Shared reading on **My Hero is You - how kids can fight COVID-19!**

Learning and Teaching Resources for English Language (P4 - 6)
Developed by English Language Education Section
Curriculum Development Institute
Education Bureau
Learning Objectives:

• To develop students’ understanding of how to cope with the COVID-19 pandemic
• To nurture students’ positive values and attitudes in the face of adversities and to show their love and care to their friends, families and community
• To develop students’ reading skills and story writing skills
Pre-reading activities

Do you have a hero/super hero in mind? Who is he/she?

What are their super powers?

The book is called "My Hero is You". Who do you think is the hero in the book?

Work in pairs. Share with your partner about the following:

Refer to Worksheet p.1
This is a story about a girl Sara’s adventure with Ario.

Ario is a fantasy creature which can fly.

Sara and Ario met some new friends in their adventure. One of them is Salem, who is sitting on Ario’s wing.

This book was a project developed by IASC.
While-reading activities:

First reading

Refer to Worksheet p.2

Let’s read on to find out the following:

a) Who are in the story?
b) What problems did they face because of COVID-19 and how did they cope with the problems?

1. Background of the story:
(Play the YouTube video 00:54-02:13)

1) Sara’s____mum____ is a scientist, but she cannot find a ______cure____ for the coronavirus.
2) Sara was upset because the virus was affecting her life.

➢ She asked Sara to take good care of herself and stay safe, so that she could focus on her work.
➢ Sara decided to tell all the children in the world how to ______protect____ themselves so that they could protect everyone else.

Sara and her mum
Sara met Ario. Ario is a creature that comes from Sara’s heart and has always been with Sara. He can fly and has a big voice. He brought Sara to different places in the world and told children in the world how to protect themselves. Sara jumped on Ario’s back and they travelled together.
3. Sara and Ario met Salem.
(Play the YouTube video 4:57-7:13)

As the sun rose, they landed in a lovely desert by pyramids, where a small group of children were playing. The children cried out in joy and waved at Sara and her Ario.

"Welcome, I am Salem!" cried one of the boys. "What are you doing here? Sorry, we can’t come closer, we have to stay at least one metre away!"

"That’s why we’re here!" Sara called back. "I’m Sara and this is Ario. Did you know that children can keep their neighbours, friends, parents and grandparents safe from the coronavirus? We all need to...

"Wash our hands with soap and water!" said Salem with a smile. "We know, Sara. We also coughed into our elbows if we’re sick - and we wave to people instead of shaking hands. We try to stay inside, but we live in a very crowded city... not everybody is staying home.”

"Hrm, maybe I can help with that," said Ario. "They can’t see the coronavirus, but... they can see me! Jump on, but please sit on both sides of my wings - they are at least one metre apart!

Salem is a boy who lives in a city near a desert.

Problems

1. COVID-19 was affecting his life.

2. The city he lived in was crowded but not everyone stayed at home.

Ways to cope with the problems

- In order to protect himself, he stayed at least one metre away from people, washed his hands with soap and water. He also coughed into his elbows if needed and waved to people instead of shaking hands.
- He flew across the city with Ario and Sara to tell everyone to stay home/inside.

Ario flew into the sky with Salem and Sara on both of his wings.
Ario felt scared sometimes.

**Problem**

- When he felt scared, he breathed very _______ to calm down.

**Way to cope with the problem**

4. What can I do when I feel scared?
(Play the YouTube video 7:14-9:43)

“People will have to stop travelling soon. They are closing the borders across the world,” said Salem.

They saw a plane with passengers inside.

Ario soared high into the sky. Salem cried out in joy. Up there in the clouds, a plane flew by, and the passengers looked out at them in awe.

“People will have to stop travelling soon, at least for now,” said Salem. “They are closing the borders across the world, and we should all stay where we are and be with people we love.”

“Can you call them?” Sara asked her friend.

“Oh yes!” said Salem. “They call me everyday and I tell them about all the things we are doing at home. It makes me feel better, and it makes them feel better too.”

“Great, my friend Sasha has a very special superpower,” said Ario. “Let’s go!”

Salem’s grandfather

“I like to think about someone who makes me feel safe,” said Sara.

“Me too, I think of all the people who help me feel safe, like my grandparents,” said Salem. “I miss them. I can’t give them a hug because I could give them the coronavirus. We usually see them every weekend, but now because we have to keep them safe.”

“They are closing the borders across the world, and we should all stay where we are and be with people we love.”

3. Salem missed the people he loved a lot, including his grandparents

**Problem**

- He chatted with grandparents on the _____ phone _____ and shared what he did every day.

**Way to cope with the problem**

It can feel scary and confusing when things are changing,” said Sara. “I get scared about it sometimes.”

“Ario blew out a huge fireball!

“How do you relax when you feel scared?”

Ario asked them.

“People will have to stop travelling soon. They are closing the borders across the world, and we should all stay where we are and be with people we love.”

“I like to think about someone who makes me feel safe,” said Sara.

“Me too, I think of all the people who help me feel safe, like my grandparents,” said Salem. “I miss them. I can’t give them a hug because I could give them the coronavirus. We usually see them every weekend, but now because we have to keep them safe.”

“So many things feel like they have changed,” said Sara. “I get scared about it sometimes.”

“Ario felt scared sometimes.

**Problem**

- People will have to stop travelling soon. They are closing the borders across the world,” said Salem.

They saw a plane with passengers inside.
What would happen if your family member had the coronavirus?

(Play the YouTube video 9:44-12:35)

Ario introduced Sasha to the children. Sasha’s dad had the coronavirus. Ario said Sasha had superpowers.

Sasha played games, cooked, spent time in the garden with her brother and had meals together.

1. Sasha’s dad/father was sick and she was worried that she might spread the virus.

2. She sometimes argued with her family because they stayed together all the time at home.

Ways to cope with the problems

1. She did the following in order not to spread the virus:
   - keeping a distance from people
   - using __________ words to show her care instead of hugging people
   - staying home

2. She had to be extra __________ patient and extra understanding, and quick to say “sorry”.

Problems

1. Sasha’s dad/father was sick and she was worried that she might spread the virus.

2. She sometimes argued with her family because they stayed together all the time at home.
And so they said goodbye to Sasha and set off once more. The air grew warmer as they landed on an island surrounded by the sea.

They landed on an island and saw a camp full of people. They met Leila.

Leila was worried and asked Ario. “Is it true people can die from coronavirus?”

Leila was afraid of the virus because people might die from it.

There they saw a camp full of people.

One girl saw them and waved from a distance.

“Hi Ario, I’m so happy to see you again!” she called out. “We are trying to stay at least one metre away, so I’ll talk to you from here. But I’d love to meet your friends! My name is Leila.”

“Hi Leila! I’m Sara, and this is Salem,” Sara called back. “It sounds like you’re trying to protect yourself from the coronavirus. What else are you doing?”

“We’re washing our hands with soap and water!” Leila called back.

“Do you also cough into your elbow?” asked Salem.

“Can you show us how?” Leila called back. So Salem showed them.

“We are all trying to be brave, but I am worried about something,” said Leila. “Can I talk about it with you? I heard someone got sick and died and it made me very afraid. Is it true people can die from coronavirus?”

Ario breathed a big sigh and sat down on his enormous bottom.

“Yes, little heroes, it’s strange,” said Ario. “Some people don’t feel sick at all, but some people can be very sick and some might die. That’s why we all have to be especially careful with older people, and those with other illnesses, because they tend to get more sick. Sometimes when we are feeling very afraid, or unsafe, it can help to imagine a safe place in our minds. Would you like to try this with me?”

They all said yes, and so Ario asked the children to close their eyes and imagine a place where they feel safe.

“If you can imagine a place where you feel safe, you will also feel safe,” said Ario.

Ario then asked them what they could see, what they could feel, and what they could smell in their safe place. He asked if there was anyone special they would like to invite into their safe place and what they might talk about together.

“You can go to your safe place whenever you feel sad or afraid,” said Ario. “This is your super power, and you can share it with your friends and family. And remember that I care about you, and many people do. That will help too.”

They followed Ario’s advice by imagining a safe place in her mind. This helped her relax and keep her calm.
Leila travelled with Ario and her new friends.

Leila said, “We can all care for each other.” “That’s right, Leila,” said Ario. “We can care for each other, wherever we are. Would you like to come with us on our last journey?” Leila decided to travel with Ario and her new friends. Sara was glad Leila joined them because she knew that sometimes we need to support each other. They flew quietly, without words, but Leila knew her new friends cared a lot about her.

A few children were playing by a stream. They met Kim, a boy who once had the coronavirus, and got better.

“Just because Kim had the coronavirus, we didn’t stop being friends,” said one of Kim’s friends. “Even though I could not see him.”

Snowy mountains slowly came into view, and Ario landed in a small town. A few children were playing by a stream.

“Ariel!” one of them cried, waving to him.

“Hello, Kim,” said Ario. “Everyone, I wanted you to meet some friends of mine who have had the coronavirus, and got better.”

“What was it like?” Salem asked.

“I was coughing and felt too hot sometimes, I was also really tired and didn’t want to play for a few days,” said Kim. “But I slept a lot and my family took care of me. Some of our parents and grandparents had to go to hospital. The nurses and doctors were very kind to them, and people in our community helped us at home. After a few weeks, we were okay again.”

Kim had the virus himself and had recovered from it.

Problem

He kept a distance from his friends who cared about him. He believed that the most important thing friends could do was to protect each other.

Way to cope with the problem

“Sometimes the most important thing we can do as friends is protect each other,” said Ario. “Even if that means staying away from each other for a while.”

7. Last journey: What does it feel like to have the coronavirus? (Play the YouTube video 16:31-19:02)
8. Sara said goodbye to her friends
(Play the YouTube video 19:03-21:57)

“We can do these things for each other,” said Leila. “And one day, we will all be able to play again and go back to school like we used to,” said Salem.

It was time to go home, and time for Sara to say goodbye to her new friends. They promised each other that they would never forget their adventure together.

Sara felt sad that they might not see each other for a while. But she felt better when she remembered what Kim’s friend had said. Just because you can’t see people, it doesn’t mean you stop loving them.

“You are my hero,” Sara told Ario.

“You are my hero too, Sara. You are a hero to all those who love you,” he said.
Read the story again and understand more about the four characters, Salem, Sasha, Leila and Kim by thinking about the following questions:

a. Where did they live?
b. What were their super powers?

Characters

Salem  Sasha  Leila  Kim
As the sun rose, they landed in a **lovely desert by pyramids**, where a small group of children were playing. The children cried out in joy and waved at Sara and her Ario.

<table>
<thead>
<tr>
<th>Questions</th>
<th>Character: Salem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where did Salem live?</td>
<td>He lived near a <strong>desert</strong> next to pyramids. He probably lived in a Middle East country called Egypt.</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>What were his super powers?</td>
<td>◆ He knew how to protect himself and others from catching the virus.</td>
</tr>
<tr>
<td></td>
<td>◆ He was eager to remind the people in the city to take care of each other best by staying <strong>home/inside</strong>. He cared about his <strong>grandparents</strong> by talking with them on the phone every day.</td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td>Use two adjectives to describe Salem.</td>
<td>e.g. smart, positive, caring</td>
</tr>
</tbody>
</table>
And so they soared down to earth and landed by a small **village**. A girl was outside her house picking flowers. When she saw Ario and the children sitting on his wings, she laughed.

**Questions**

<table>
<thead>
<tr>
<th>Questions</th>
<th>Character: Sasha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where did Sasha live?</td>
<td>She lived in a small <strong>village</strong>. It was a place in the countryside, where there were green trees, beautiful flowers, and birds flying in the sky.</td>
</tr>
</tbody>
</table>
| What were her superpowers?       | ◆ She knew a lot about social distancing.  
◆ Her father was sick and she had to stay home to **avoid** sharing the virus with others.  
◆ Although she was on wheelchair and unable to **walk**, she stayed positive and enjoyed her life with her family even though they had to keep a distance from others.  
◆ She had great patience and was willing to apologise when she made a mistake.                                                                 |

Use two adjectives to describe Sasha.  
*e.g. optimistic, patient, considerate*
They said goodbye to Sasha and set off once more. The air grew warmer as they landed on an island surrounded by the sea. There they saw a camp full of people. One girl saw them and waved from a distance.

<table>
<thead>
<tr>
<th>Questions</th>
<th>Character: Leila</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where did Leila live?</td>
<td>She lived in a camp which provided a temporary shelter for the homeless people.</td>
</tr>
<tr>
<td>What were her super powers?</td>
<td>◆ She knew how to keep herself safe from the virus.</td>
</tr>
<tr>
<td></td>
<td>◆ She could cope with her <strong>fears/worries</strong> by imagining a safe place in her <strong>mind</strong>.</td>
</tr>
<tr>
<td></td>
<td>◆ She gave support to her friends and joined Sara and Ario in the journey to make people know more about COVID-19.</td>
</tr>
</tbody>
</table>

Use two adjectives to describe Leila.  
* e.g. brave, helpful, hopeful, positive
Snowy mountains slowly came into view, and Ario landed in a small town. A few children were playing by a stream. “Ario!” one of them cried, waving to him. “Hello, Kim,” said Ario. “Everyone, I wanted you to meet some friends of mine who have had the coronavirus, and got better.”

<table>
<thead>
<tr>
<th>Questions</th>
<th>Character: Kim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where did Kim live?</td>
<td>He lived in a small town, which was near a snowy <strong>mountain</strong> and a <strong>stream</strong>.</td>
</tr>
</tbody>
</table>
| What were his super powers? | ◆ He could stay positive although he once had the coronavirus.  
◆ He had some good friends. They cared about each other. They understood that staying away from each other for a while could _____**protect**_____ each other. |

Use two adjectives to describe Kim.  
e.g. positive, sociable, friendly, caring
4. The key message of this story is “heroes come in all shapes and sizes”. In short, anyone can be a hero, including ourselves. The super powers of the characters are in the boxes below. Explain the super powers by giving more details.

1) Know how to protect ourselves from COVID-19:
- stay at least one metre away
- wash our hands with soap and water
- cough into our elbows if we’re sick.
- wave to people instead of shaking hands

2) Show our love and care to our friends and relatives by:
   - calling them or sending them messages every day to show our love and care to them.

3) Sometimes, to protect our friends and family members, we have to
   - stay away from each other for a while

4) Be extra patient and understanding by:
   - imagine a safe place in her mind when we feel sad or afraid.
   - remember that many people cared about us and stay strong.

5) Be brave to share our worries and stay calm:
   - getting along well with our family members at home, e.g. Do not quarrel with them and learn to say “I’m sorry.”
   - imagine a safe place in her mind when we feel sad or afraid.
   - remember that many people cared about us and stay strong.
Refer to Worksheet p.8

Re-read Part 3 of the story “Sara and Ario met Salem” and underline the features of a story.

**Features of a story**

- **Setting:** Where did the story take place?
- **Characters:** Who did they meet?
- **Plot:** What did they say?/What happened?
- **Problem:** What problem did the character face?

**Grammar and Language used in a story**

The **simple past tense** to write about things that happened:

- e.g. The children **cried** out in joy and **waved** at Sara and Ario.

The **past continuous tense** to show an ongoing past action which was happening at a specific moment:

- e.g. As the sun rose, they landed in a lovely desert by pyramids, where a small group of children were **playing**.

Use **dialogues** in stories and make use of the present tenses wherever appropriate:

- e.g. “Welcome, I am Salem!” cried one of the boys. “**What are you** doing here?”

**3 ways to keep ourselves safe from the coronavirus**

- Wash our hands with soap and water!
- Use hand sanitizers.
- Wear masks when necessary.
Solution: How did they solve the problem?

Ways to keep ourselves safe from the coronavirus:
1. Wash our hands with soap and water
2. Cough into our elbow
3. Wave to people instead of shaking hands
4. Take care of each other by staying home

The imperatives to give advice: e.g. “Go, tell your families, we are safer inside!”

Use adjectives and action verbs to describe feelings: e.g. The children cried out in joy and waved at Sara and her Ario.

E.g. People were amazed by what they saw. The waved and agreed to go into their houses.
Writing task:
Sara and Ario visited Hong Kong one night. You met them and visited a place together. Write what you saw and did with them.

Write about one of the following scenes and include the following:
- problems people faced during the COVID-19 pandemic, and
- share your advice / positive message with the people you met and help them fight COVID-19.

Refer to Worksheet p.9

Acknowledgement: the clip arts are taken from Creative Commons.
Acknowledgements

1. Information and images/pictures in this set of slides are taken from the following book published by the Inter-Agency Standing Committee (IASC):

   My Hero is You - how kids can fight COVID-19!

   https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you

2. The video is presented by Dr. Linda Thomson to help students understand the book and can be accessed via the following link:

   https://www.youtube.com/watch?v=V29jbjPIEUA