

# Exploring at home



Huasipichanga



## Dear mom, dad or caretaker:

This booklet was designed for children from 6 to 11 years old to understand the current global health emergency better and live through it more educationally and playfully. Your role as a caretaker will be to provide the necessary materials to solve the activities described here. All materials are things that are usually available at home. Allow the children to carry out the activities by themselves if they require your help, they will let you know.

We kindly ask you to share their answers with us to the email:

**homeexplorersjournal@gmail.com**

and/or share them in social media using the hashtag **#StayHome**. We seek to create a digital community to share ideas and exchange our experiences during the quarantine. We will also create an animated video that will show the conditions in which children live in emergency situations.

You can expect to see the video at:

[www.exploradoresdelaciudad.org](http://www.exploradoresdelaciudad.org)  
[www.huasipichanga.com](http://www.huasipichanga.com)



Created by:



Translated by:



## Dear explorer,

Any child can be a city explorer. No matter what age, or where you are.

You just need to be observant, listen around you and record what you look at, what you hear, what you feel and what you live.

Here we are going to show you some techniques that will help you start running your imagination. You will also be able to record your experiences during the health emergency situation that exists in the world.

**To assemble your journal, you just need to cut or bend on the dotted line.**



This explorer journal belongs to:

From (country and city):

Age:

Draw yourself here:

Explorer's self-portrait



## Hi! Let me introduce myself:

I am a **VIRUS** from the family of **CORONAVIRUS**, my name is **SARS COVID-19**

The flu and the cold are cousins of mine

Do you know them?



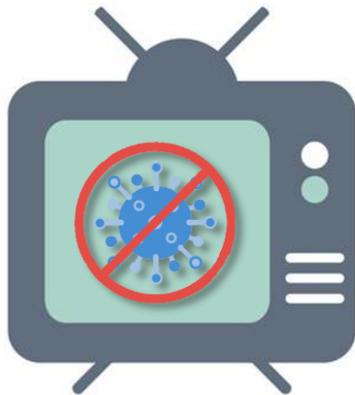
## I love traveling!

I travel by jumping between people's hands and I also travel in saliva when you sneeze, cough, or even sing!

This is how I got to your city

As you probably have seen in the news, my arrival has caused much fear.

Because of me, several people around the world have gotten ill, but please don't panic! Most of them get better in a few days. However, it is very important that we all are responsible and we take care of each other.



Just as superman, I also have a weakness, and when exposed to it, I am a very fragile virus.

Soap and hand sanitizer are not my friends. With them, you can prevent me from entering on your or anyone's body!



You just need to follow these instructions and nobody will get infected:

You need to carefully wash your hands before eating, after going to the toilet, after playing, after touching your pets or any object that could be dirty.



But above all, you need to stay home while I visit your city and you should always listen to your mom, dad or adult that takes care of you. To is called **QUARANTINE**.



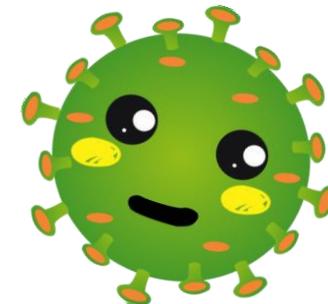
But... Do you know what a **QUARANTINE** is?

It is when you have to be in a place and not go out, so you avoid catching or spreading disease.

The government asks people to stay at home, to prevent me from infecting many people. Also, to be able to take care in the best way of who got sick and need to go to the hospital.

This is why you had to stop going to school and you are now at home.

Now, I would like to know how do you feel about my arrival in your city, let's find it out!



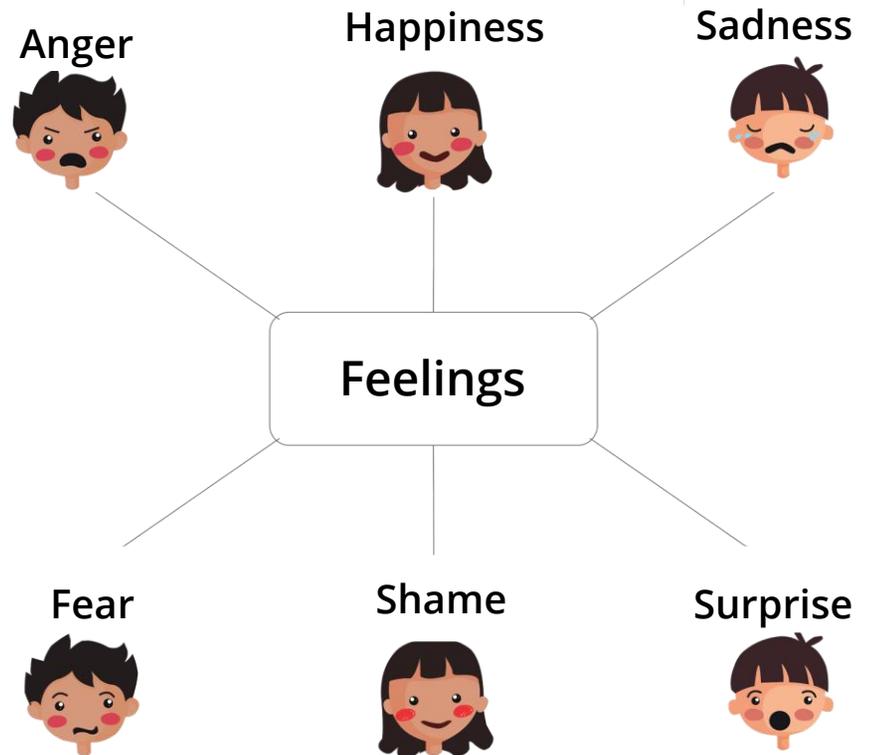
# Do you remember the first time you heard about me, COVID-19? How was it?

Draw or write: What did you feel?  
You can use other materials.



# Can you identify how do you feel? How do you feel inside your house, now that you cannot leave it?

Choose from the feelings below. You can also draw and write how are you feeling. Use any other materials that come to your mind.



## Now we are going to ask the other people you are quarantined with: How do they feel?

Draw or write: How does your family feel about the quarantine? It is important to discuss it with everyone. Take a moment to do it together.



## Where and with whom will you spend the quarantine?

Draw or write. You can use other materials.



**What are the places you like the most and the ones you like the least these days?**

Draw or write. You can use other materials



**What is the moment of the day that you like the most and the one that you like the least?**

Draw or write. You can use other materials



## It's time to become an explorer... of your home! Exploration 1

You may have explored and toured your house many times as a kid... but have you gotten around it like a cat? A dog? Or what about becoming something else? What if you were me, the COVID-19 and you could explore it like that? What do you see? What smells do you smell? What colors do you see? Draw it or describe it, use your imagination to capture and share your experience.



## Exploration 2 Let's build a den!

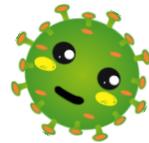
Create your own den inside the house. In this place you can: read, think, sleep, go there when you just want to be alone for a little while, and everything else you can think of. This will be your space. You need: material for the ceiling and walls, use what you have at home. Don't forget to take a picture of it!



### Exploration 3

## Can you imagine what the city is like without people on the streets?

You can write or draw a story about how you imagine the city during the quarantine. To make it more fun, you can invite other members of your family to write it, draw it or test their acting talent together!



### Exploration 4

## And now, how do you imagine that your city will be, when you can go out again?

You can write or draw a story about how do you imagine the city will be when you can go out. To make it more fun, you can invite other members of your family to write it, draw it, or test their acting talent together!



## Exploration 5

### Spend the whole day without touching yellow things

If you do not have yellow things in your house, you can choose any other color. You can even add difficulty by choosing a color for each member of the family, the one who loses washes the dishes! There is no limit to your imagination.



## Exploration 6

### Share a fun activity for other children

Something I did during quarantine was:

To do this you need:

Steps to follow:

Send a message to the children of the world:



We hope you liked the explorations. If you have any other ideas, do not hesitate to share them. These are just some activities that you can do at home, but use your imagination to continue exploring.

With the help of your mom, dad or an adult, send us photos of your explorer journal and the exercises that you did to the email:

**homeexplorersjournal@gmail.com**

We will put them all on our website and show how the children of the world live the quarantine.

Enter to our page to see the ideas of other children around the world:

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This booklet was created in Spanish by "Exploradores de la Ciudad" and translated to English by "Huasipichanga"



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