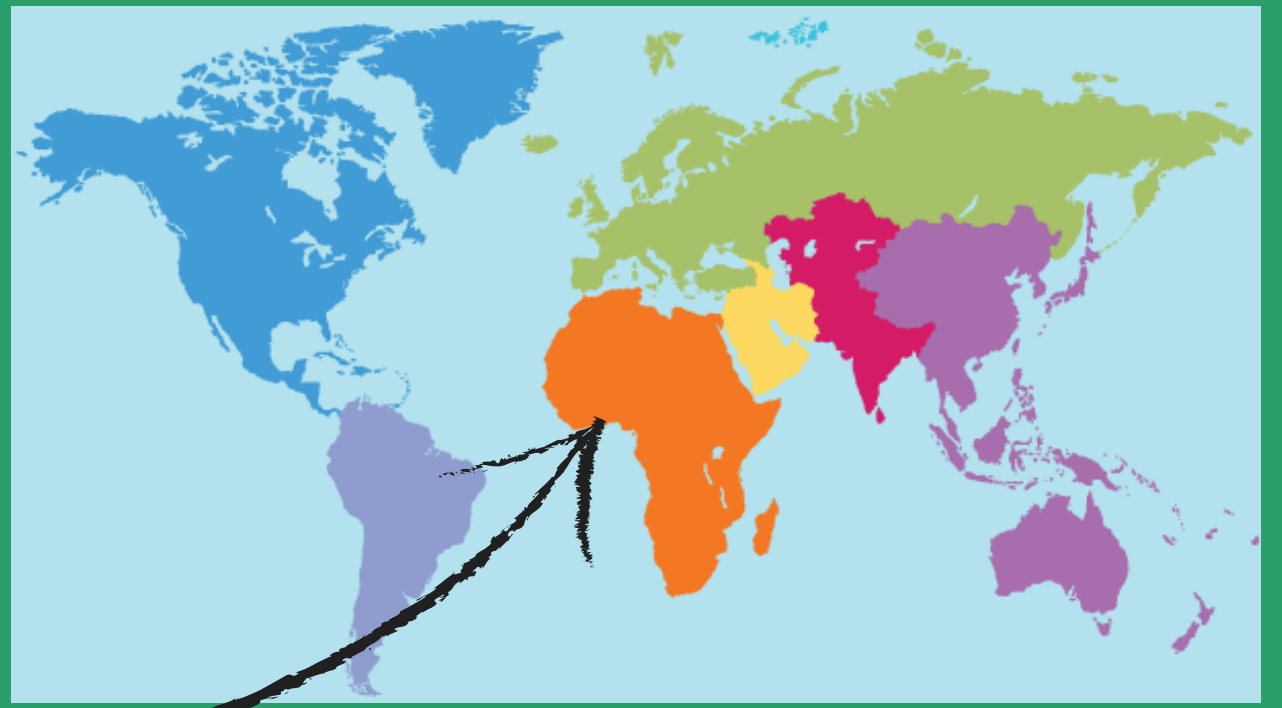
## Deede (continued)



Later, I did my homework, which was given to me the last time I was in school. I had some schoolwork to do and my auntie helped me. My auntie printed it for me. I did my homework every day until one day my school said it has started online school.

Day 3 three of the story: as usual, I brushed my teeth, bathed, ate my breakfast and played with my siblings. I also did my online work from school. The corona virus has prevented me from going to school and church. I have missed my friends at church and at my school because there is a ban on social gathering. When my mummy and daddy come back home my siblings and I cannot hug them. My mum says we have to wait for them to wash their hands first. So all these have affected me greatly.

**Djormo**  
11 years old  
from Ghana



**Level of restriction: Severe**

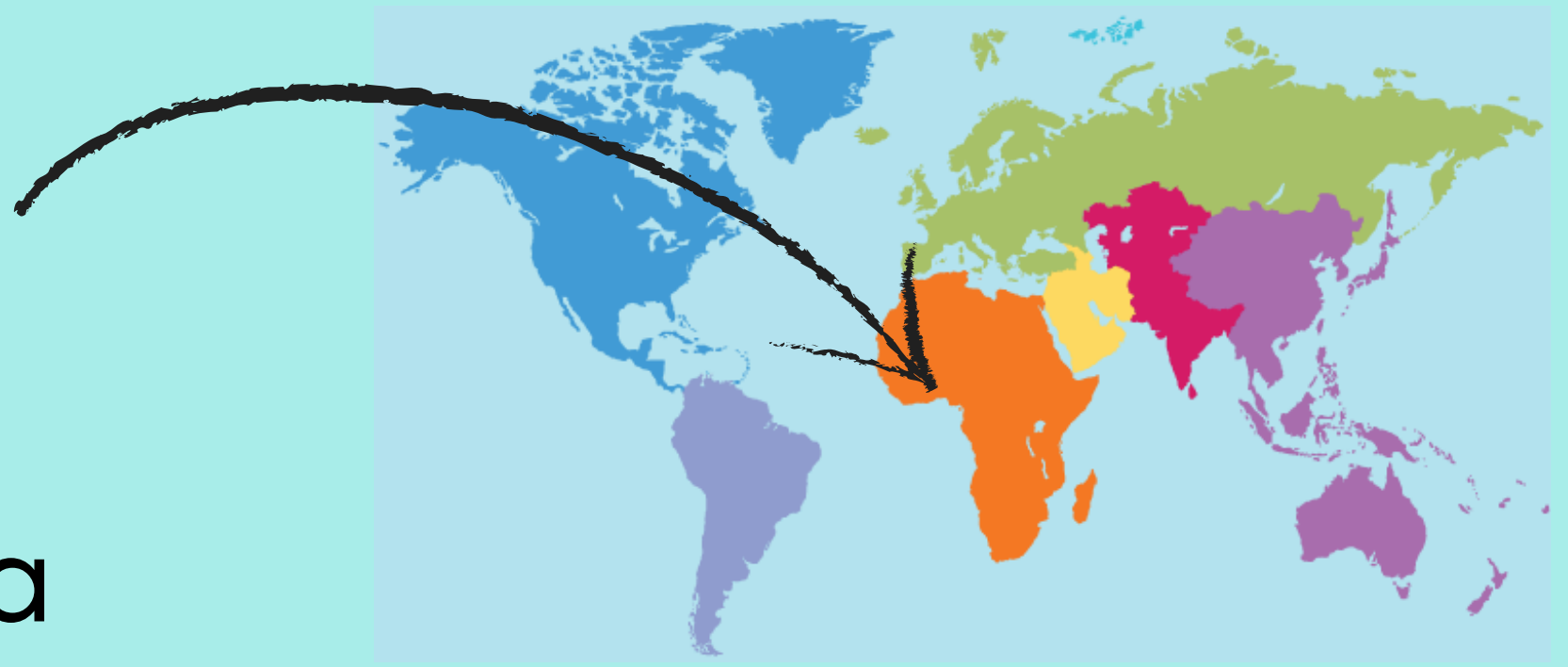
"Sharing how I feel about the coronavirus so other people can know how it is in my country."

The Coronavirus is a deadly disease. It can kill so many people at a time. The last time I listened to the news, I heard that one person had infected five hundred and fifty three people in the Tema fishery in Ghana. In Ghana, we have about seven thousand cases. I keep wondering when I would be going to school.

Before the Coronavirus, I could go to school, go for parties, visit my friends and go to the mall. Now, I just sit in the house and if I want to go out, I have to wear my nose mask and carry my hand sanitizer. I feel so uncomfortable when wearing the nose mask.

I am a triplet so I can play with my two other twin sisters but at times I do miss my own friends at school. We do not go to school and my school is not having any online classes so my dad teaches us at from home. I do not know when all this will be over and when we can live normal lives before the pandemic.

**Dromo**  
11 years old  
from Ghana



**Level of restriction: Severe**

"I want to share how what I know about the new corona virus (Covid-19) and how I feel about it."

What I know about the new corona virus (Covid-19) and  
How I feel about it.

When the new corona virus came, people did not know how bad it could be. They also did not know how it spreads, so they did not follow the necessary precautions. I learnt that the virus first started in China then it quickly spread to Italy, Spain, UK, USA, and many other countries.

Then before long, the virus came to Ghana. When it came to Ghana, people joked with it. They said it was not real so they did not wear nose masks. Then the virus started infecting people. At first, there were only two cases then it rose to seven thousand cases. Once a person tests positive for corona virus, the nurses and the doctors would quarantine them. When the government noticed that the cases were rising day by day, they started the lockdown.

*(Continued on next page)*

## **Dromo** (continued)



I feel very disturbed about this because when I am at home my parents give me too much work to do and if I put on the television they tell me to put it off. And when we are going out, I have to put on my nose mask and wear my gloves and take my rubbing alcohol. This puts me under a lot of pressure because I feel hot and uncomfortable in the nose mask.

The temperature in Ghana can be as high as 33 degrees and sometimes 27 degrees. Before the pandemic, I could go to school, visit my friends and go to parties. Now I cannot visit my friends, go to parties, or go to school. I wonder how things are going to be after the pandemic.



**Jerome**  
14 years old  
from Ghana



**Level of restriction: Severe**



"There are many negative things about the effects of the lockdown caused by Covid-19, but I want to focus on the good things about the lockdown. One good thing about the lockdown is that I get to watch TV more often."

*(Continued on next page)*<sub>15</sub>



# Jerome

(continued)



"Another good thing is that since I am always at home, I get to swim more often during the weekdays and not only on weekends especially since I live in a country with very hot temperatures throughout the year."



**Jeslyn**  
12 years old  
from Ghana



### **Level of restriction: Severe**

"I just want to share my experience and listen to what others also have to say."

Sharing my experience of the lockdown due to covid-19. My name is Jeslyn and I am 12 years old. Staying at home has really been fun and exciting for me. Simply because I have realized that, many things have changed.

At first when there was no virus, I did all my house chores alone but now I do it with my auntie since we are all at home most of the times. I also used to wake up as early as 05:00 a.m to get ready for school but now I wake up at 08:00 a.m since I have nowhere to go.

My school; Rect Academy is hosting online classes on google classroom, and zoom app, so I learn using the google classroom, and have video calls with the teacher on the zoom app. I have also realized that I like playing a lot, especially playing basketball and badminton. It is fun staying at home but I also want to go back to school and be with my friends.

**Suomo**  
11 years old  
from Ghana



**Level of restriction: Severe**

"I have written a short poem and I the coronavirus has affected the things I used to do."

The Coronavirus is real. It is crown-like in appearance. It spreads when one touches an infected surface and later touches the eyes, nose or mouth. It is a dangerous disease. So even when I am at home it feels like I am a prisoner who has been put into jail. Now no one is allowed to go out and have fun. I cannot go to school. I cannot attend parties and celebrate. I cannot make merry. I cannot do anything again. Let me share a short poem concerning the lockdown it goes like this:

The fun things I used to do I do them no more  
The ordinary things I used to do I do them no more  
The things I used to do I do them no more

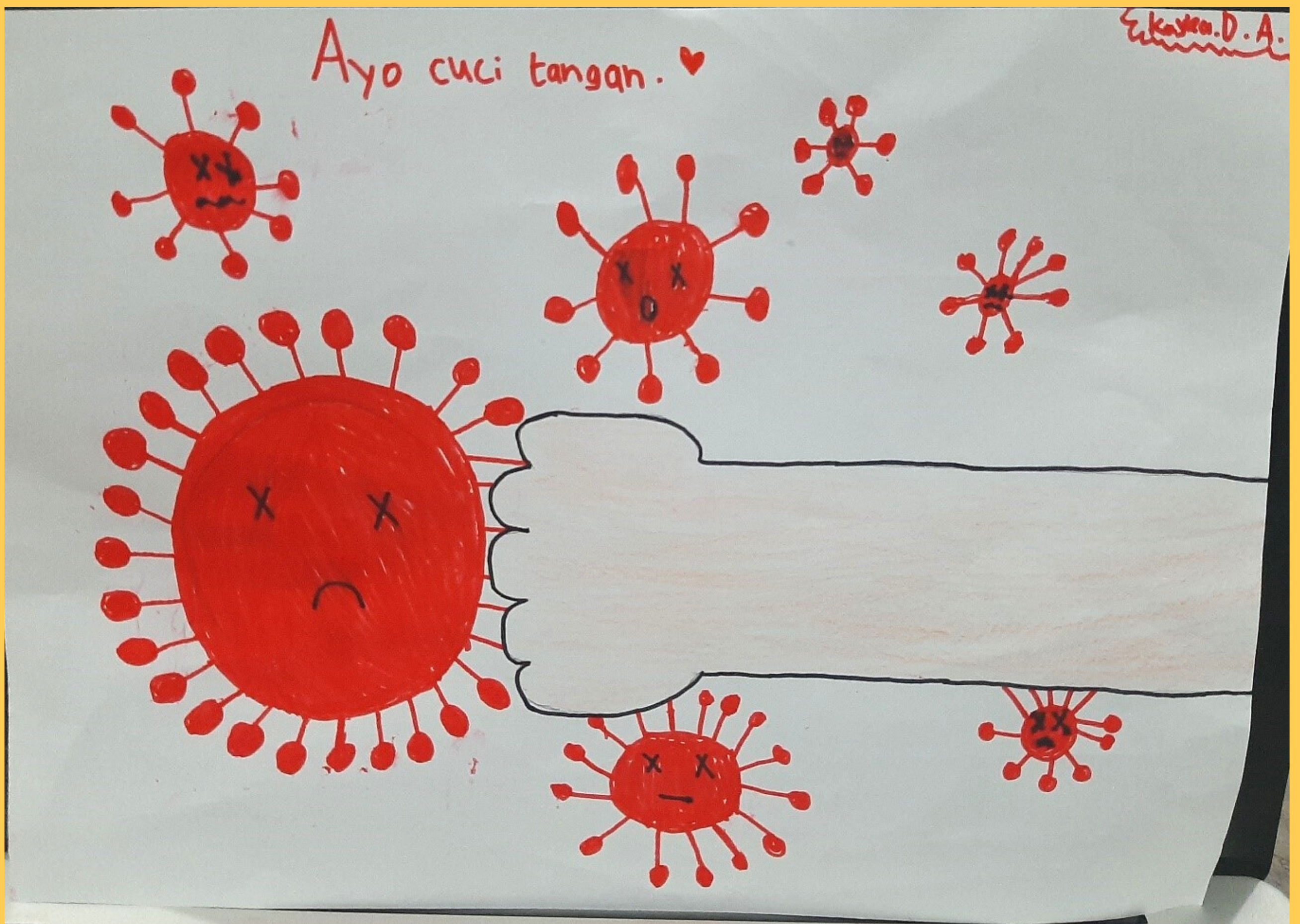
There is a great change since coronavirus came about. And also when I go out, I need to wear a nose mask before I can go outside. I don't feel so comfortable when wearing the nose mask. I also need to always have my gloves and my hand sanitizer. During the lockdown, many people need to still go and buy food, so if you go to any store you will have to stand in a queue one meter apart or wait in your car for a very long time. So that is how the virus spreads quickly.



**Kekey**  
10 years old  
from Indonesia



**Level of restriction: Moderate**



"We Will Win!!!! We are against corona ... Corona virus is a creature by God ... if we ask him to get rid of the world, then God must grant it ... so we must continue to pray to him."



# Roisan

10 years old  
from Ireland



**Level of restriction: Moderate**



"Life in Lockdown. I hate being stuck at home when I would rather be in school. We aren't allowed play with our friends. We have to stay 2m apart. But we have to keep smiling and stay safe."



**Ahmed**  
5 years old  
from Jordan



**Level of restriction: None**



"Tired of stone."

\*Translation: The Arabic word in picture is "Ahmed"



**Alaa**  
11 years old  
from Jordan



**Level of restriction: Severe**



"I decided to take a photo of Amman from our neighborhood the place in which I feel peace. Once I told a tourist group. That this tree is as old as my ancestors."



**Donia**  
12 years old  
from Jordan



**Level of restriction: Severe**



"It is a peaceful house there were no problems or even Corona storms."



**Hebah**

14 years old  
from Jordan



**Level of restriction: None**



"Corona is dangerous. Spread awareness."

\*Translation: Arabic writing "Do not forget my friends that we must not touch our eyes, nose or mouth with dirty hands"

*(Continued on next page)*



# Hebah

(continued)



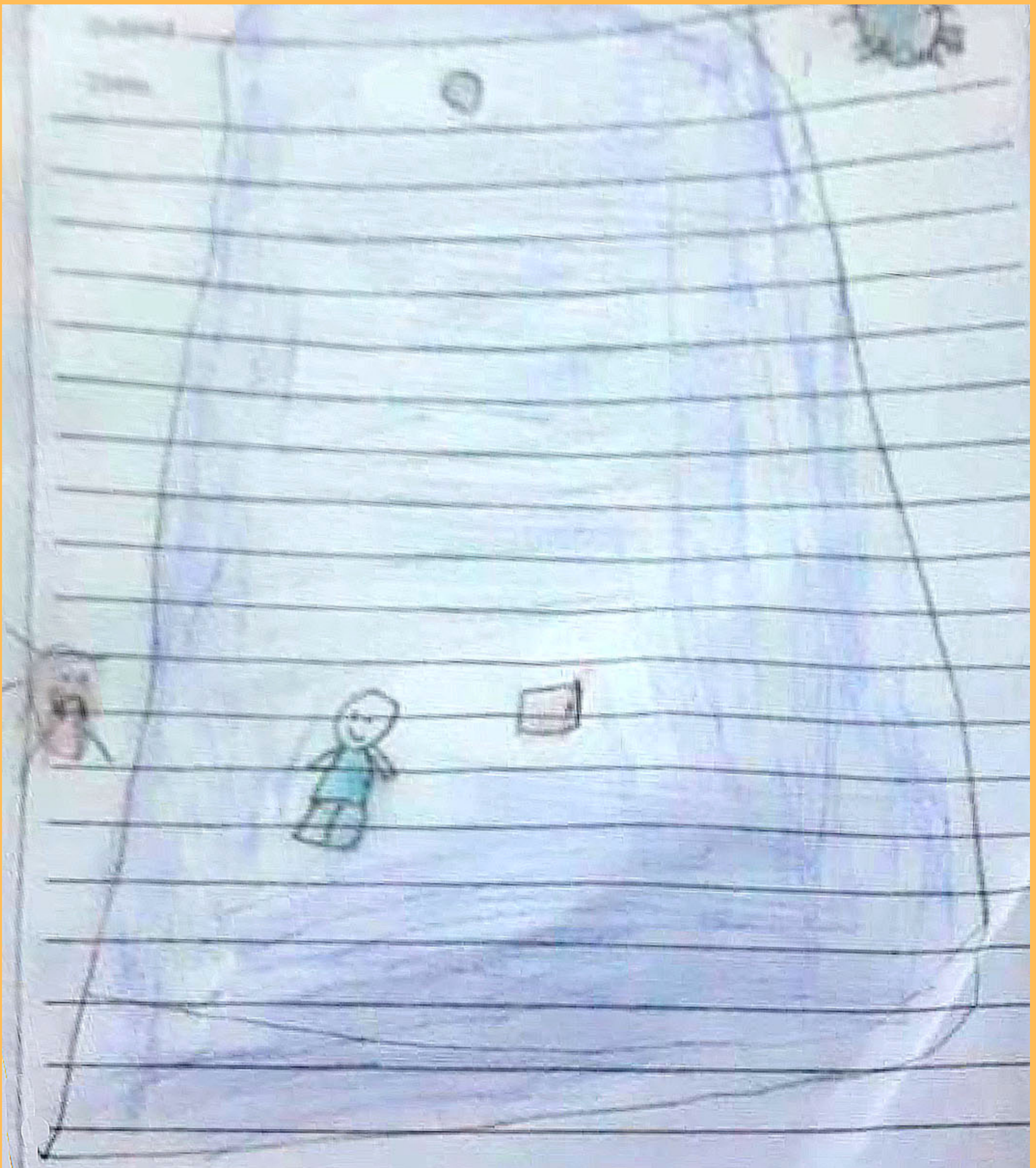
"I like drawing."



**Jana**  
5 years old  
from Jordan



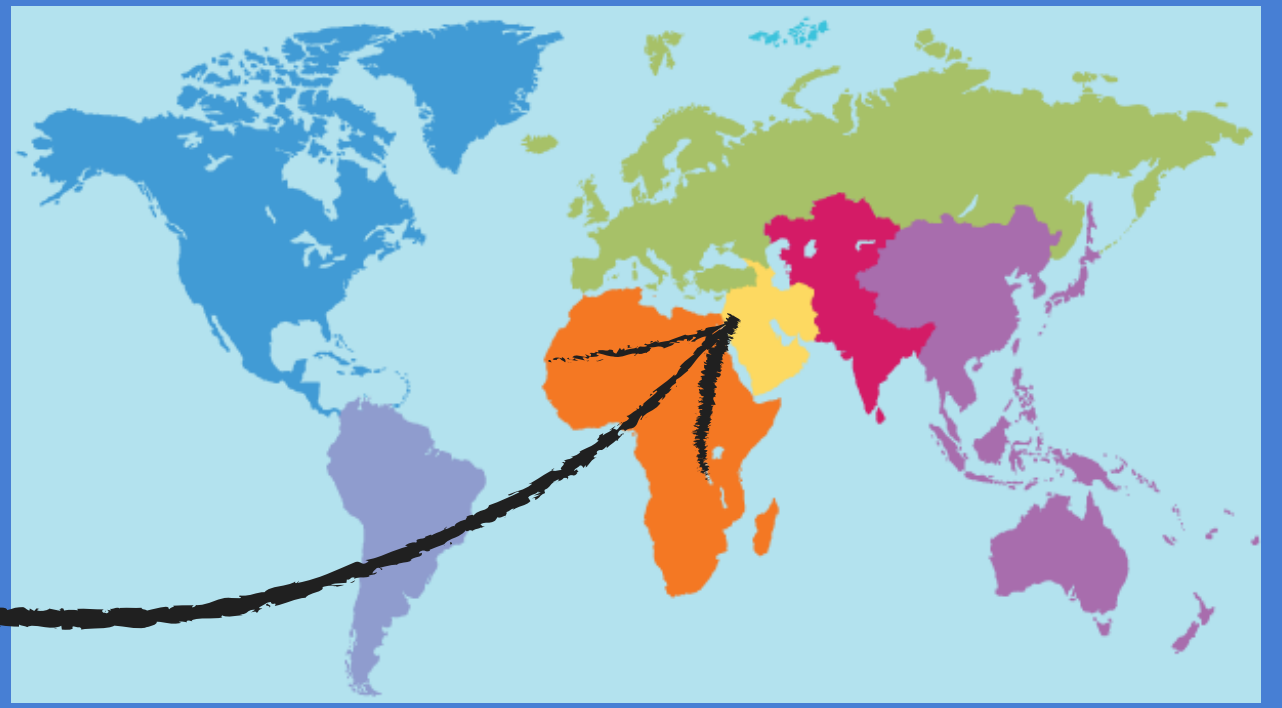
**Level of restriction: Minimal**



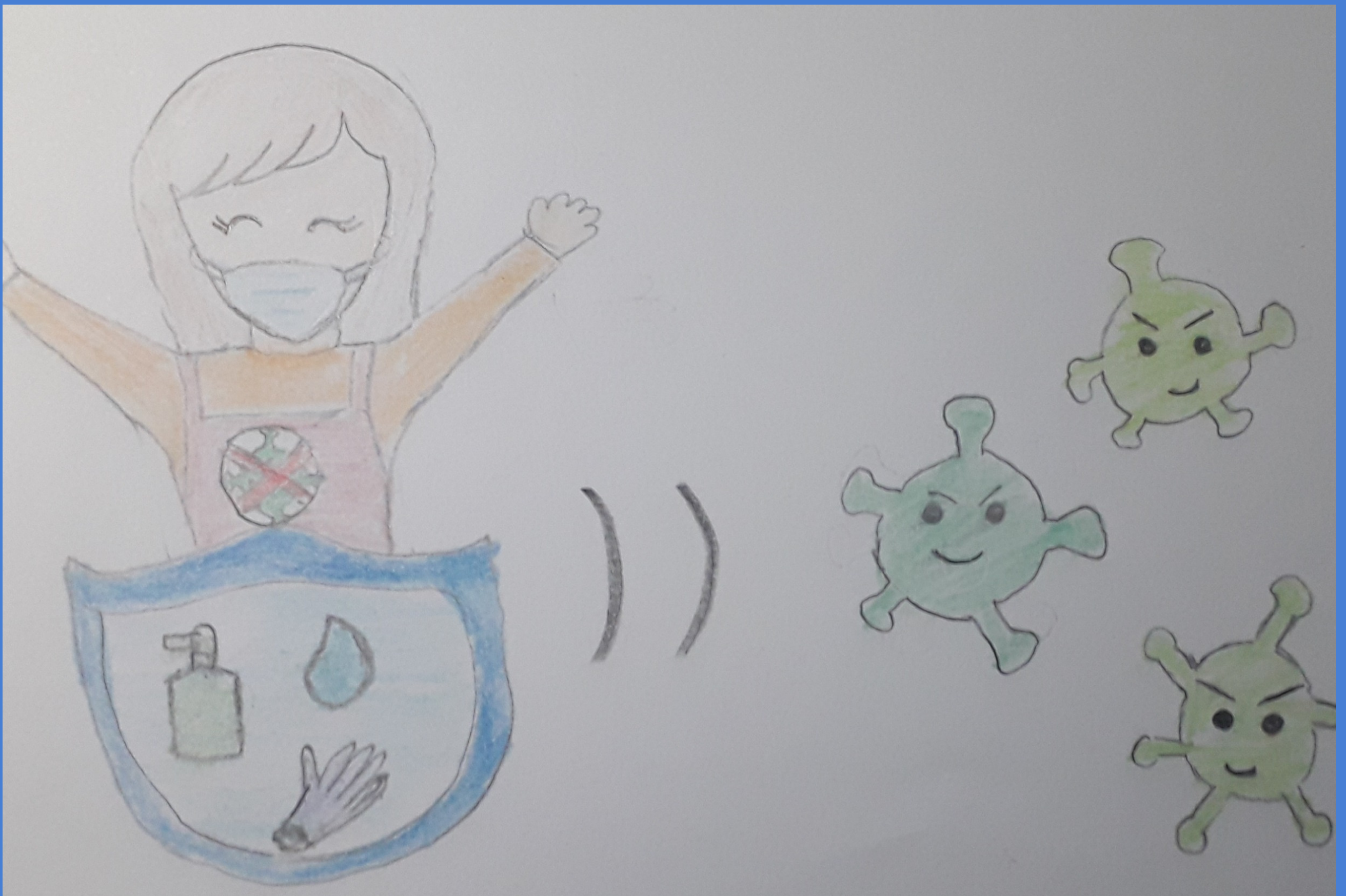


**Lana**

10 years old  
from Jordan



**Level of restriction: None**



"Covid 19 is dangerous and we have to be careful."



**Layan**  
11 years old  
from Jordan



**Level of restriction: Severe**



"I knew the real meaning of love after we get locked down in our homes because of COVID-19."



**Masah**  
5 years old  
from Jordan



**Level of restriction: None**



"Corona."

\*Translation: The Arabic word in picture is "Masah"



**Osama**

10 years old  
from Jordan



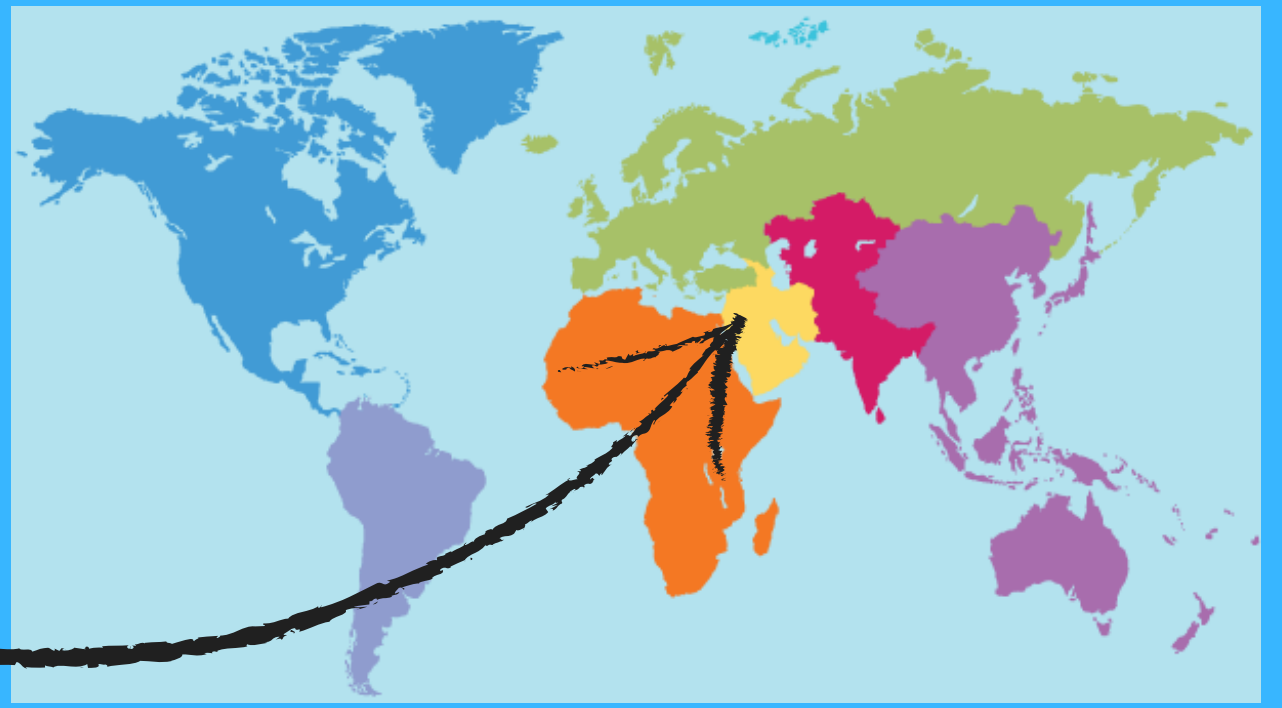
**Level of restriction: Some**



"I was playing in the playing ground, I found this broken board. I tried to cut it properly, gathered my acrylic colors and started to paint."



**Rana**  
6 years old  
from Jordan



**Level of restriction: Minimal**



"Corona."

\*Translation: The Arabic word in picture is "Rana"



**Salma**  
5 years old  
from Jordan



**Level of restriction: None**



"Coronavirus makes us sick."

\*Translation: The Arabic word in picture is "Salma"

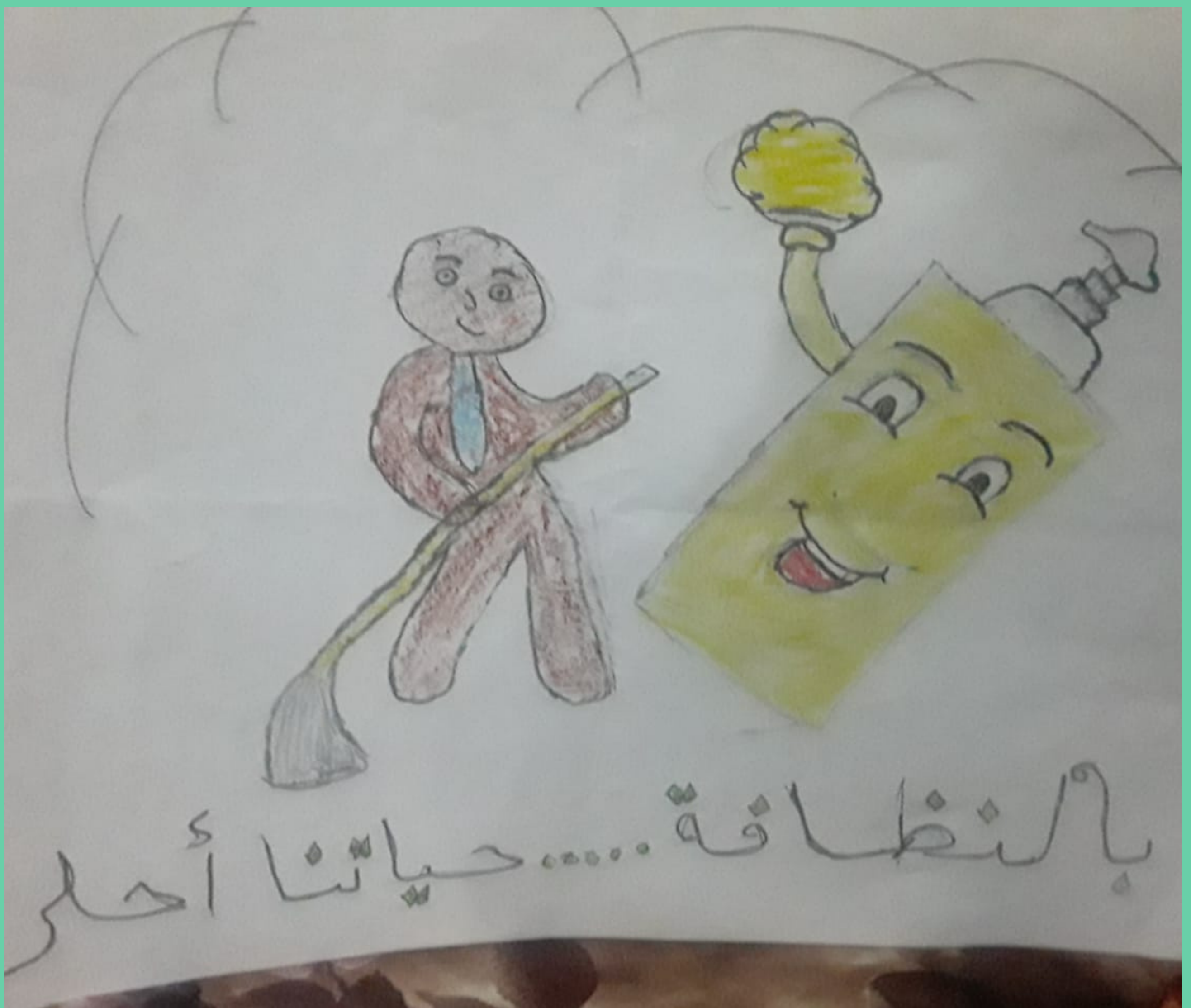


**Sanaa**

11 years old  
from Jordan



**Level of restriction: Severe**



"This drawing shows how we can protect ourselves from COVID-19."

\*Translation: The Arabic writing in picture is  
"Cleanliness.... our life is better"



**Shahid**  
5 years old  
from Jordan



**Level of restriction: None**



"The virus."

\*Translation: The Arabic word in picture is "Shahid"



**Favour**  
10 years old  
from Malawi



**Level of restriction: Moderate**

"My experience in corona virus pandemic."

Corona virus is a bad disease that has killed many people in the world. During this period I have experienced alot of things. Some of my experiences are as follows, there is lock down which is making us not to go to school and I have missed my friends but I have some activities which I am doing with my friends at home to prevent loneliness we only observe social distance to avoid body contact.

Though this is so, am preventing this disease by washing my hands frequently and observe social distance since prevention is better than cure.

Yours faithfully,

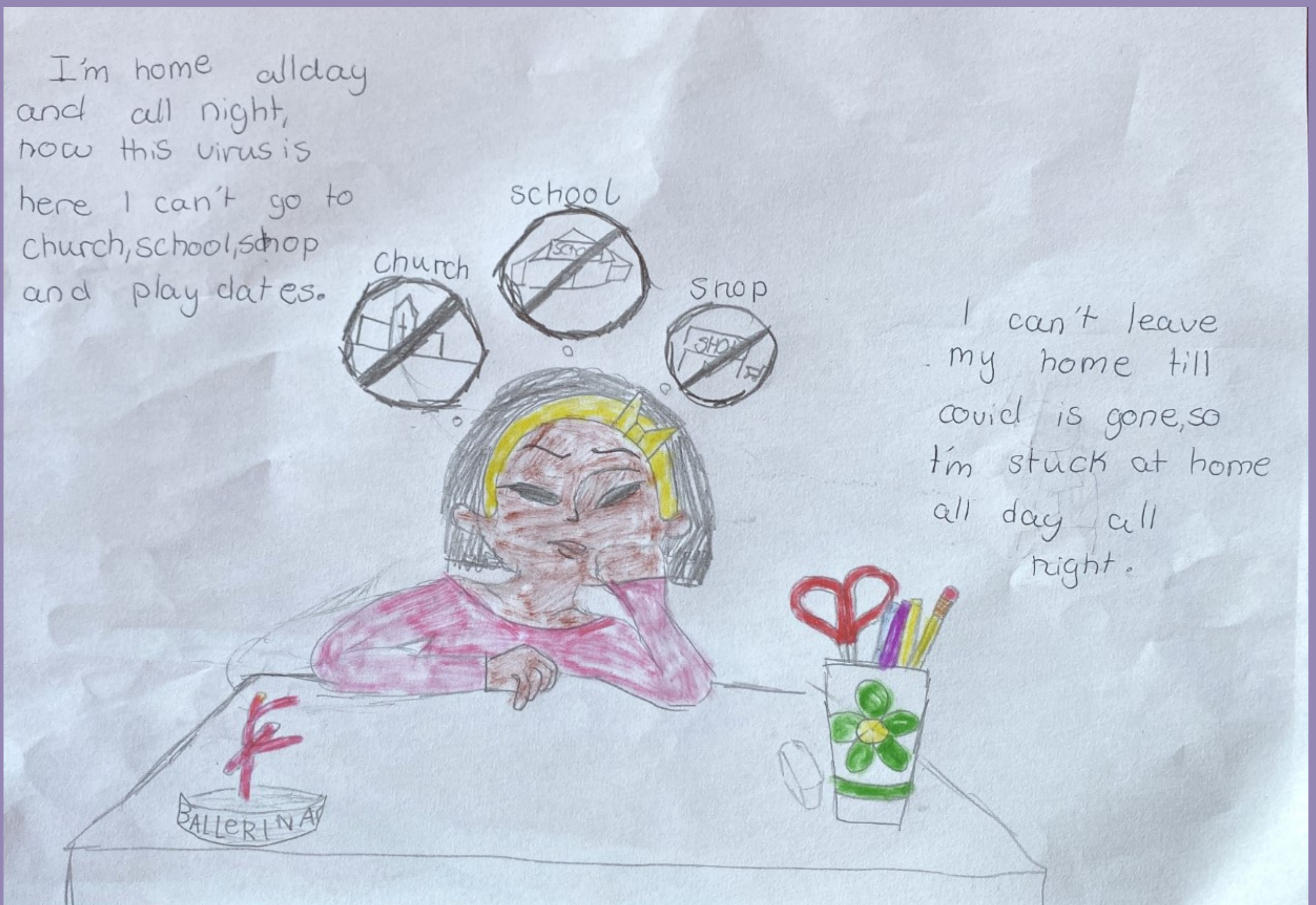
Favour



**Glory**  
10 years old  
from Malawi



**Level of restriction: Moderate**



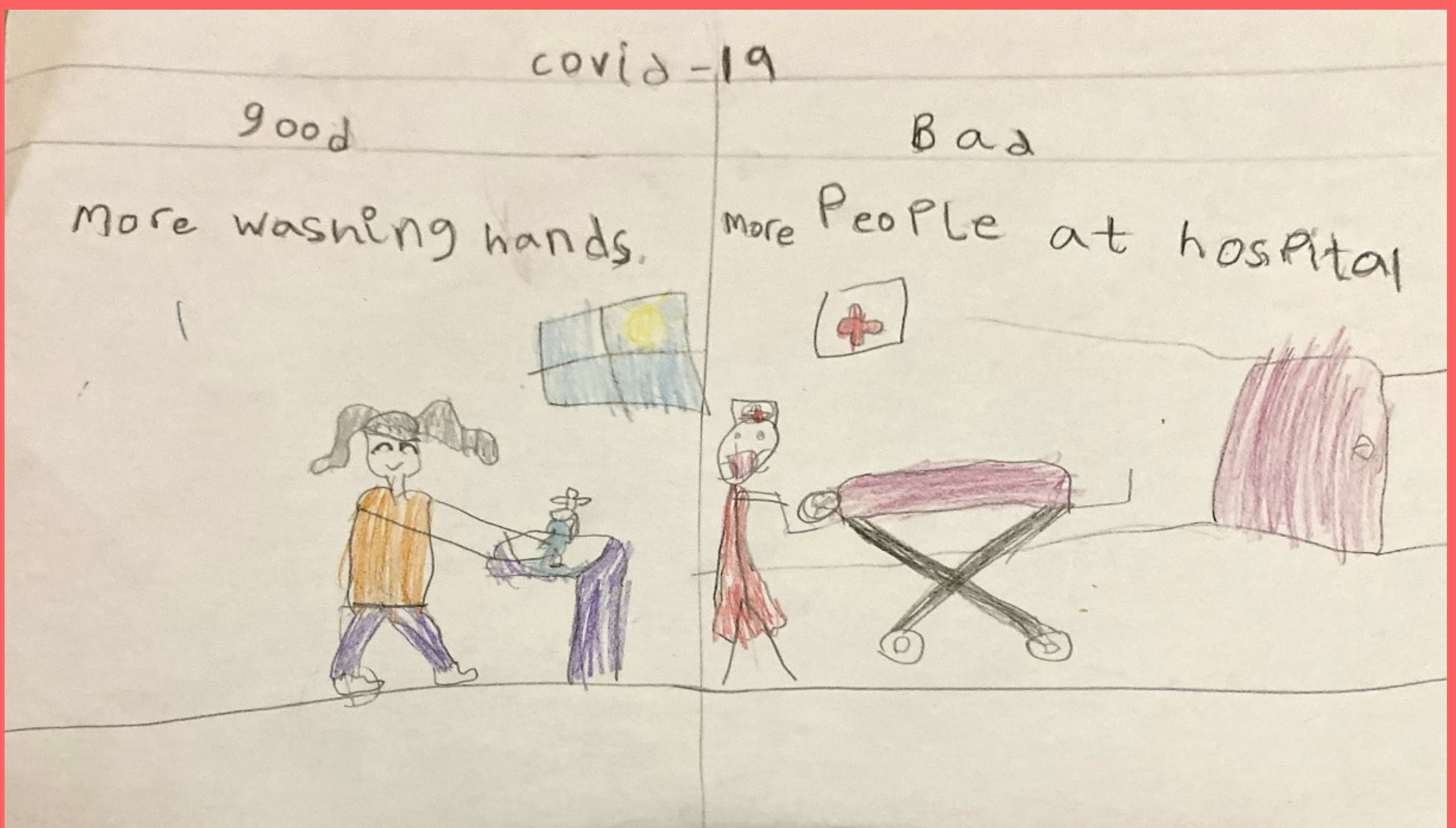
"The art work is about me when I have done everything at home including school work. And I can not go to church, school , shop or play with my friends because of COVID-19. Like me, many children in Malawi are experiencing the same and I want other children in other countries to know how COVID-19 has affected our life as children."



**Tadala**  
7 years old  
from Malawi



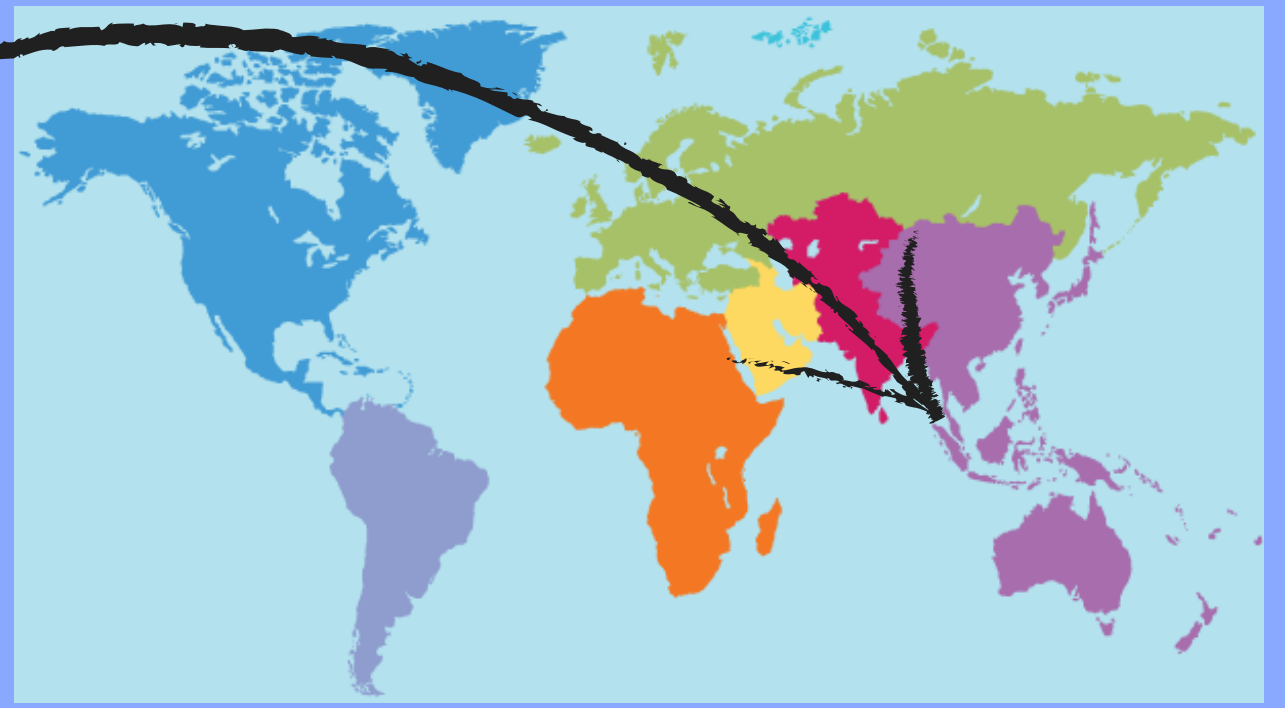
**Level of restriction: Moderate**



"More people are washing hands frequently to avoid having COVID-19. This is good because washing hands helps us to be clean and not to get sick from many diseases like diarrhea."



**Nin Xuan**  
6 years old  
from Malaysia



**Level of restriction: Moderate**



"Covid19, be careful. One world, one love."



# Angoose

11 years old  
from New Zealand



Level of restriction: Severe



"I decided to share my picture because I love creating characters and wanted to share them."



**Ellise-Gold**  
6 years old  
from Nigeria



**Level of restriction: Severe**



"My picture is about two friends playing outside on a sunny day and suddenly they saw the coronavirus heading towards them. The other one ran behind the house to hide and the other friend was looking up scared and thinking to go inside before it catches her and maybe continue playing. Sad or Happy?---I choose sad because coronavirus is here, I cannot see my friends in school, it is making people cry and killing people. I want it to go away, so I can be happy and hug again."



**Olachi**  
11 years old  
from Nigeria



**Level of restriction: Severe**



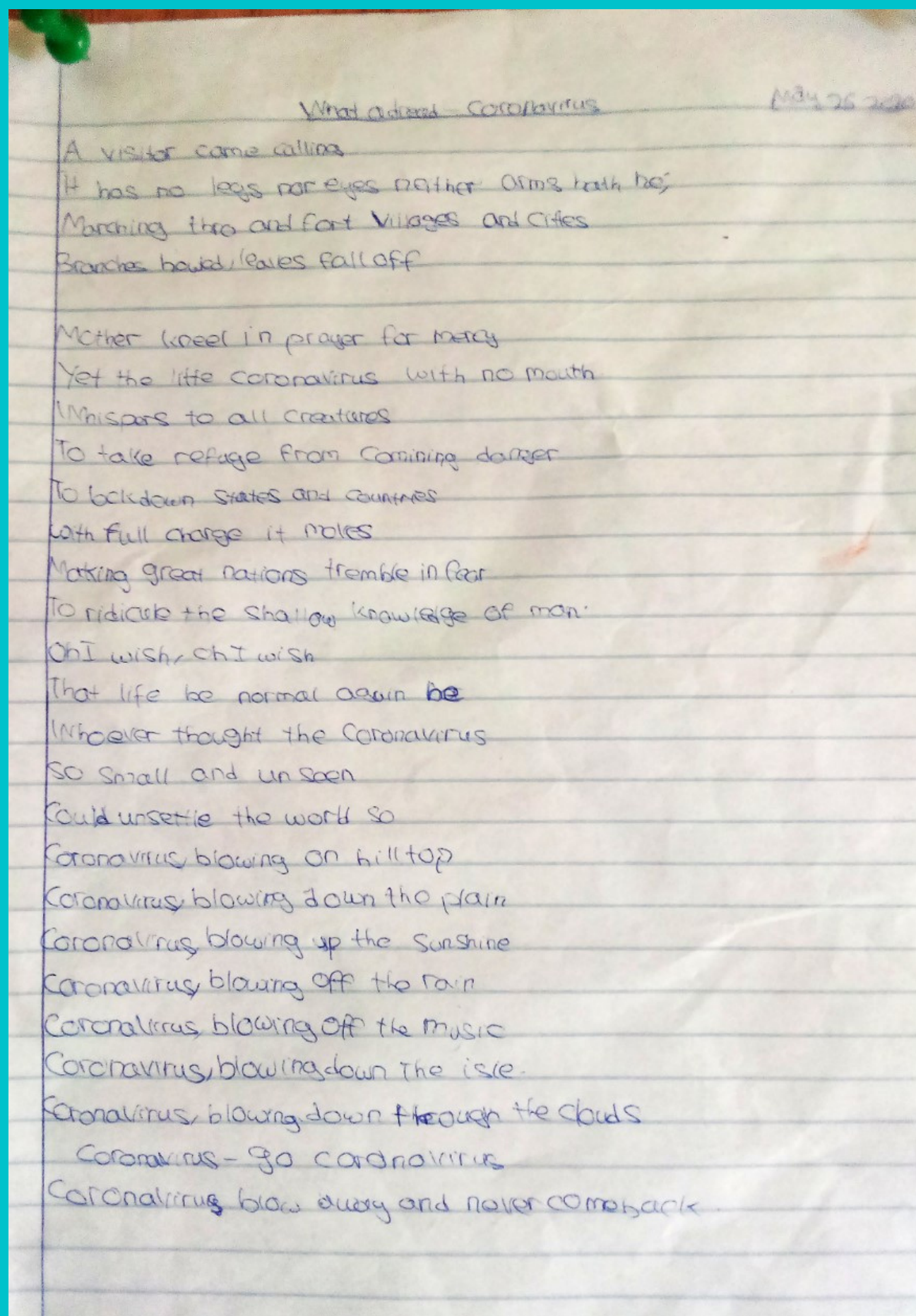
"My drawing is titled "It's in our hands". It is just a picture showing that prevention of the Coronavirus is in our hands. As we begin to go out to play as children, the more we wash our hands with soap and water the happier (smiling) our hands will be. The brown hand shows an unwashed hand filled with the coronavirus."



**Pearl**  
8 years old  
from Nigeria



**Level of restriction: Severe**



"The poem is about how I think coronavirus has affected nature and has made everyone look like monsters around themselves. It is also about how the virus has made lockdown to stay for a very long time and may still go on for a month or more. It has made me and my sisters not to go out to visit our friends and not to play with our pets as we like because of fear of contracting it from them. I decided to share my poem because this is how I feel about the virus and I feel better writing about it."

*(Continued on next page)*



# Pearl (continued)



A visitor came calling,  
It has no legs nor eyes, neither hands hath he.  
Marching to and fro villages and cities,  
Branches bowed, leaves fall off.  
Mother kneel in prayer for mercy,  
Yet the little coronavirus with no mouth,  
whispers to all creatures.  
To take refuge from coming danger,  
To lockdown states and countries,  
With full charge it makes.  
Making great nations tremble in fear,  
To ridicule the shallow knowledge of man.  
Oh I wish, Oh I wish  
That life be normal again, be.  
Whoever thought the coronavirus,  
so small and unseen,  
Could unsettle the world so.  
Coronavirus blowing on hilltop,  
Coronavirus blowing down the plain,  
Coronavirus blowing up the sunshine,  
Coronavirus blowing off the rain,  
Coronavirus blowing off the music,  
Coronavirus blowing down the isle  
Coronavirus blowing down through the clouds,  
Coronavirus go-coronavirus  
Coronavirus blow away and never come back!



# Odai

7 years old  
from Saudi Arabia



**Level of restriction: Severe**



"Its been 40 days  
inside, it's boring. I miss  
our farmhouse and the  
trees..."



"Disinfectant scares  
Corona."

\*Translation: The Arabic  
word in picture is "chlorine"



"Corona not finished -  
Corona still here after over 2  
months of lockdown."

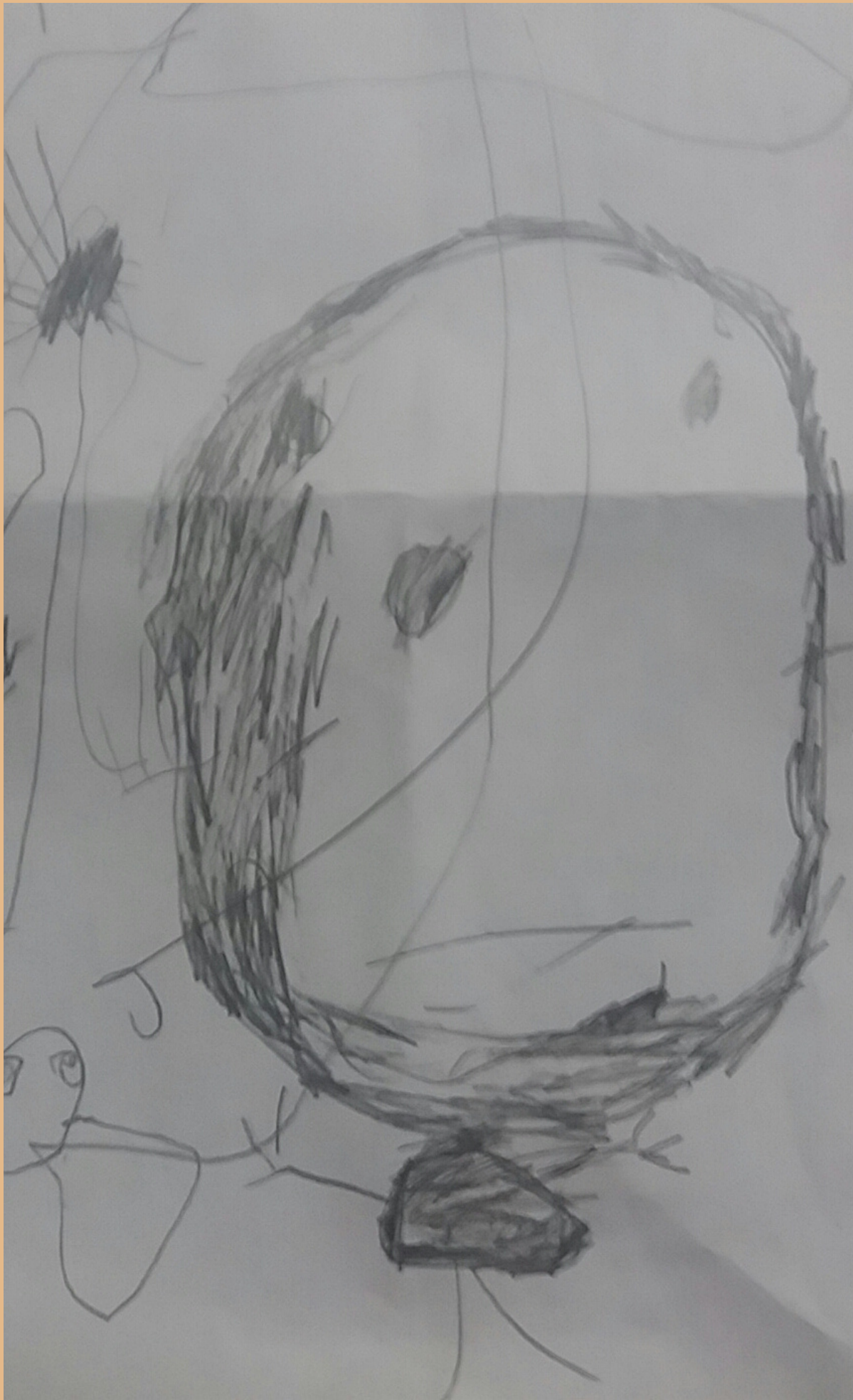


# Yara

4 years old  
from Saudi Arabia



**Level of restriction: Severe**



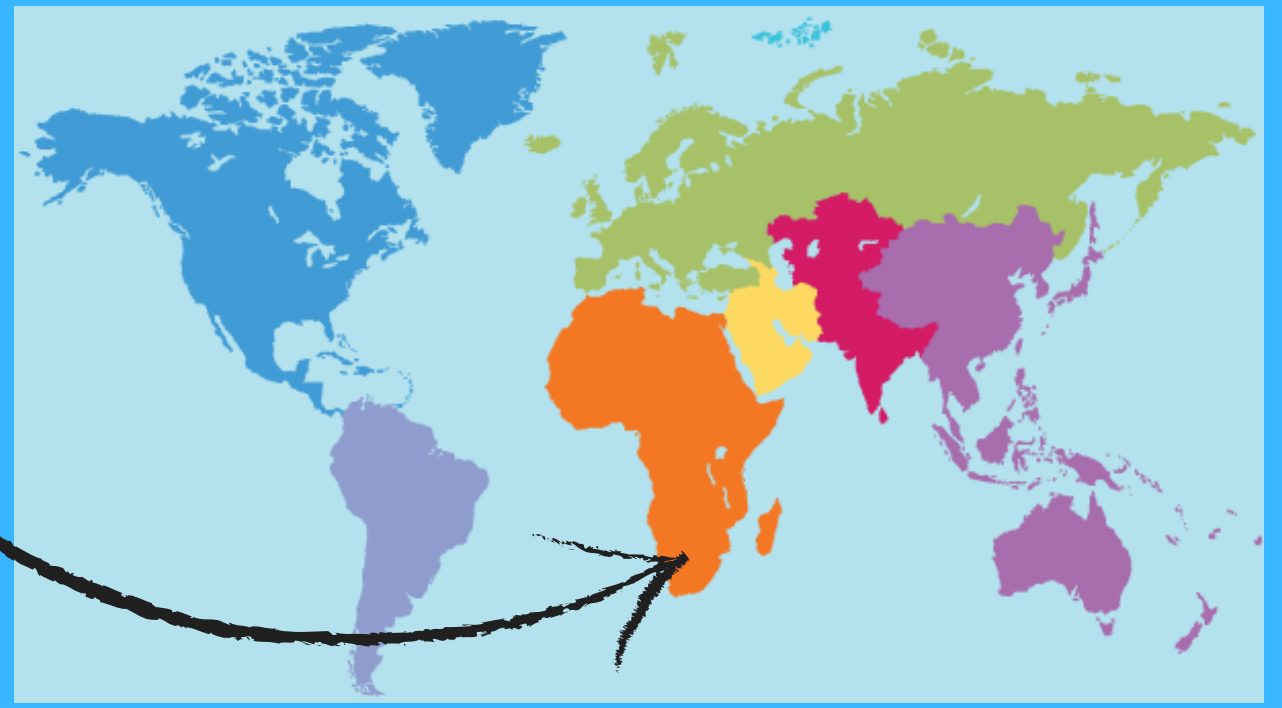
"We use Clolex (Clorex:  
disinfectant) to stop  
Colona (corona virus)."

"Super hero against  
Corona."



# Thabiso

9 years old  
from South Africa



**Level of restriction: Severe**

"I want to show how the coronavirus has changed my life."

"Because of the coronavirus, I cannot play with my friends anymore. This makes me feel sad because I miss playing with my friends."



Because of the coronavirus, I can not play with my friends anymore. This makes me feel sad because I miss playing with my friends.

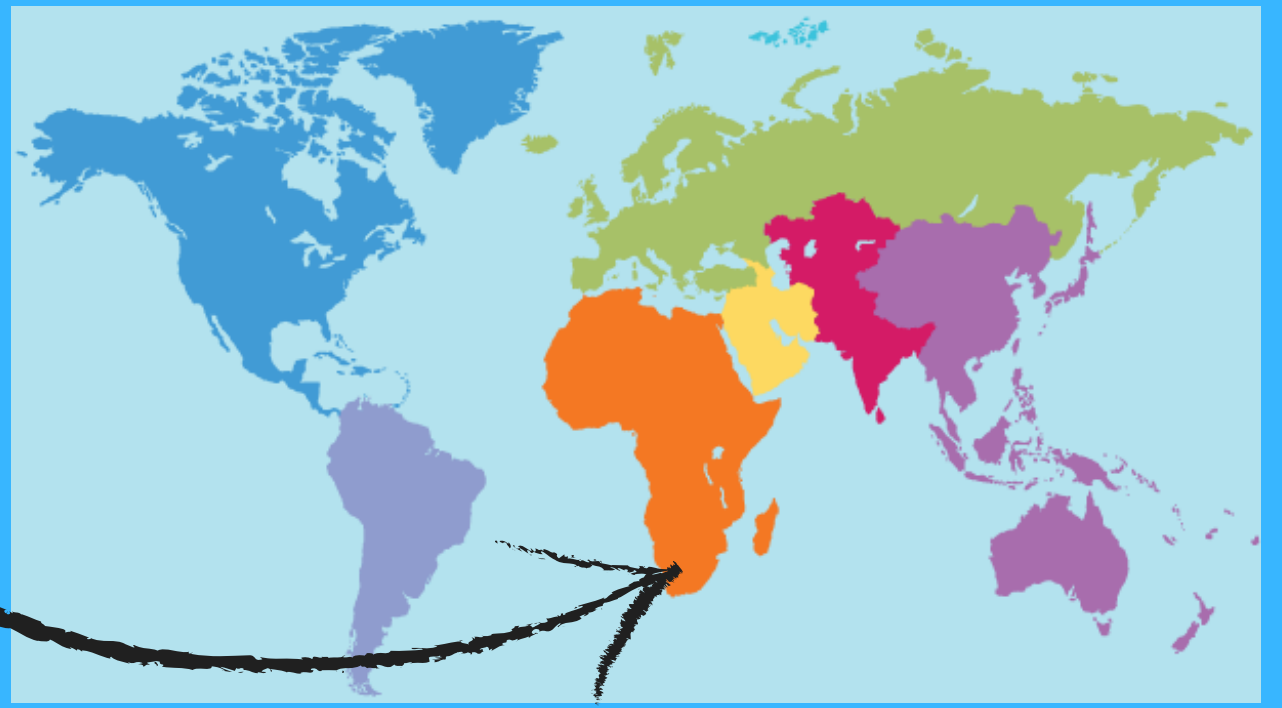


"I cannot go to school anymore because of the coronavirus. I do my school work alone at home."

(Continued on next page)



# Thabiso (continued)



"I feel scared and sad when I watch news about the coronavirus on t.v. I wish the coronavirus can go away."



"I always ride my bicycle alone in the yard. I feel lonely because I used to enjoy riding with my friends."



**Axel**  
9 years old  
from Sweden



**Level of restriction: Other**



"Jag saknar och oroa mig för farmor och farfar som är i riskgruppen. Men det känns bättre när vi gör saker ihop över video. Här har vi lagat pannkakor ihop och äter tillsammans."

"\*Translation: Swedish writing "I miss and worry about grandfather and grandmother who are in the risk group. But it feels better when we do things together over video. Here we have made pan cakes together and eat together."



**Edwin**  
11 years old  
from Sweden



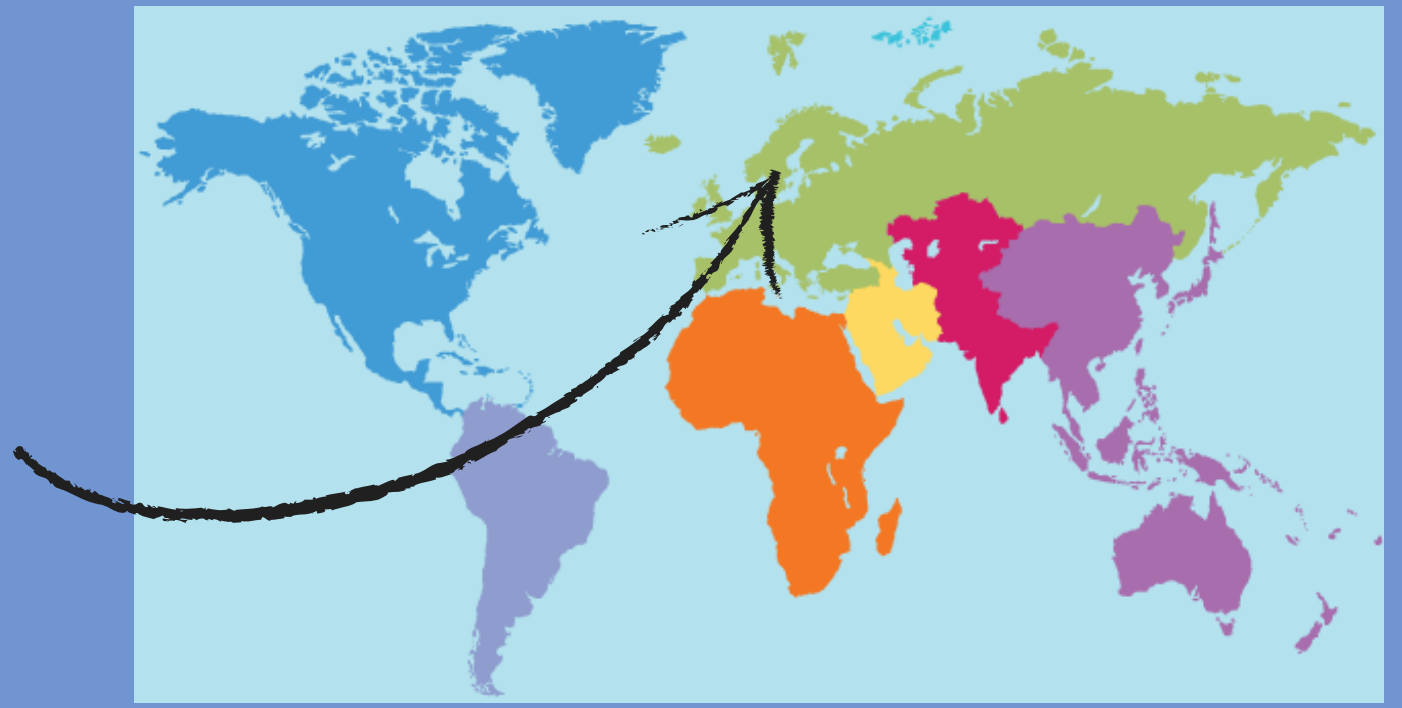
**Level of restriction: Moderate**



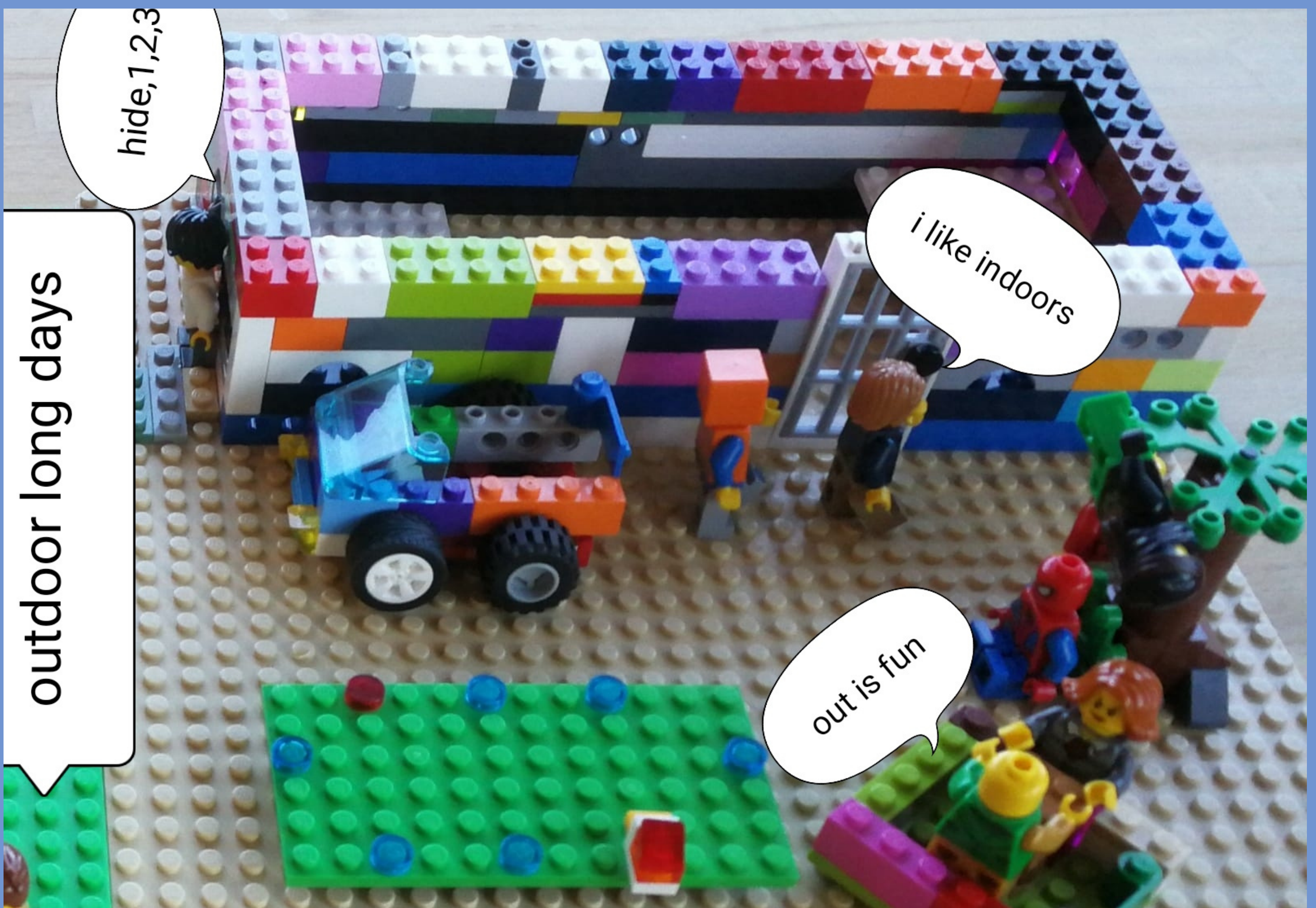
"My family has more time to have fun and hang out together."



**Ethan**  
6 years old  
from Sweden



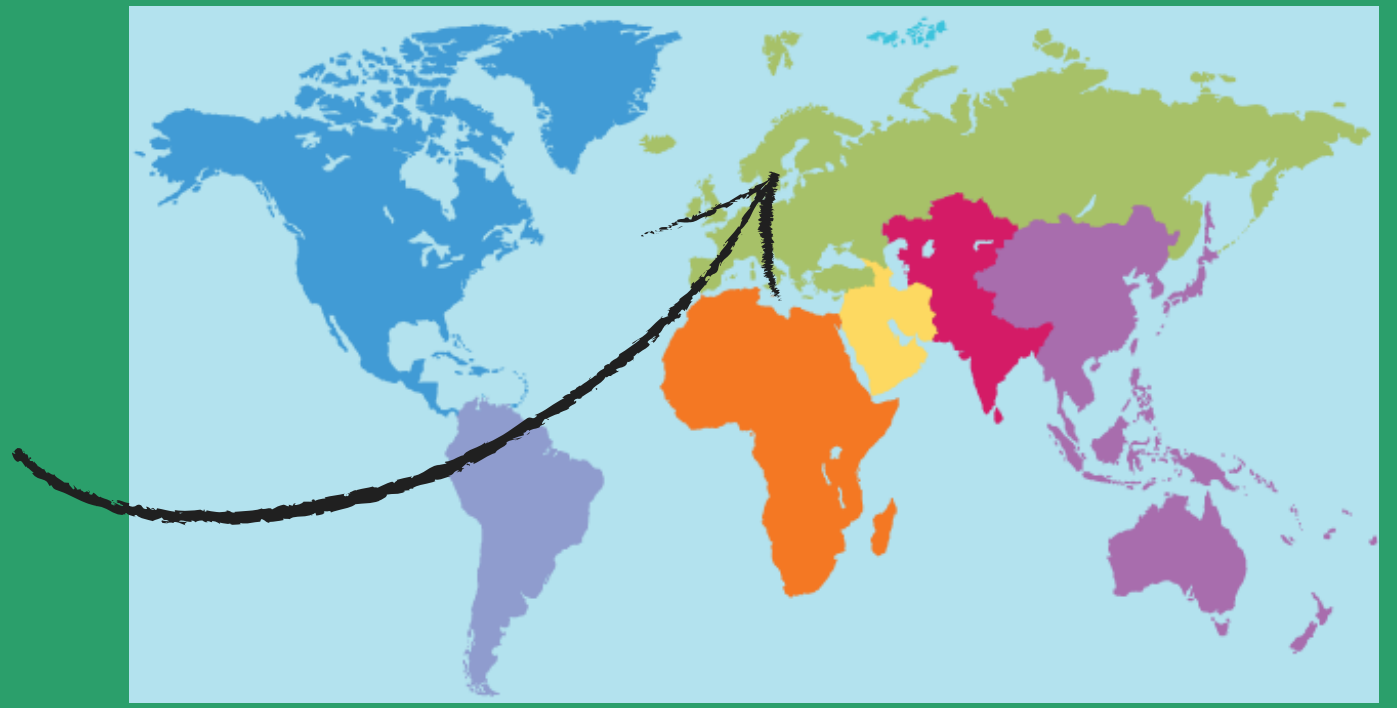
**Level of restriction: Minimal**



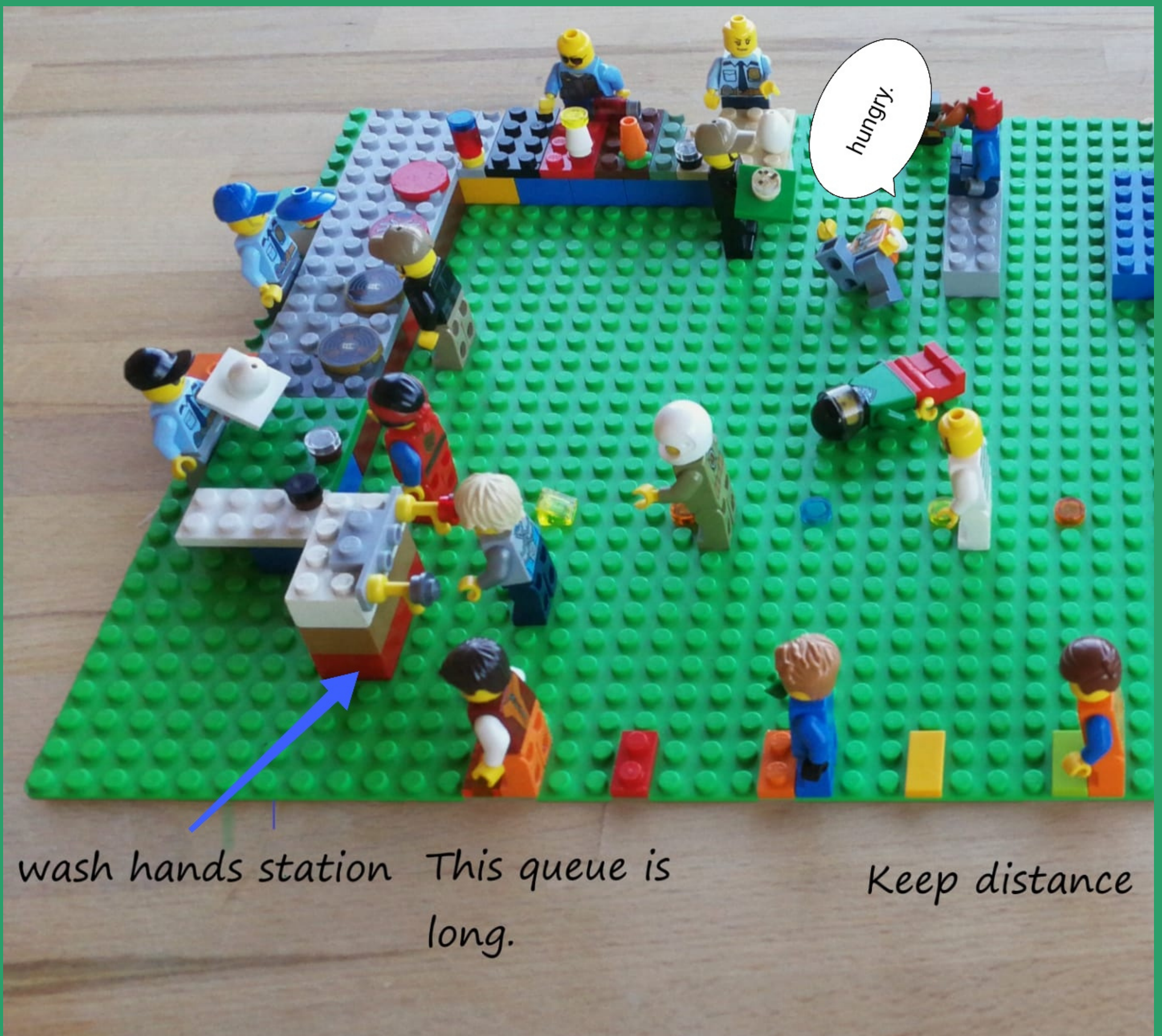
"We are having longer outdoor activities because of Corona. Some children like to be outdoors but some don't. Especially when it's cold, it's not fun."



**Tendo**  
11 years old  
from Sweden



**Level of restriction: Minimal**



"At school, it's no longer self service for meals. Teachers have to serve us and it is long queues. We have to keep a distance but it's hard for us."



# Apek

9 years old  
from Turkey



**Level of restriction: Severe**



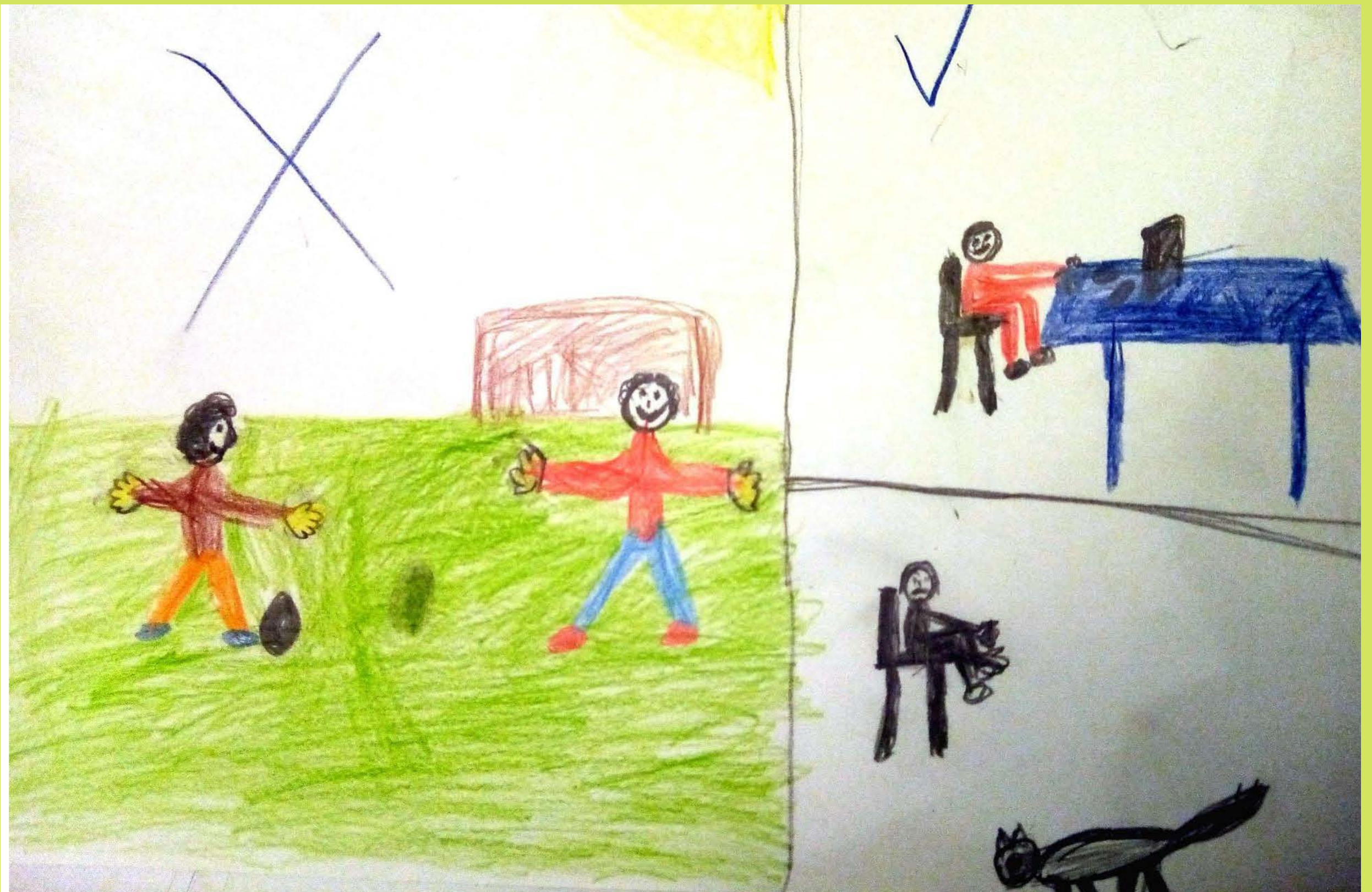
"I wanted to show how it is difficult to stay at home. The meaning of the word in the picture: 'kolonya' means a kind of solution which contains alcohol. In my picture, I wanted to show that I got bored too much. This picture It shows the corona virus itself and tells to protect ourselves. Isolation protects us from corona virus. It made us to be more careful about hygiene with mask and alcohol. We do not get ill by using social through isolation. But I got so bored of being at home. I got so bored of hearing the coronavirus everytime. I feel lonely. I missed my friends. I want this period to get over soon. I am very bored."



# Burak

10 years old  
from Turkey

**Level of restriction: Severe**



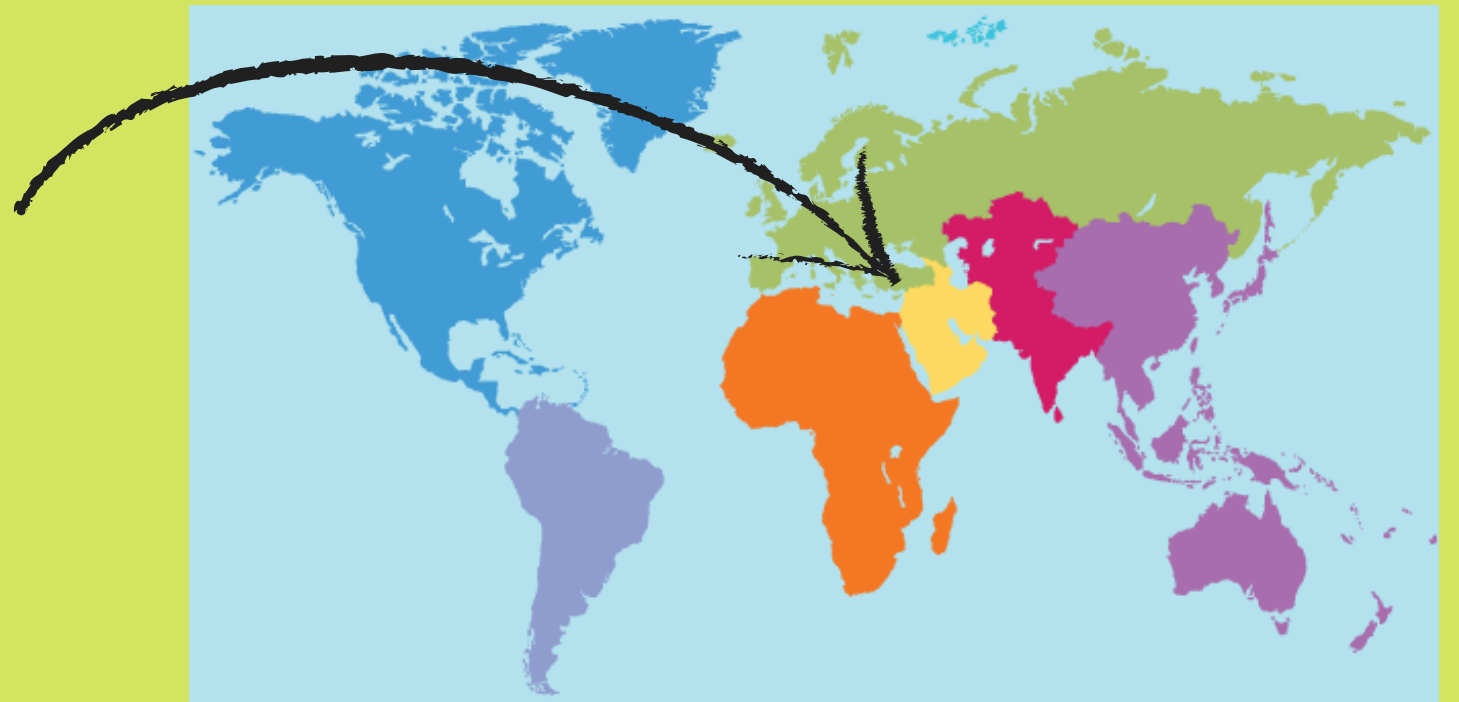
"I would like to share my experience and feelings about isolation in my family and my country to my international peers. My story I have 2 parts in the picture. In the left side, it is what I used to do before the isolation. In the right side, it is what I am doing nowadays in the isolation. Most of the time I am with the electronic devices for lessons or plays or videos. Sometimes I can not find anything to do and I get bored. Especially when you (referring to mother) are busy with your works or tired or angry with someone. In the isolation I can rest whenever I need or want. I don't get infectious. I can share my time with my pet and my family."

*(Continued on next page)*



# Burak

## (continued)



"We can deal with several activities which we never tried before, ccooking, planting, wathching movie. We can have special times as family, we can work as family. It is a kind of holiday. Rules are also flexible. Such as for screen time, schoolworks, slleping time and snacks. I am not sure if it is something good or bad. It makes me have fun most of the time. But sometimes I feel quilty, it is weird. I can deal with and improve my good habits. I arranged my schedule for reading times and I am more careful with my oral hygiene. To help you with the houseworks is also enjoyable.

I can divide bad things into two groups. One is about being at home and the other is about not being outside. At home we are busy with useless things. We spent time negatively. At home we are physically passive We can not have effective school education because we are not allowed to go out We can not benefit from the sun because we are not allowed to go out. We can not meet with friends and relatives in real because we are not allowed to go out. Maybe I got worse in my basketball performance. I am ok with the situation for now. But I need you (referring to mother and father) to be smiling. This activity is also funny. We can find more time such things nowadays. You are more patient with my questions. Dad is at home and playing with me. We would like to share our feelings internationally."



# Yilmaz

13 years old  
from Turkey



**Level of restriction: Severe**



"I would like share my feelings and experience. I would like to show our challenges in my country and my feelings."

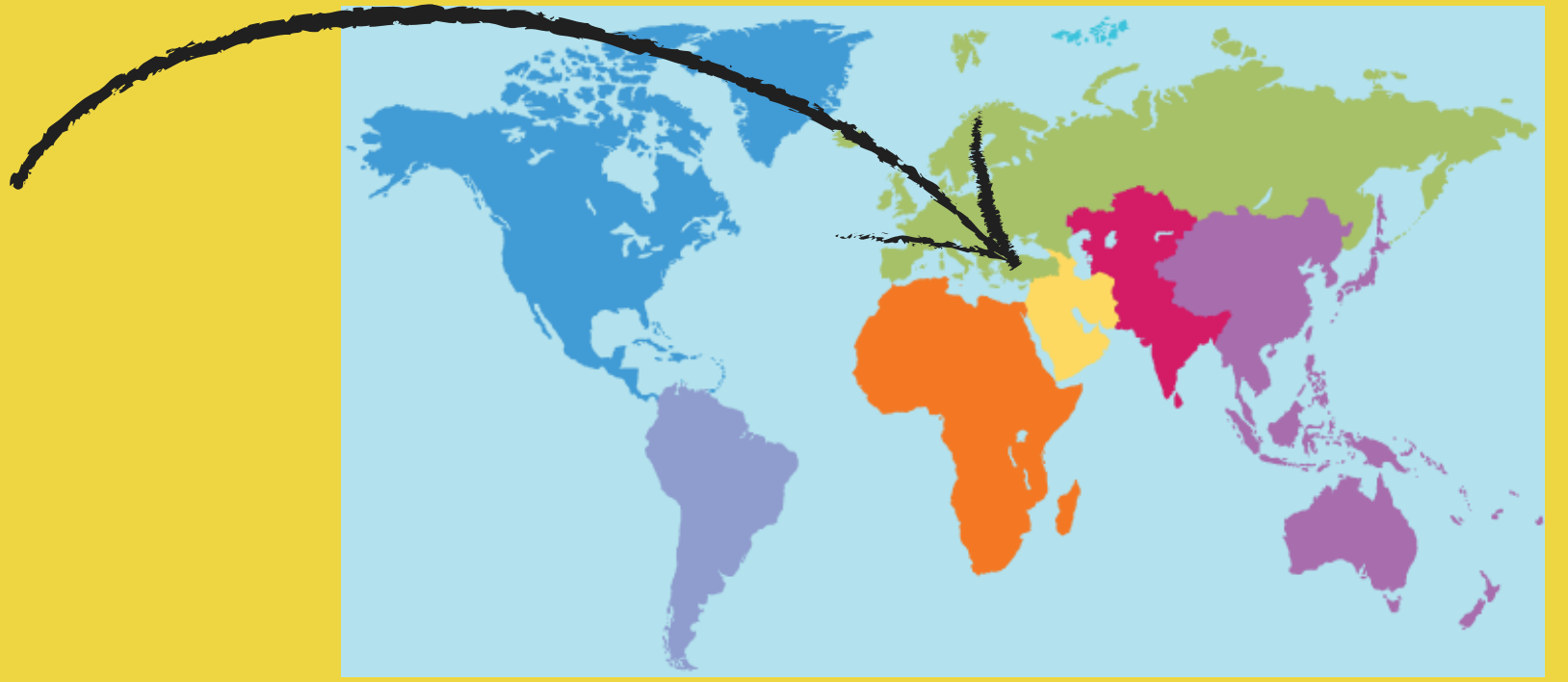
\*Translation: The Turkish words HASTANE means "Hospital" and ACİL means "Emergency Service"

*(Continued on next page)*



# Yilmaz

(continued)



"We are safe at home as family. But it is so dangerous outside. The hospitals live the biggest challenge. However the hospitals are so safe, too, I think. The health professionals are very good in their professions.

I spend time with my family. I realized how good my brother is. My mother is always at home, resting. I am very happy that she doesn't get tired. My father is always at home, too. I am glad that he is at home and safe, but sometimes he has to work harder at home and get tired more. Maybe that's how it is like before, I don't know. This makes me very upset.

Being at home is not bad for me. Normally, I am always at home because my parents work. I can spend time at home without getting bored. When we did not understand the lessons in school, we were repeating the lessons. It is very difficult to study on my own without going to school."



# Milo

6 years old  
from the UK



**Level of restriction: Moderate**



"I really like this picture, I love the bright colours I used. The artist was David Hockney and I used watercolors to paint a similar picture. I have been learning about art at home school."

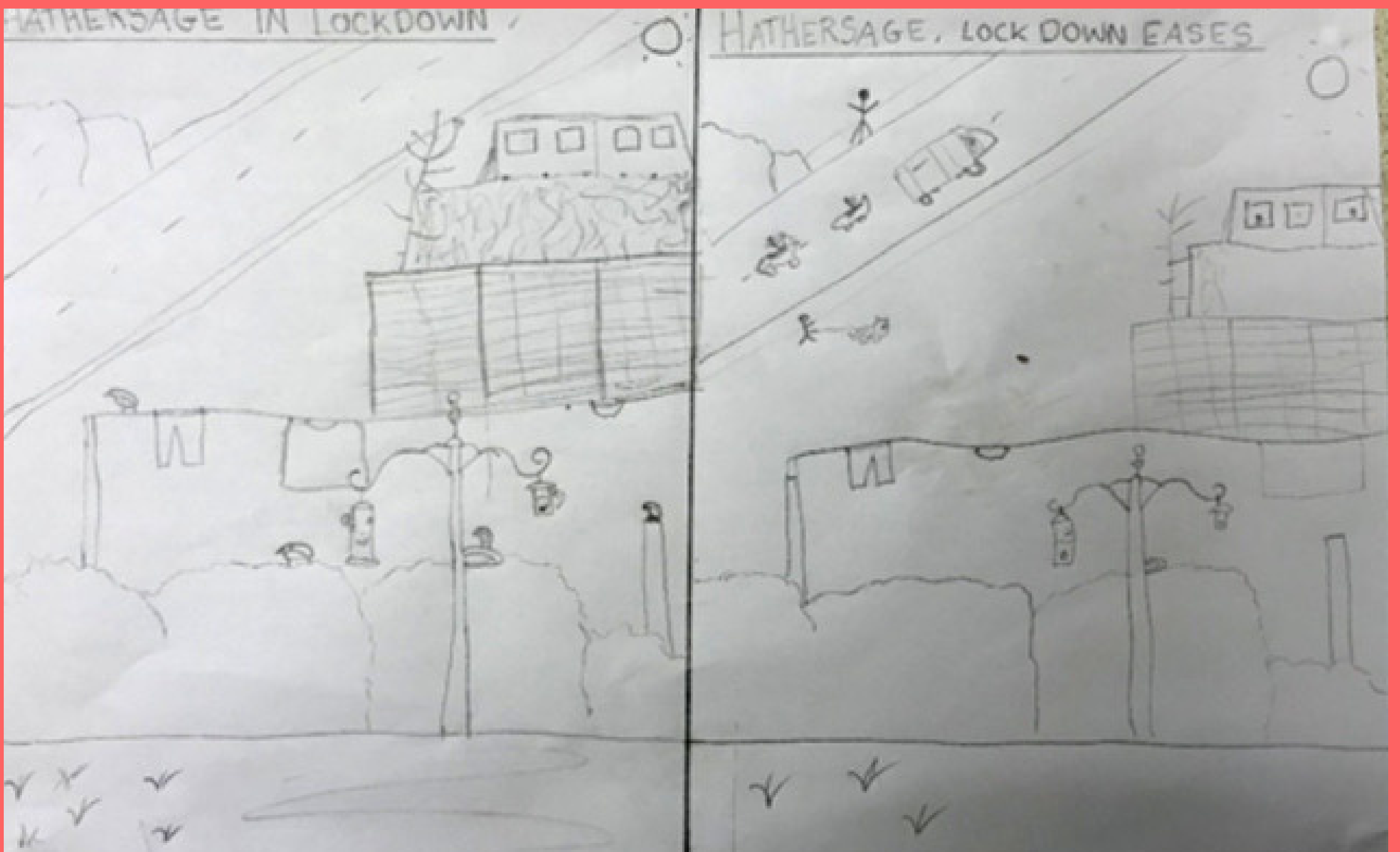


**Mollie**

12 years old  
from the UK



**Level of restriction: Moderate**



"I wanted to share the view from my living room window".



**Natasha**  
10 years old  
from the UK



**Level of restriction: Moderate.**

"Every expression means so much to me"

Lockdown hasn't been fun without my friends, teachers and the school, of course. Although I've been living in a cage of desperation, I am starting to embrace something new and I found that this lockdown was an opportunity to find that secret hobby(ies) that you never thought you could do but was just hiding in your soul. So, I'm writing this letter to tell you all the good things that I've been doing and learning and, definitely, some of the things I dislike about this lockdown. I will term it as "The good, The bad and The necessary "

**The good!**

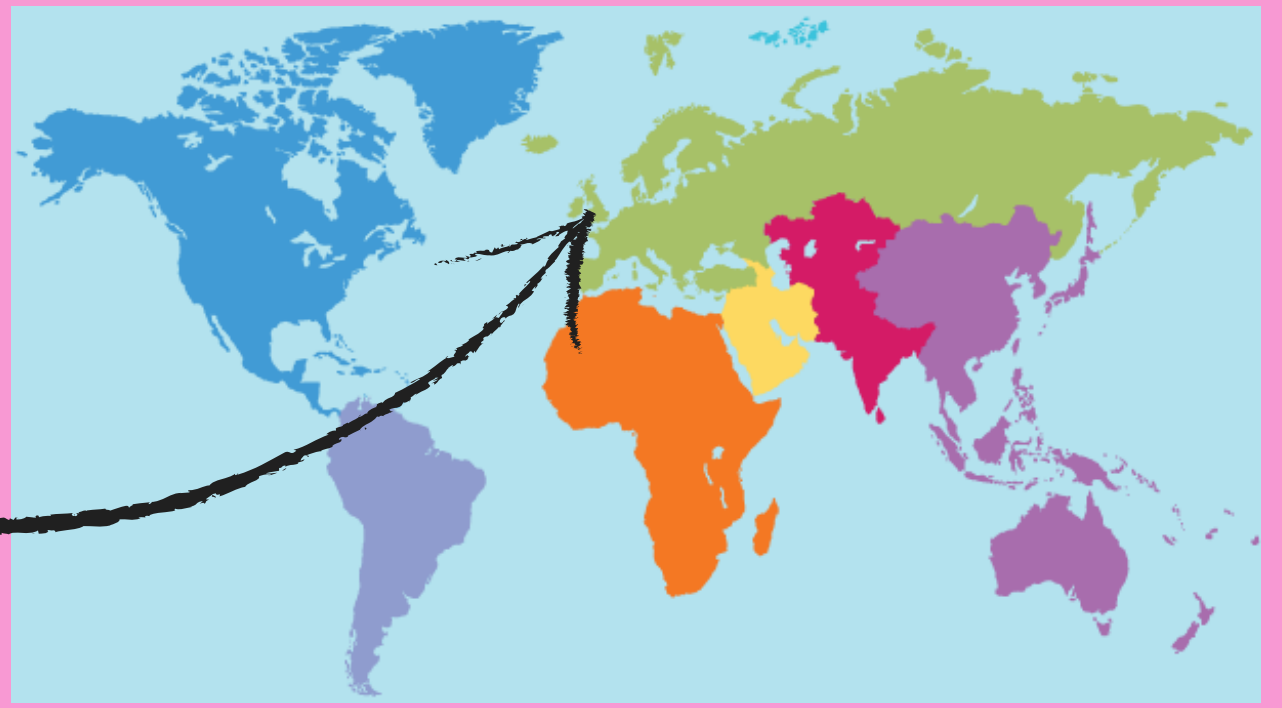
There is so many things I've learnt during lockdown. It has brought out all these talents and hobbies that, even I, didn't know as I never got the time. Before this pandemic, I used to hate cooking! I never wanted to learn how to cook as I hadn't got time but when Covid-19 came and lockdown commenced, I had plenty of time and decided to dedicate some time to learn how to cook. And now, I know how to make chocolate brownies, rainbow pancakes and scrambled eggs. I also spent time on sewing. Some people say it's for old people, but I think it's a lovely activity that keeps me entertained.

*(Continued on next page)*



# Natasha

## (continued)



The envelope/purse that I send this letter is what I sewed together myself. I saved the best for last! I made my own app that people can play with. I was so encouraged that my mum got me a robot that I could program and code to do my bidding, even if it was small. She also got me a board called Microbit that I could also code but would show me colours and patterns, but I have to code it.

### **The bad!**

Ever since my school close down, life has not been the same because I have no one to play with and I am stuck at home with the same people and things. Whenever I miss my friends, I call them on the iPad using the Facetime app. The most tragic painful part is that I cannot go for parties or attend playdate and sleepover with friends. As a result of the lockdown, I sometimes lose track of which day of the week it is. Even though it (has) been quiet all around, I found a way to lighten my day by learning how to make pancakes and other varieties of food. Whenever I did a lot of good accomplishments, I got to buy toys online because all the shops were closed from lockdown. I even bought wardrobe and clothes for my bunny teddy, Daisy (which I got for my 8th birthday). Also because of lockdown, all my sports activities were closed.

*(Continued on next page)*



# Natasha

(continued)



so to keep me occupied therefore I do my Jado Kuin Do practice at home and exercise using the trampoline,). As my mum is a doctor, a keyworker, her work is prolonged throughout the day, and sometimes, often on Wednesday and Friday, does she go on-call, which is when a keyworker works in the night. Whenever she comes back, I feel sad that, I cannot hug her instantly because of the danger of infection from her clothing.

## **The Necessary!**

1) Whenever I am in the shop, I must stay at least two meters apart from the person in front of me because of social distancing will stop us from spreading any sorts of microorganisms. 2) Any time I sneeze or cough, I have to do it inside my elbows, and if I do it on my hands, I have to wash my hands with soap and water and even better with alcoholic sanitizer. 3) I am not allowed to visit other country or even friends because, to protect us, we do social distancing so we cannot spread it. I hope you thoroughly enjoyed my description of how the lockdown has affected my life.

Yours Sincerely,

Natasha (Kawaii Unicorn), Year 5 Primary School



**Adam**  
5 years old  
from the USA



**Level of restriction: Severe**



"My family."

\*Translation: The Arabic word in picture is "Adam"

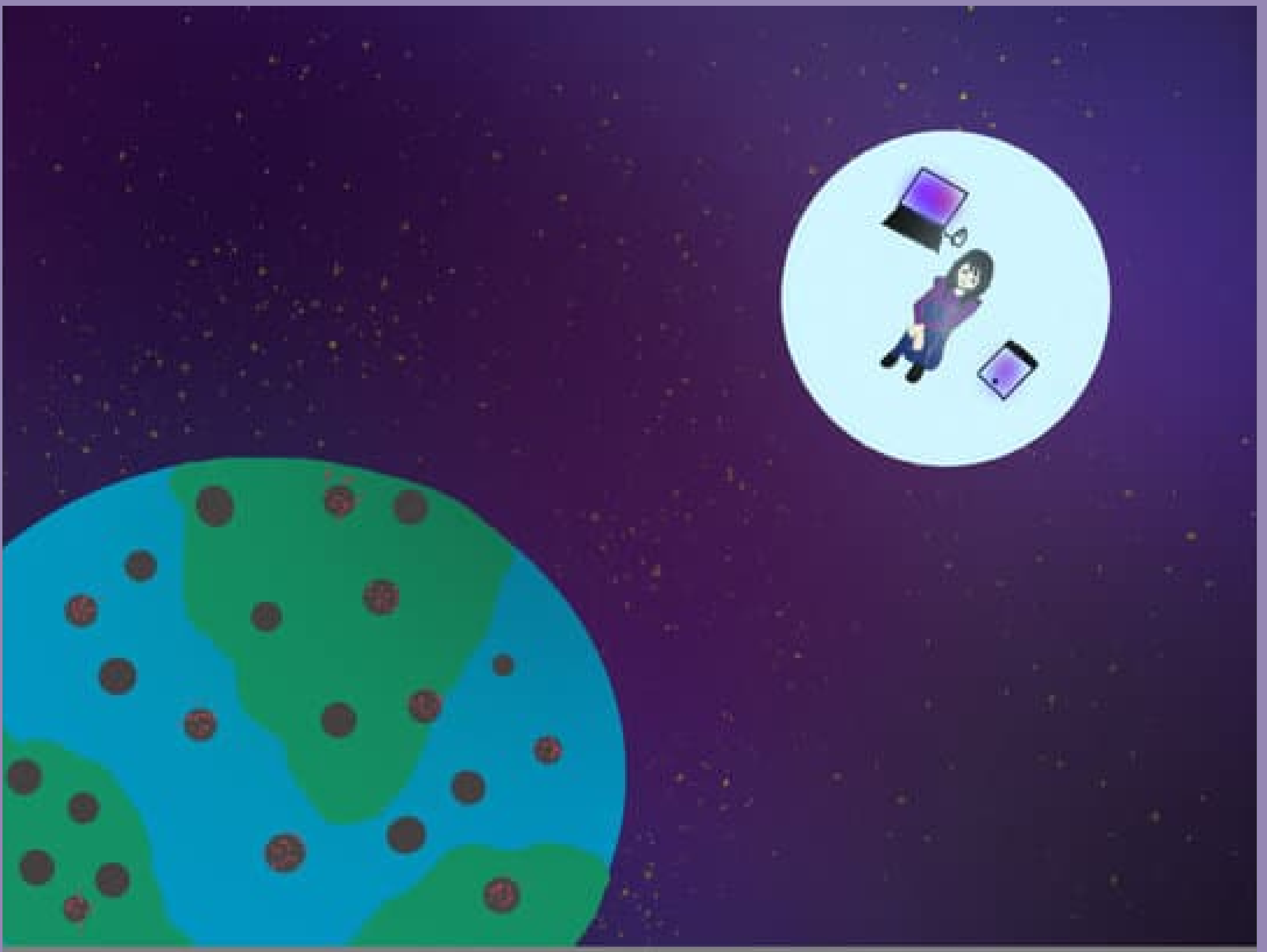


**Ayzula**

11 years old  
from the USA



**Level of restriction: Moderate**



"I decide to share this piece of artwork because it shows how I feel during the COVID-19 outbreak. I feel like I am in a bubble and I can not interact with the outside world. I include a computer and an iPad, because is online."

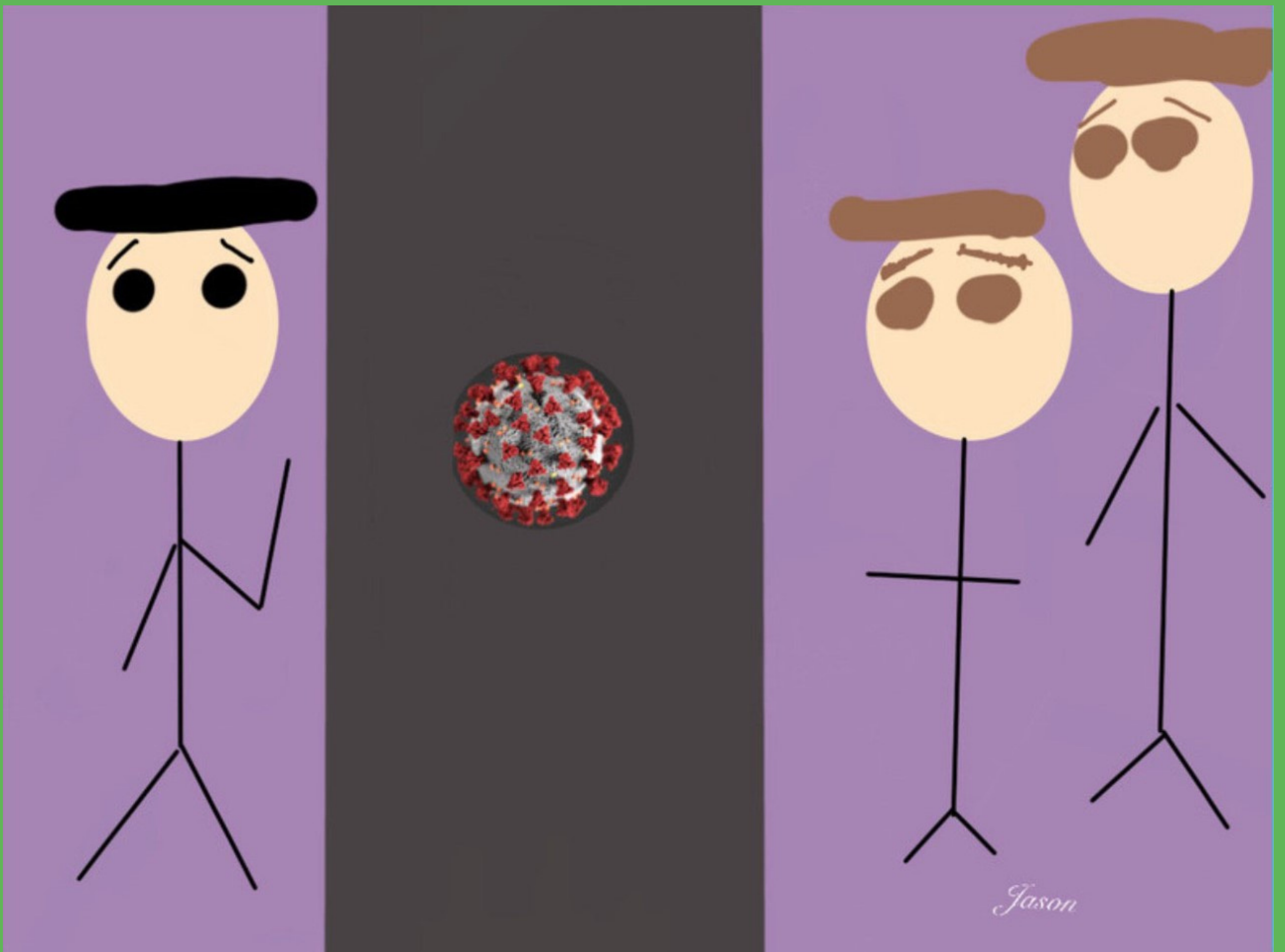


**Jason**

9 years old  
from the USA



**Level of restriction: Moderate**



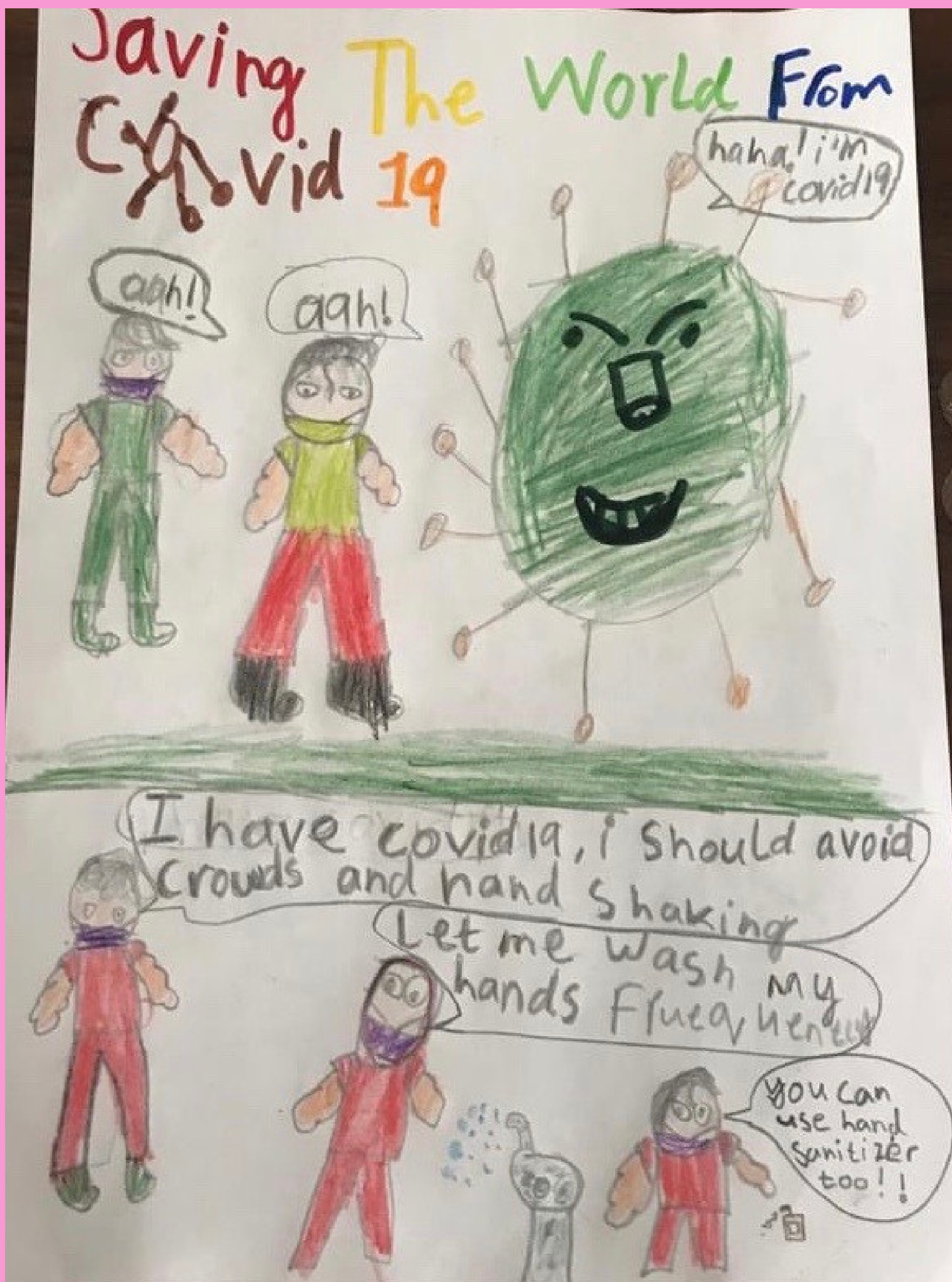
"There is a line between people, which was created by Corona virus. That is why I drew the wall. The two people on the right are my friends, and I am the one on the left. My sister helped me think of this idea."



**Lady T**  
7 years old  
from Zambia



**Level of restriction: Moderate**



"I shared it to help save the world from covid 19 by avoiding crowds if you are sick, and frequently washing hands and using hand sanitizer."



**Luyando**  
13 years old  
from Zambia



**Level of restriction: Severe**

"I am sharing it to tell about my experience of Covid-19 in Zambia, we have to sanitize the whole world."

The World is falling apart.  
The roads are empty, the crowds too small,  
And no trace of life outside, none at all.  
All my friends are locked up in their houses,  
And the sunny play ground, now looks bleak.  
Why does our wide world look so desolate now?  
What a silly question, even a toddler would have the answer.

Cause, there's a monster out there,  
that can make even breathing like hell.  
It is tinier than our cells, but it is causing a huge pandemic,  
If it enters your body, it may cause a serious infection.  
Coughs or sneezes are like its private jet,  
And to your lungs that's a threat.

*(Continued on next page)*



# Luyando

(continued)



We, who always chat and dine in groups,  
Now prefer to stay away,  
And with a mask on our mouths,  
Stay at home straight away.  
Nobody's going to school anymore,  
No child playing in the park,  
Nobody's even opening the door,  
Except for grocery or stock.  
We used to giggle and play  
On our swings and slide,  
Now, we're caged in our homes,  
As Corona plays outside.

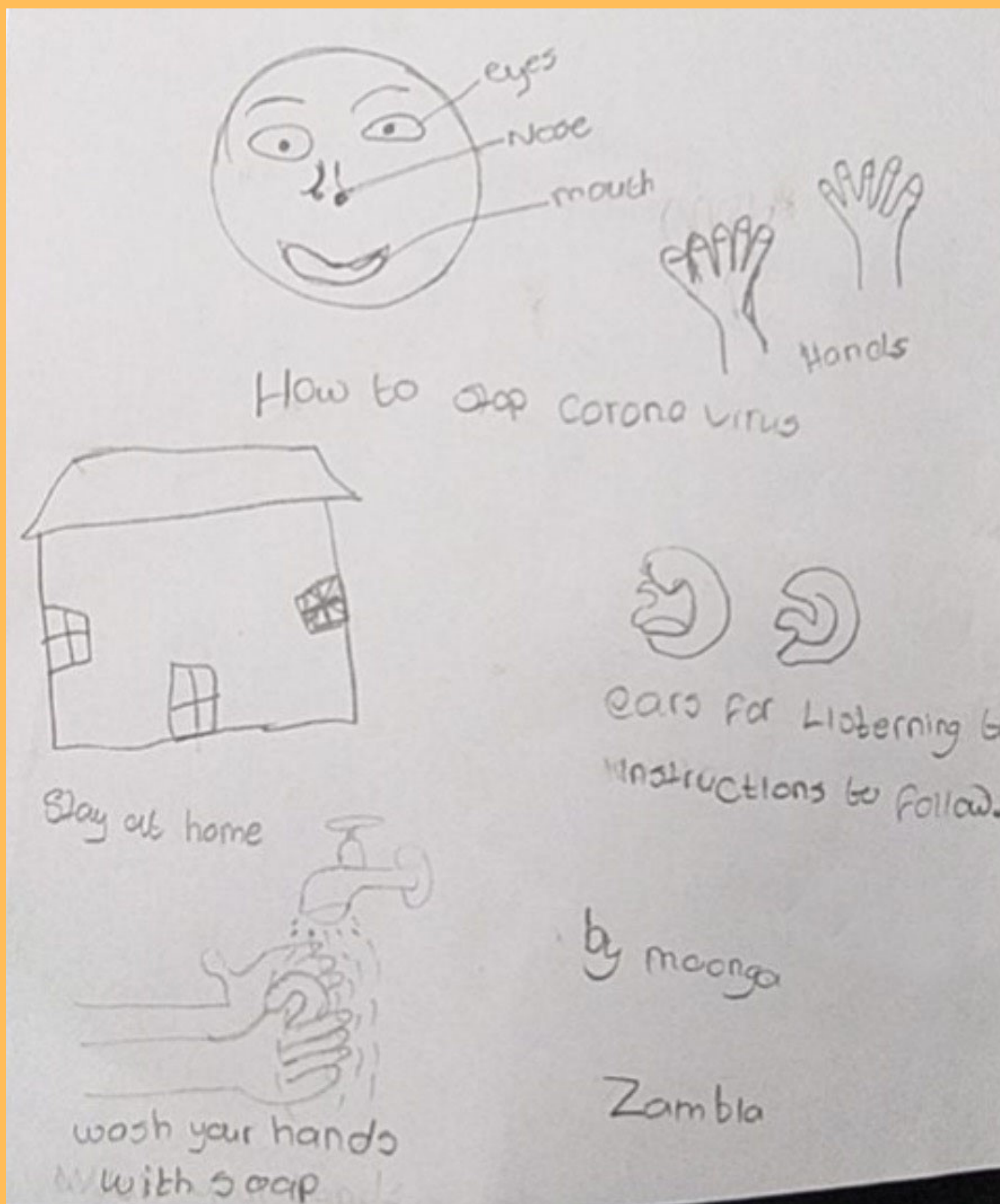
I used to pity my dolls, trapped on the shelves,  
Now, I really don't know why,  
As to me, it's a privilege  
To even bask in sunlight these days.  
We, who are social animals,  
Now dread the door bell.  
Sadly, we are told to see,  
Every visitor as an unwelcome virus.  
When can we really be free?  
When can we stick our heads out?  
When will the dawn arrive?  
Come on, let us await that day.  
But most importantly,  
let's be safe, let's be brave, we shall not fall to this virus.



**Momo**  
6 years old  
from Zambia



**Level of restriction: Severe**



"In the picture I have drawn artwork showing the face and all its parts because this is how one can get the corona virus while the photos below show the a house and eyes, the house means that during the corona virus you are supposed to stay home while the ears are representing how important it is to listen to what is being said to prevent corona virus while the hands are represent how we should wash our hands every time."



**Nana**  
9 years old  
from Zambia



### **Level of restriction: Severe**

"I decided to share my story so that other kids can know they are not the only ones just staying at home."

My life has been boring and fun since we closed school because of covid 19. I went to Ndola and it was a bit fun at my older mums place. We came back home and it has been pretty boring.

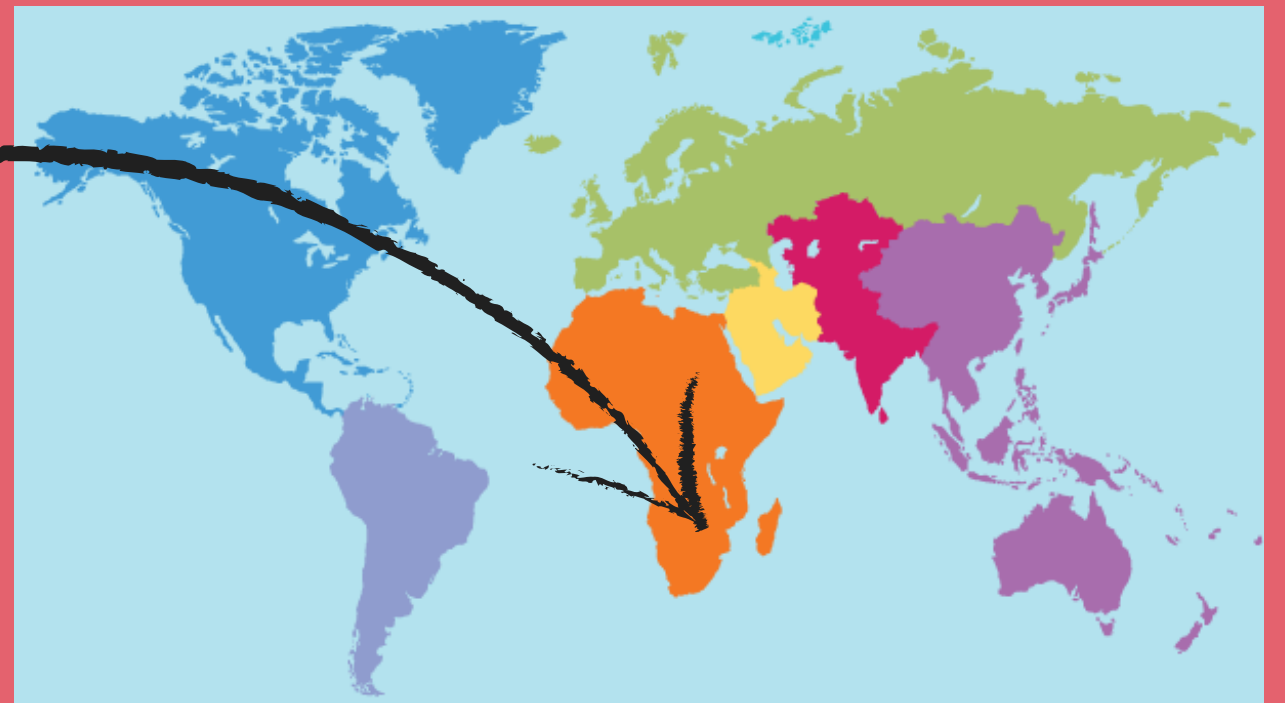
I sleep most afternoons plus power always goes meaning there's nothing much to do. We are not allowed to go anywhere by mum and dad. I miss school because it's much more fun. I have more friends and we have sports and clubs. I miss my club Road Safety Agency where they teach us about road rules and car rules.

In sports I miss playing foot and netball with friends. Learning from home is easy and difficult too. My teacher sends my work through WhatsApp. Mathematics is easy as my teacher explains properly with a video.

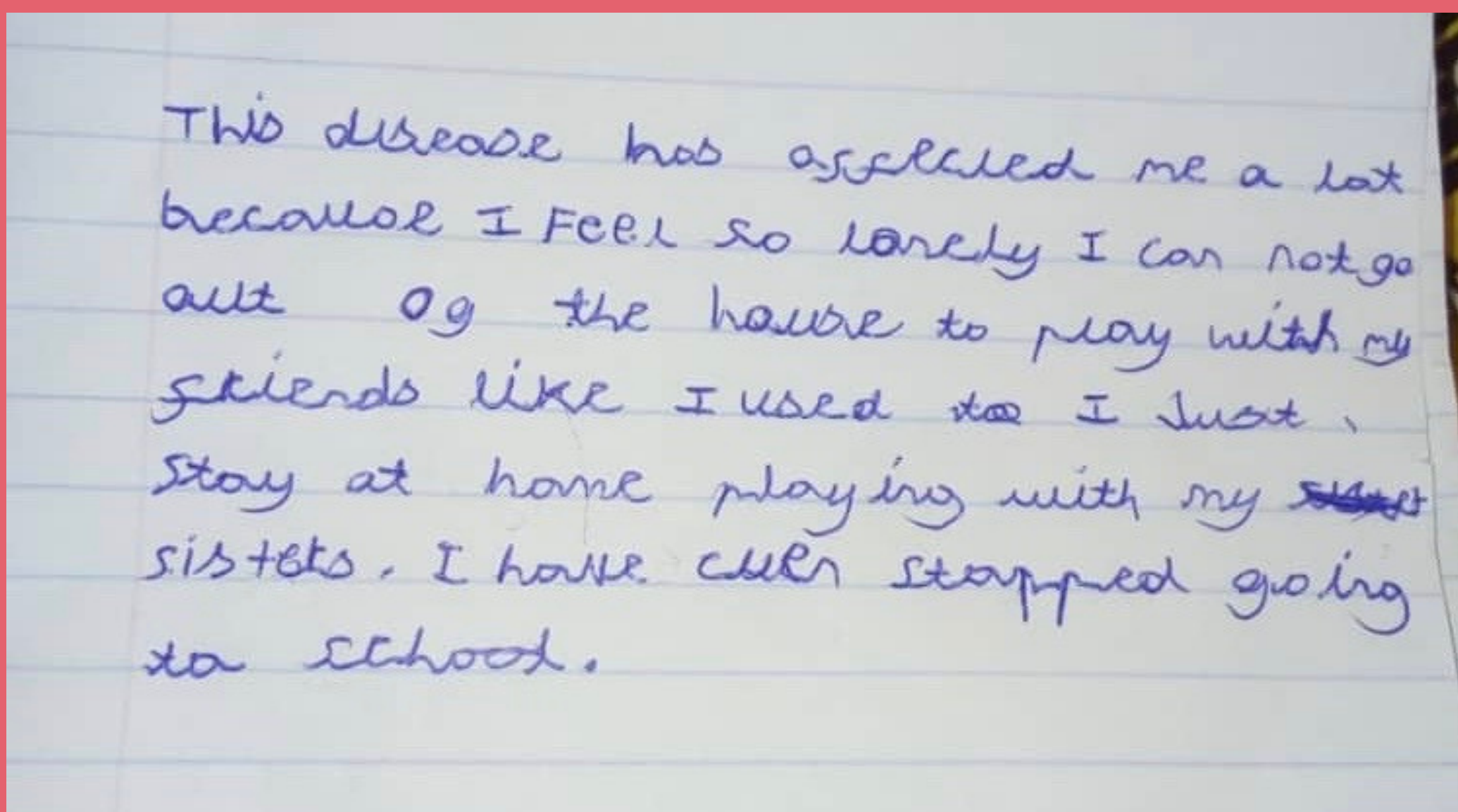


**TK**

8 years old  
from Zambia



**Level of restriction: Severe**



"This disease has affected me a lot, because I feel so lonely I cannot go out of the house to play with my friends like I used to. I just stay at home playing with my sisters. I have even stopped going to school. I feel so lonely and miss my friends at school."





# The International Network for Child and Family Centered Care

would like to acknowledge the members of the network who were involved in this project:

- Prof Khatijah Lim Abdullah, Malaysia
- Dr Esther Adama, Australia, Ghana
- Associate Prof Mohammad Al-Motlaq, Jordan
- Associate Prof Diana Arabiat, Australia
- Prof Bernie Carter, United Kingdom
- Dr Charlotte Castor, Sweden
- Prof Hicran Cavusoglu, Turkey
- Prof Imelda Coyne, Ireland
- Dr Christine English, United Kingdom
- Angela A. Quaye, Sweden
- Dr Karen Ford, Australia
- Dr Mandie Foster, Australia, New Zealand
- Prof Inger Kristensson Hallstrom, Sweden
- Maureen Daisy Majamanda, Malawi
- Dr Henny Suzana Mediani, Indonesia
- Prof Evalotte Morelius, Australia, Sweden
- Prof Sarah Neill, United Kingdom
- A/Prof Therese O'Sullivan, Australia
- Dr Ann Marie Paraszczuk, United States of America
- Dr Joanna Smith, United Kingdom
- Ms Amanda Vickers, Australia