

Stori na Aktivi Buk bilong ol Pikinini

Wanem
samting em

Koronavirus?

...na olsem wanem yumi i ken helpim
komuniti bilong yumi.





Yu save olsem olgeta manmeri long graun i
wanpela tasol bikos yumi em hap bilong dispela
bikpela famili tu? Na nau yet em dispela bikpela
famili bilong yumi i bungim bikpela hevi tru?



Yu mas harim pinis long koronavirus
(COVID-19), wanpela bikpela sik iwok go long
olgeta hap long graun. Yu mas wasim han bilong yu
olgeta taim wantaim sop long stopim sik . Yu save
tu long stretpela rot bilong wasim han?



Hia em sampela moa rot bilong lukautim yumi
yet na ol narapela tu. Noken tasim pes bilong yu.
Kus igo long skru bilong han bilong yu. Wasim
han pastaim behain yu kaikai o stretim kaikai.



Narapela rot bilong stopim sik long go bikpela em long stap long we long ol narapela. Planti man bai luk orait , tasol nogut bai ol igat sik tasol ol ino save. Sapos yu no inap long sighan or holim pas, bai yu wokim wanem long tok halo long ol man?



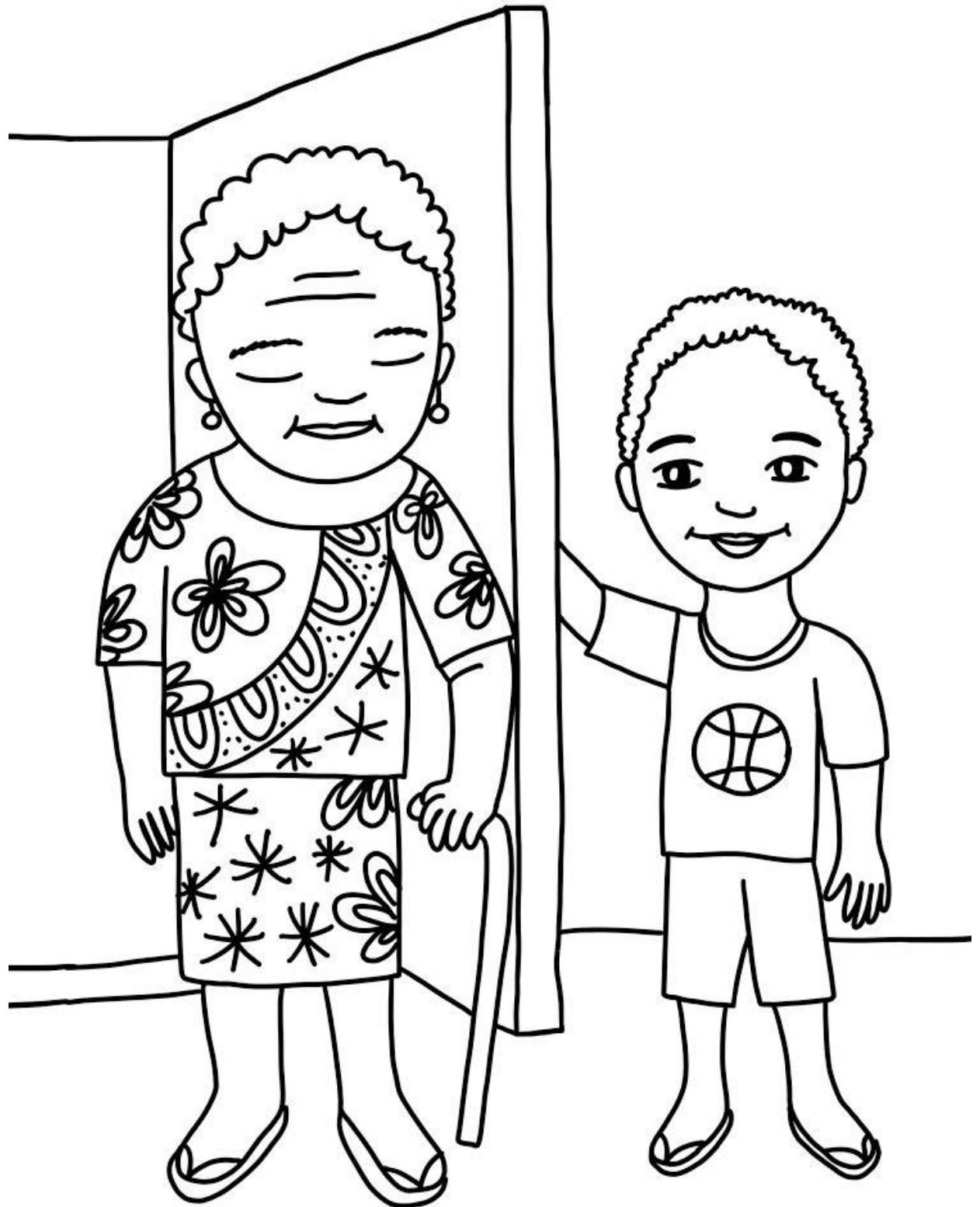
Yu bai nonap long go autsait. Haus kaikai, laibri,
na ol pak bilong pilai bai i pas. Sapos yu go
autsait, lukaut tru long noken tasim ol samting
nambaut na washim han taim yu go bek long haus.



Bai yu mas stop long go long skul o long go long ol aktiviti wantaim ol prens bilong yu. Dispela bai hat tru tasol em bai helpim long stopim sik long igo bikpela, em wanpela rot long bai yu helpim long stopim sik.



Olsem ol lo bilong trafik i save helpim yumi long rot, ol niupela lo ol i putim em long helpim kominiti bilong yumi long stap saif. Ol dispela lo ino inap stap longpela taim. Bai ol i tokim yumi long go bek taim olgeta samting i orait ken.



Planti ol lain i kisim sik bai ol i orait behain long sampela wik. Tasol long sampela, em bai hat liklik long ol bodi bilong long orait.



Stap long we long ol narapela lain bai i helpim
ol bai ol ino nap kisim sik. Taim yu lukautim
wanpela , yu mas wokim gut long ol, bai i hat
long lusim ol na go.



Sapos sik i kisim yu, bai yu pilim sik, nek i sua,
na kus. Taim yu sik em olsem yu bungim bikpela
win. Stap strong! Behainim toktok bilong dokta
na dispela naispela bodi bilong yu bai i wok hat
tru long helpim yu pilim orait.



Sampela taim bai yu pilim sore o wari long wanem samting i wok long kamap. Em orait. Toktok, writim, o draw long wanem samting yu pilim i ken helpim yu. Planti famili i painim olsem taim ol i konet wantaim ol long internet i helpim ol tu.



Sapos yu wari, pasim ai bilong yu na pulim
strongpela win. Askim papa mama na brata
susa bilong yu long wanem samting ol i save
wokim taim ol wari or sori. Yupela mas helpim
narapela narapela.



Ol bikpela na ol pikinini wantaim i pilim bikpela hevi tru. Em bai hat tru long wokim niupela pasin bilong stap. Long ol kain taim olsem, em i impotan tru long yu imas helpim.



Em bai gutpela tru sapos yu i ken mekim list
bilong wanem samting yu ken wokim long
haus. Wanem kain ol pilai bai i mekim ol
brata susa na papa mama i amamas?



Taim yu stap longpela taim long haus bai i
helpim yu long lanim ol niupela samting? Yu laik
lanim wanem samting o long kisim moa save?



Laip nau i narakain liklik, tasol yu mas lanim long behainim. Yu mas lainim pasin bilong tok tenkyu bai mekim yu pilim orait. Wanem ol sampela samting yu tok tenkyu long em?



Olgeta lain i gat wanwan pat bilong wokim long
heplim ol komuniti long winim dispela hevi.
Wankain olsem yumi i wok long klinim ples bilong
yumi, wok bilong olgeta man i gat bikpela mak.



Em bai hat long lukim ol long wok yumi wokim long pes taim, wankain olsem ol siti nifdim moa taim long gro igo long naispela gaden. Sapos yumi wok bung wantaim, wantaim pasin isi, yumi i ken helpim famili bilong yumi long olgeta hap long graun.

MAKIM WANPELA SINGSING BILONG WASIM HAN

Wanem kain singsing bai yu singim long 20 sekhans long helpim yu long tingim long wasim han bilong yu gut trul? [Every Little Cell](#) em wanpela gutpela tu.

KAINKAIN ROT BILONG KONET WANTAIM OL NARAPELA

Yumi stap yumi yet ino min olsem yumi lonli. Yumi nokem poret long ol narapela man. Smail na tromoi han em i saif tru! Wanem ol narapela rot long yumi i ken toktok wantaim ol narapela wantaim lukaut na saif? Lukim dispela [this video](#) ol Italians i singim long ol haus bilong ol long givim strong long ol narapela.

TINGIM OL PILAI BILONG PILAI

Ol pikinini long ol kantri igat Koronavirus I stap longpela taim pinis i lainim ol niupela we bilong pilai na eksesais long haus bilong ol na ol liklik hap graun autsait long haus. Pilai graun ino moa saif long pilai, olsem ol binatang is stap antap long olgeta samting. Sapos yu laik pilai bal, pilai insait long haus bilong yu tasol. Yu ken wokabout, tasol tingim long stap longwe long ol lain yu lukim long rot na ol ino save stap wantaim yu. Wanem ol narapela pilai ([active games](#)) i saif long yu ken pilai?

PUTIM SAMPELA SAMTING LONG HELPIM YU STAP ISI

Bai yu pilim kainkain ol feling long ol wik na mun i kam. Papa mamm wantaim ol pikinini imas wokim wanpela lis long tingting bilong ol wokim ol [calm down tool kit](#). Sampela tingting long start wantaim, em wantaim prea, long rait ol gutpela tingting, o long wokim Yoga.

RAITM BAKET LIST

Mekim wanpela bikpela basket lis bilong Koronavirus long ol samting bai yu wokim taim yu stap long haus, kain olsem [LEGO games](#).

LUKAUTIM KOMUNITI BILONG YU

Olsem wanem bai yu helpim ol komuniti bilong yu long dispela narakain taim? Askim wanpela bikpela man long tokim yu olsem wanem ol i wok long helpim ol narapela narapela, kain olsem long givim kaikai ([offering food](#).)

ASKIM BILONG SKELIM WANTAIM

Olsem wanem man o komuniti, wanem samting bai yumi lainim long dispela hevi? Wanem pasin yu sensim na u laik long wokim yet?