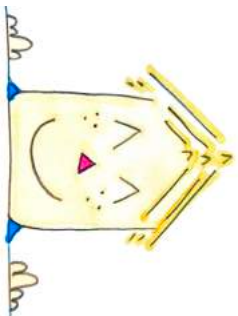


Hello! my name is Ribbon

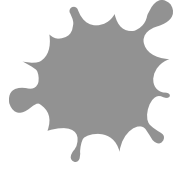


My special keepsake book 'Lockdown 2020'



Written by Lucinda Spelman-Ives & brought to life by Grace Champion

stuff you need to write down



was that you ?!!

hello me!

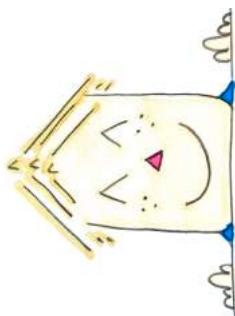
Name.....

Age.....

Date.....



Hello! my name is Coconuts



Coronavirus... what is it?

This is rather like a nasty cold or flu and makes you feel not very well. We all have to stay at home so we don't catch it and pass it on to people who may be old or already ill because it will make them very poorly and they would have to go to hospital where our doctors and nurses are working really hard to make them better, if everyone gets very poorly at the same time there won't be enough beds for everyone in hospital. So we need to help slow the spread of coronavirus to help people like our grandparents and the people we love from going into hospital.



You are too awesome to let that happen



Ribbon and Coconuts promise to stay at home



What we need to do...

We can help to stop the spread of coronavirus by washing our hands really well with soap & water for 20 seconds, more often than we usually would, Sneeze into a tissue then put the tissue in a bin, cough into your elbow, if you cough into your hand then wash your hands after. Staying at home is the most fantastic thing you can do to help. We need to do this because it is very easy to pass the coronavirus on to other people, even through touching objects.



Coronavirus - GO AWAY

You can help yourself by remembering to keep as healthy as you can, eat healthily, drink lots of water, keep active, looking after your feelings are really important, always talk to someone you trust if you are feeling worried or anxious about anything because during this time in lockdown everything is very different for us and it's a big change in our lives to what we are use to doing. It is good to think of happy things, smile and laugh as much as you can! another important thing to do is to be **super kind** to everyone.

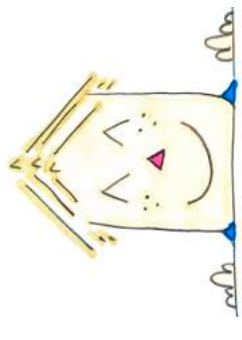
You will have seen lots of these posters
Our Prime Minister 'Boris Johnson'
told the whole of our country to do this
a zillion trillion times.



OK i know it get's really boring but you now
understand why we have to do it...

Right?

COOL





RAINBOWS

Thousands of houses all over the world drew a rainbow and put it in their front windows to make people smile and feel happy.

EVERY THURSDAY AT 8PM

millions of people would stand outside their front doors to cheer and clap, showing how grateful they are to the people working on the 'front line' - meaning workers like doctors, nurses, police, fireman/women, supermarkets, pharmacists, key workers and many others because if we didn't have these people.....

we would not have, (for example) food on our tables, people making us better when we are poorly and people making us safe like the police and fireman/women.



WHOO WHOOP!



A bit of information to keep as you might not remember everything!!



YUKKKY VIRUS

On 11th March 2020 Coronavirus (Covid-19) was declared a Pandemic, by the World Health Organisation (WHO).

On Friday 20th March all schools were closed. All school work is now done at home (remote learning). GCSE and A Level exams are cancelled.

On Monday 23rd March at 8.30pm 2020. Our Prime Minister 'Boris Johnson' Put our country into lockdown.

We all have to stand 2 meters apart from people we do not live with (self-distancing) We are not allowed to socialise with anyone outside our home.

All events are cancelled, for example, Glastonbury festival, all Sports, 2020 Olympics in Tokyo is postponed until 2021.

Supermarkets stay open, we can only shop for essentials. we had to queue 2 meters apart and the queue would often be around the car park, in many shops there were markers on the floor to show the 2 metre distance.

People started panic buying and some things were hard to buy, like loo roll, pasta, rice, hand sanitiser, flour and disinfectants, if you could see them on the shelves you were only allowed to buy no more than 2 or 3 of the same product, although supplies were being delivered everyday, by limiting people on quantity it meant more people were able to buy them.

You were allowed out for exercise, like a walk or bike ride once a day. People had to work from home unless you worked as a keyworker (examples) supermarket, hospital, police, fire service, school teacher looking after children who's parent/s worked (but could not carry out their work at home).

The government gave daily updates on television to explain all news relating to the coronavirus. It also reminded us all to be kind to each other, help and support each other and above all to stay home, help our NHS and help save lives.

On Friday 3rd April at 11am Prince Charles opened the new 'NHS Nightingale' (virtually and not in person). - A large exhibition centre in East London called Excell was very quickly turned into a hospital with up to 4,000 beds. It was named 'NHS Nightingale' especially for patients who had the Coronavirus and needed ventilators to help them to recover. Many other similar venues are being built and used across the country.

On 5th April The Queen addressed (a speech) the United Kingdom and the Commonwealth at 8pm on television, at the end of her speech the Queen said, " We should take comfort that while we may have more still to endure: better days will return: we will be with our friends again: we will be with our families again: we will meet again: (By the way, Our Queen is absolutely awesome!).

On the 6th April our Prime Minister 'Boris Johnson' was admitted to hospital (St. Thomas's hospital in London) with coronavirus. After 1 week he came out and told the nation that the 'NHS had saved his life' just like they have for thousands of others.

Whilst this book is being written we are still in lockdown, there will be a section at the end to fill in when we finally come out of lockdown where you can write down the date.



Try just a little bit
if you can



Hmmm...

MONDAY - FRIDAY

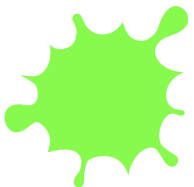


homework

homework

homework

homework



Ribbon does her homework in her fairy outfit



Activity courage goals: What do you wish you were brave enough to do?

Think...

A brave **pea** size thing

.....

.....

.....

.....

.....

A brave **potato** size thing

.....

.....

.....

.....

A brave **pizza** size thing

.....

.....

.....

.....



You have loads of time now, Hmmmmmm... Lockdown 2020
this could get tough....

"So much time
and so little to do,
strike that and
reverse it
Thank you"

That is what Willy Wonka said, and he is super cool.



List your most favourite songs. la la de do de dooo la la
lala ta dah!



Coconuts drives his sister Ribbon,
nuts, he does not stop singing...

A large rectangular area defined by a thick green border, intended for writing a list of favourite songs.

Who are the most awesome
friends you have ?



top 5 besties

(I bet they are not as awesome as you are, shhhh... don't
tell them!).

1.....

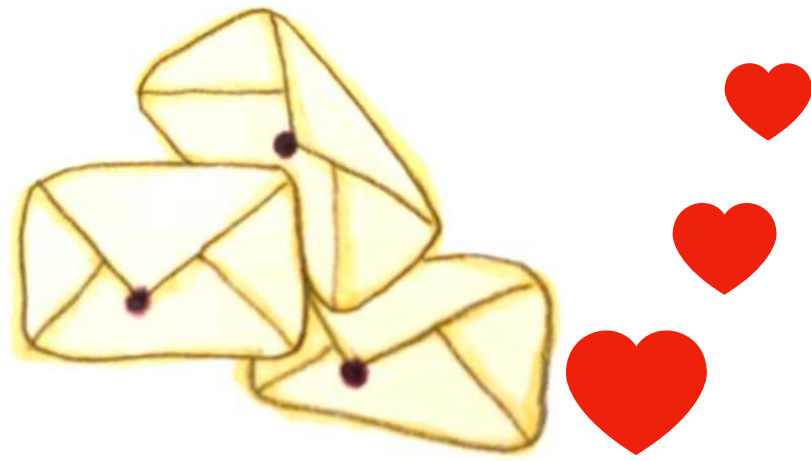
2.....

3.....

4.....

5.....





Sending a letter to someone you love that you haven't been able to see because we have been in 'lockdown' is a lovely thing to do.

It will make them sooooo **HAPPY**

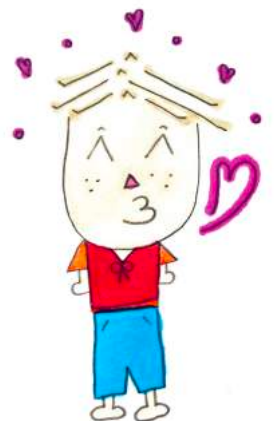
write to them, ask how they are and tell them what you have been up to and how brilliant you have been (even if it's a teeny weeny bit, it's still good news!) and that you miss them...

blah blah blah

Coconuts is super awesome, he writes letters to his uncle who lives on his own. Be like Coconuts!



Ribbon is going to make her Grandma a birthday card



A little bit about these two



Ribbon loves to have her hair in bunches, she needed some new hairbands but because of the Coronavirus the shops were shut, only the supermarket was open and they had sold out of hairbands, as she was going through the recycling box her mum had filled for collection, she found some bright pink cotton ribbon, she was so happy, she could still have her ponytails and with bright pink ribbon. Her brother says wherever she is, all you see first is the bright pink ribbon! and decided from then on he would call her 'ribbon'.

Ribbon & Coconuts

LOVE THEIR COMMUNITY



Coconuts most favourite thing was to have fresh coconut milk out of a coconut from the market, because of the Coronavirus, the market was closed, he was quite sad about that, his mum got him some coconut milk in a carton from the supermarket, he drinks so much of it, his sister says he will start to look like a coconut! and decided to call him 'coconuts' He always makes her laugh and she thinks sometimes he is nuts, so the name Coconuts stuck. Coconuts always says it is really healthy to drink Coconut milk.



Explain why your best friend is your BFF what makes them so special?



Bush tucker trial

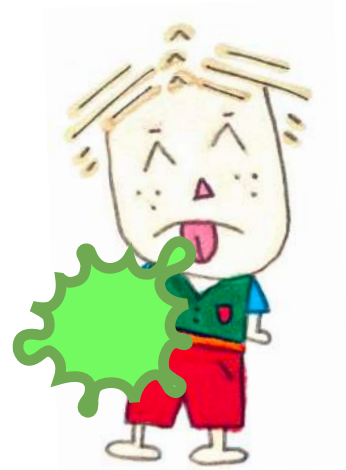
find 6 things in the kitchen and blindfold someone else
then let them guess what they are eating.

(be kind!!)

that's just gross!



ha ha ha ha that was
a brussel sprout!



ewwwwww!

What did you do today ?

record your activities and your feelings

Activities.....
.....
.....
.....
.....
.....
.....

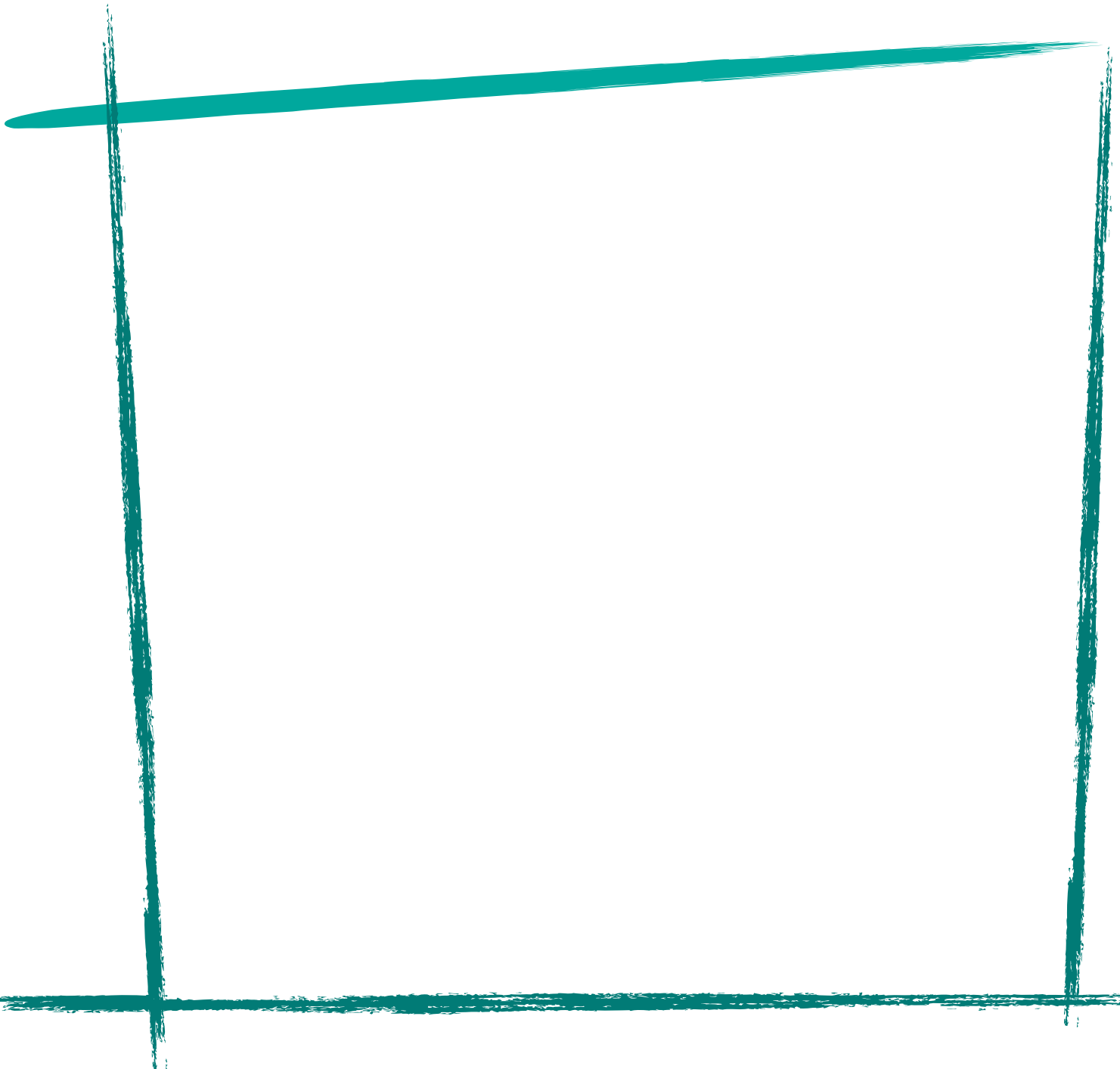
feelings.....
.....
.....
.....
.....
.....
.....
.....

Date.....

Is your brain frazzled with so many super hero thoughts?
draw what is in your super duper brain today!



Coconuts brain hee hee...



Ribbon and Coconuts have discovered their super powers

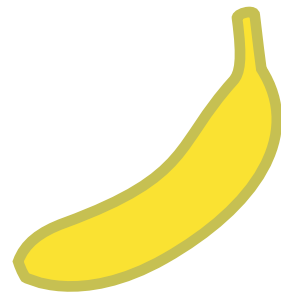
Let's do this...



my super powers are there somewhere, but i never looked for them before. My Super Powers are.....

[illegible]

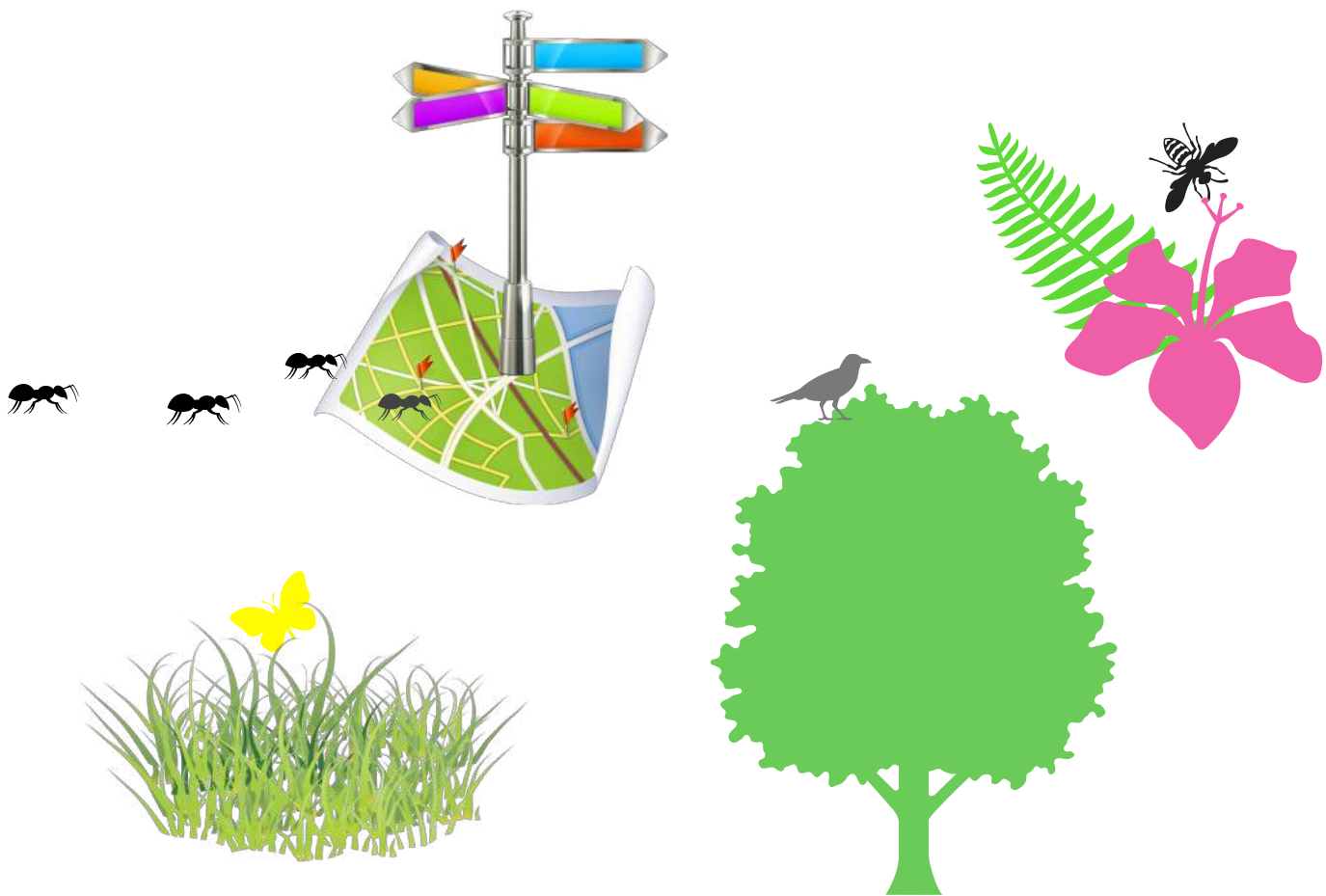
MONKEY AROUND WITH THIS BANANANANA!



Awww i fancy a healthy banana

For a daily exercise walk go for a Spring time nature walk,
see what bugs you can find

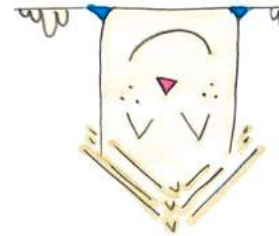
before you go, you could make your own map and mark where you
saw any wildlife, write down what you can see and hear.



What can you smell? can you see lots of vibrant green? Is there pink and white blossom on the trees? Are there any colourful butterflies? Is the sun out? What flowers can you see?.

Doodle time

doodle doodle doodle



Ribbon and Coconuts are going to bake some coconut bread for their neighbour, she is a lovely old lady but very lonely. They love to help in their Community.



Acts of kindness

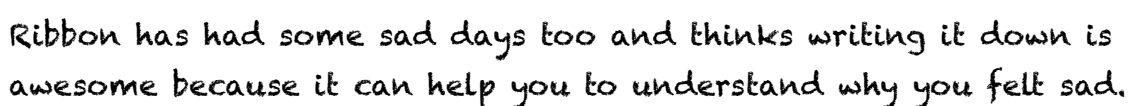
being kind does not cost anything, it is nice to make someone happy and makes you feel even more amazing than you already are.

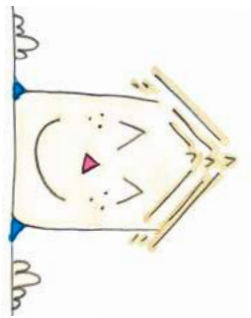
List 7 things you will do to make someone happy.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

AWESOMENESS AT ITS BEST

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]



"I'm soooo bored, i am never going to say that
i hate school again, ever"

I am going to be really positive from now on.

Whoaa never thought i'd say that
i miss School in
a million years!

I miss my friends so much.

I'm going to 'FaceTime' them.

I'm going to use 'Zoom' or another similar app to set
up a group chat.

That will be fun! I can't wait
that will make me feel really happy.

Reduce Re-use Recycle

Make a bug hotel out of your recycling rubbish box, you could use:

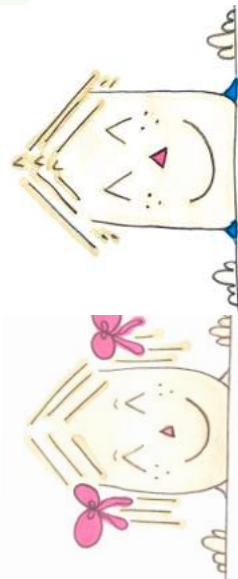
PAPER: CARDBOARD: TINS: GLASS JARS: STRING: EMPTY MILK OR
JUICE BOTTLES: MATERIAL: BUTTONS: RIBBON FROM OLD CLOTHES:
FIND SOME TWIGS:



Sketch your
design



Ribbon & Coconuts bug hotel

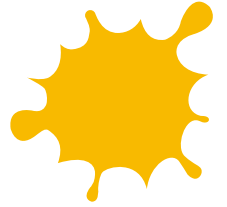


Be a problem solver

OMG

You are such a genius

PROBLEM:



Messy bedroom...

SOLVED: BY....

Washing-up is piling high...

SOLVED: BY....

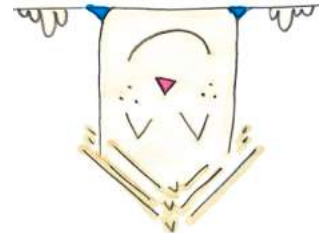
My toothbrush wants to be my best friend but me and the toothpaste
fell out...

SOLVED: BY....

[illegible][illegible]

Draw your bad hair day
really lovely and messy like you just got out of bed!

ello boooootiful !!



Top Tips

Cut down on TV, you tube, X-box and Social Media, don't cut it out completely but less is better, keep active, eat healthily and learn new things, homework will help keep your brain healthy.

Work on your secret long term ambitions!

Try not to use your smart phone/tablet for too long through the night as getting a good sleep is really important.

Do not accept friend requests from someone you do not know
Always check with a parent/carer first.

BE NICE!



KEEP THIS BOOK SAFE

When you are older you can look back at me and remember
"Life in lockdown 2020"

You will have played your part in history by:

staying at home
protecting our NHS
saving lives

ALWAYS BE PROUD OF WHO YOU ARE
YOU ARE AWESOME



Coconuts is brilliant at jokes,
his Sister Ribbon thinks he is
nuts!!

Write down a joke!!!

My Comedy hour

WOW that joke blew my socks off !!!

IMPORTANT Feelings and emotions are **never ever** stupid

Write down how you are feeling today, always remember if you are worried about anything talk to someone, it is good to share your feelings, you never have to feel alone.



DEEP THOUGHTS

Thinking about your favourite food

write down your most yummy bestest meal ever

Coconuts doesn't like brussel sprouts



Ribbon love pizza & raw
pepper with salad

Yum yum yum yum yum



Do you have any awesome pets? what do they do that makes you laugh. If you don't have a pet what makes you laugh about someone else's pet that you know?.



Pet/s name:

.....
.....
.....



What are the three things that you are brilliant at?

1.....

2.....

3.....

Share your sparkle!



What makes you
Extra - ordinary and awesome, is it:

**my
Kindness**

**my Caring
nature**

**I am a girl guide,
Brownie, Rainbow,
Scout, Cub, Beaver,
cadet,**

(If not, think about
joining as they are all
awesome).



**MY
GORGEOUS
SMILE**

**I am a
lovely
friend**

**my
happiness**

WOW you are truly amazing

CAN YOU SEE ANY MOVEMENT ?

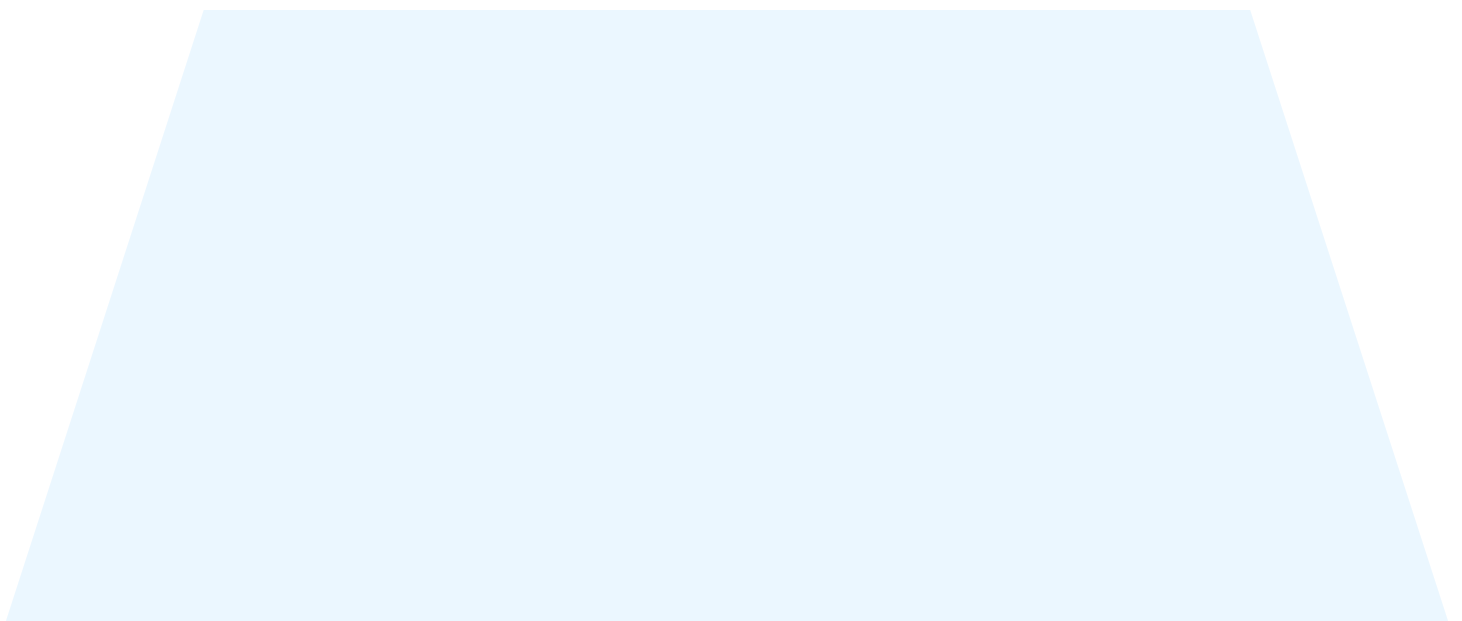
Write down the date when the 'Lockdown 2020' ended

.....

When the Lockdown ends

We have to follow instructions on what we can do and what we are still not allowed to do. Things will take time to get back to normal, some rules will be for a very good reason to keep us and our loved ones safe from getting ill, that will still be the most important rule and we don't want that to happen especially after all the hard work we have done by staying in the house all the time.

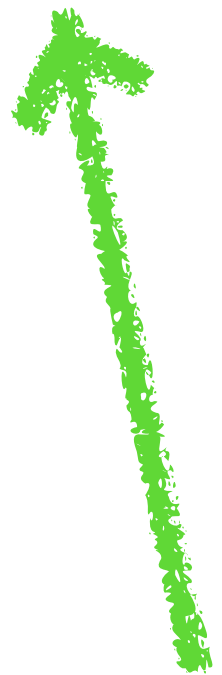
What is the most exciting thing you want to do first,
(you awesome person you!)



If things still feel strange, try and explain your feelings, you may feel happy or you may feel sad, we are all different, that is what makes each and every one of us so unique and awesome. remember if you want to talk about your feelings, happy or sad, tell your parent/carer or talk to someone you feel comfortable with.

feelings.....

You have been amazing
you stayed home
you helped protect our
NHS
you helped saved lives



Here is your medal, you are pure gold
well done

Thank you a million times

When we can all be together and meet again ask your parent/s carer to find a 'Big Lunch' that is happening near you and when. They are amazing, you can meet with so many other people where you live and all celebrate together. We have had one in our Community every year for 4 years, they are just the best! It is like one big party.



COMMUNITY COHESION

We have ours in tents! we have food and lots of fun activities, if there is not one near you then maybe your parent/s carer could arrange one with some friends and you could help and come up with brilliant ideas and bring all your friends and family. 'The Big Lunch' is an 'Eden Project' idea, to bring all your neighbours together to share food and have fun and to meet lots of people, there may be many people that are very lonely and would love to come to a 'Big Lunch'. Tell adults about it. (tell them Big Lunches are absolutely awesome).

Here are details for you to give to them.

edenprojectcommunities.com

Ribbon is full
of kindness



I am full of Kindness

because

KINDNESS MATTERS

meaning:

Gentle, goodness, graciousness, understanding,
tolerance, friendly, consideration, decency,
humanity, courtesy, sympathy, helpfulness,
good deed, generosity, having a kind heart.

It's ok to cry

At times when clouds get heavy and dark, they cry rain
along come light fluffy clouds, the rain stops
the sun comes out, a rainbow appears
It makes you feel happy, now you can smile
the dark clouds were only passing by
always look for those rainbows



This rainbow is always here for you!

This is a unique one off e-book full of stuff for you to do whenever you feel like it, whilst in 'Lockdown 2020' As you are not going to school or seeing your friends, and some of your family, it has been really hard for you. Your Routine is different and that feels weird. Going to bed late, getting up late, watching more movies, spending too much time on our smart phones and tablets, even those things are getting really boring.

Homework, now there's an idea, you might enjoy that because you miss doing work at school, it will help to keep your brain healthy and pass some time, you could help keep the home tidy especially your bedroom, you could get up and washed, (only brush the teeth you want to keep, there's no point wasting the toothpaste!) and swap your PJ's for clothes. Ask if you can bake or learn to cook and ask if you can do anything to help, play some family board games.

Think of creative things to do. Be nice when not moody! be kind to parent/s carers they are bored and out of routine too!

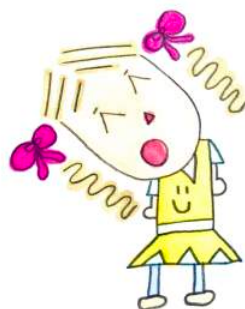
If you ever get worried or upset about anything, talk about it to someone and together you can work on finding a solution no matter how big or small, a problem shared is a problem halved.

If you feel a bit anxious, afraid about getting back to your normal routine, talk about it, you will not be alone, many people will feel exactly the same, children and adults, you can all support each other.

Be proud
because
You are amazing
never forget that!



Coconuts so proud of
you



Ribbon thinks you are awesome

Lucinda and Grace really hope you enjoyed this book we had fun writing it remotely and hope you all continue to keep well and stay safe after 'lockdown 2020' and forever.



Love where you live
⌘
Be part of your Community
⌘
Always be kind
⌘
Always help each other
⌘
Always try to turn negatives into positives
⌘
Stay awesome!

WE NEED YOU!

We would love to hear any stories you would like to share from your experience throughout 'Lockdown 2020'. It could be something amazing that you did or how brave someone is that you know, or even something new that you learnt and are really proud of yourself and any poems you may have written.

We will send you a certificate of Awesomeness.
Your poem or story will feature in our next book which will be published so you will be part of the story, how cool is that. Awesome history in the making!

Check with your parent/s carer first before you send your story please!.

Email your story, pictures, poems to:
info@wiltstockhub.com

Here is one true story!

A friend sat down with their family for a Sunday roast dinner, they were so excited because it is their most favourite meal of the week. They all agreed it was scrumptious, after eating they helped each other washing up the plates, drying them and putting everything away. When that was done they all sat down to watch their favourite Sunday evening program and could not understand why it was not on.

THEN THEY REALISED...

IT WAS MONDAY!!!!



Registered Charity number 1178906

www.wilstockhub.com

Much Love

Lucinda & Grace

Grace, 13 years old is Lucinda's Granddaughter and full of loveliness and kindness we live in the same Community. It is times like now we become stronger, pull together and look after each other. We want to share this keepsake book with communities all over the country. Keep strong, stay safe.

Written by Lucinda Spelman-Ives © illustration by Grace Champion ©

suitable for ages 7-16