HELLO YOU, YES, YOU,

if you read this letter, you will surely think that i'm on a trip around the world.

MORMALLY THAT'S QUITE OFTEN TRUE, BUT NOW I'M AT HOME WITH MY DEAREST SOPHIE. LIKE ALL OTHER CHILDREN, SHE CAN'T GO TO SCHOOL RIGHT NOW. AND HER LITTLE SISTER LENA CAN'T GO TO KINDERGARTEN. WHY?



WELL, THE GROWMUPS ARE TALKING A LOT ABOUT SOMETHING CALLED THE CORD-NAVIRUS. AT YOUR HOUSE, TOO? A VIRUS LIKE THAT IS TINY, SO SMALL THAT YOU CAN OMLY SEE IT WITH A MICROSCOPE. (2) BUT REALLY DANGEROUS!

AT FIRST I THOUGHT, PFFF, I'VE SEEN WILD ANIMALS. DO YOU REMEMBER WHAT HAPPENED IN ROME? A ROMAN CAT-BEAST CHASED ME. I DON'T LOOK LIKE A GRAY MOUSE, DO I? BUT BACK TO THIS STUPID CORONAVIRUS .

i'm telling you, this thing is much nastier than you can imagine. Because you can easily transfer it to other people if you hug them, shake their hands or give them a kiss. Also if you sneeze or cough at them. You can, of course, hug your mom and dad ** as long as they are healthy.

FOR NOW WE HAVE TO STAY AT HOME AS MUCH AS POSSIBLE AND KEEP OUR DISTANCE FROM EVERYONE ELSE. HOW FAR APART? TAKE TWO BIG STEPS AND YOU'LL KNOW. ARE YOU IN THE MOOD TO BEAT UP THIS NASTY VIRUS? THAT'S FINE! YOU DO IT EVERY TIME YOU WASH YOUR HANDS WITH SOAP FOR A LONG TIME. SO, GET TO THE SINK! MANY TIMES EVERY DAY. AND THERE IS SOMETHING ELSE YOU CAN DO TO CHASE THE VIRUS AWAY: ALWAYS SNEEZE OR COUGH INTO YOUR ELBOW. YOU CAN DO IT, I'M SURE OF IT.

OK, AFTER A WHILE, IT'S NO FUN AT ALL. BUT SOPHIE'S MOM CAME UP WITH AN IDEA! EVERY MORNING SOPHIE AND HER SIBLINGS CUT OUT AND COLOR A MEDAL FOR BRAVERY. IF THINGS GO WELL DURING THE DAY, THEY RECEIVE THEIR MEDAL IN THE EVENING. SOPHIE ALWAYS HANGS HERS OVER HER BED. I WONDER IF HER WHOLE WALL WILL BE COVERED WITH MEDALS BEFORE THIS STUPID CORONAVIRUS IS GONE? DO YOU ALSO HAVE SPACE ON THE WALL ABOVE YOUR BED? THEN HERE IS A HYPERLIMK TO A SET BRAVERY MEDALS FOR COLORING:

WWW.FELIX-DER-HASE.DE

TAKE CARE OF YOURSELF AND STAY SAFE!

FELIX.

YOURS

® Annette Langen / III.: Constanza Droop -Medical advice from Dr. med. Dietgard Richter and Leonie Wassenberg, child and adolescent psychotherapist i.A.