

Helpers Win: Yucky-rus Virus

by
Kathy Fry-Miller
illustrated by
some amazing kids



Thank you to all the great kids that sent in pictures and to everyone who reads this book!

Illustrators for this book are:

- Allie
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- Mason
- Max
- Maya
- Paloma
- Remik
- Uhura

Dedicated to helpers all over the world, including you.



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Gabi looked everywhere for Bunny, her favorite stuffie. Where could it be?

Did it disappear into thin air like the magician on YouTube?

Did it go on a magical vacation like the dragon in the story that her teacher read on Zoom?



It seemed to Gabi like everything was going wrong all the time. Maybe it was the virus. Again.

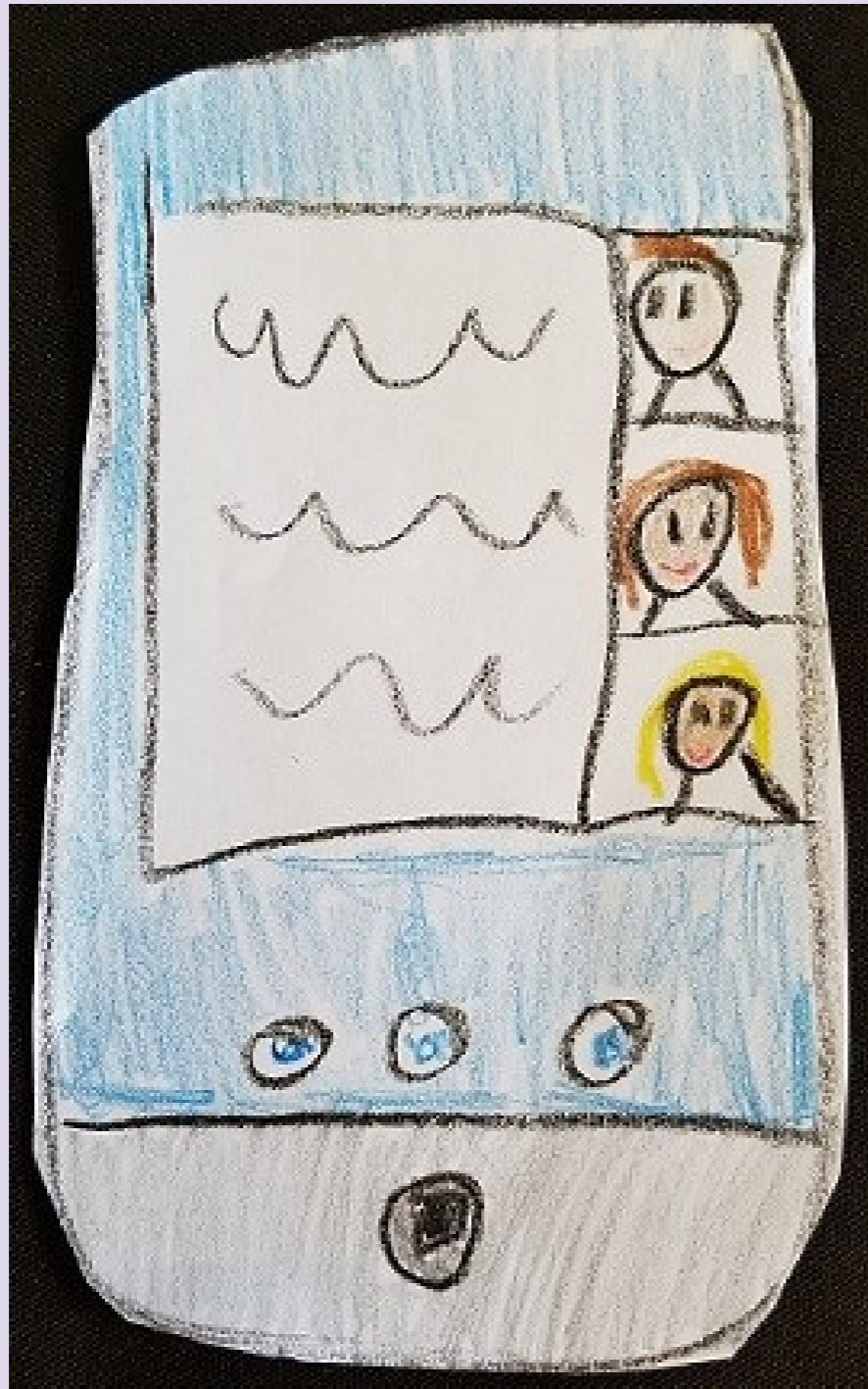
“Yucky-rus virus,” she sighed. “Where are you Bunny?”

Bunny didn’t answer, of course.



“I’ll be a bunny,” said her little brother Jake. He started hopping around the house. He looked rather silly, and it made Gabi smile, just a tiny bit. Bunny was still missing.

“Auntie, I can’t find Bunny,” said Gabi rather loudly.



Auntie called out from the kitchen, “Sorry, dear, but I’m on a conference call.” Auntie always had conference calls.

Yep, because of the virus.

“I predict you’ll find her in 23 minutes. Keep looking, dear.”

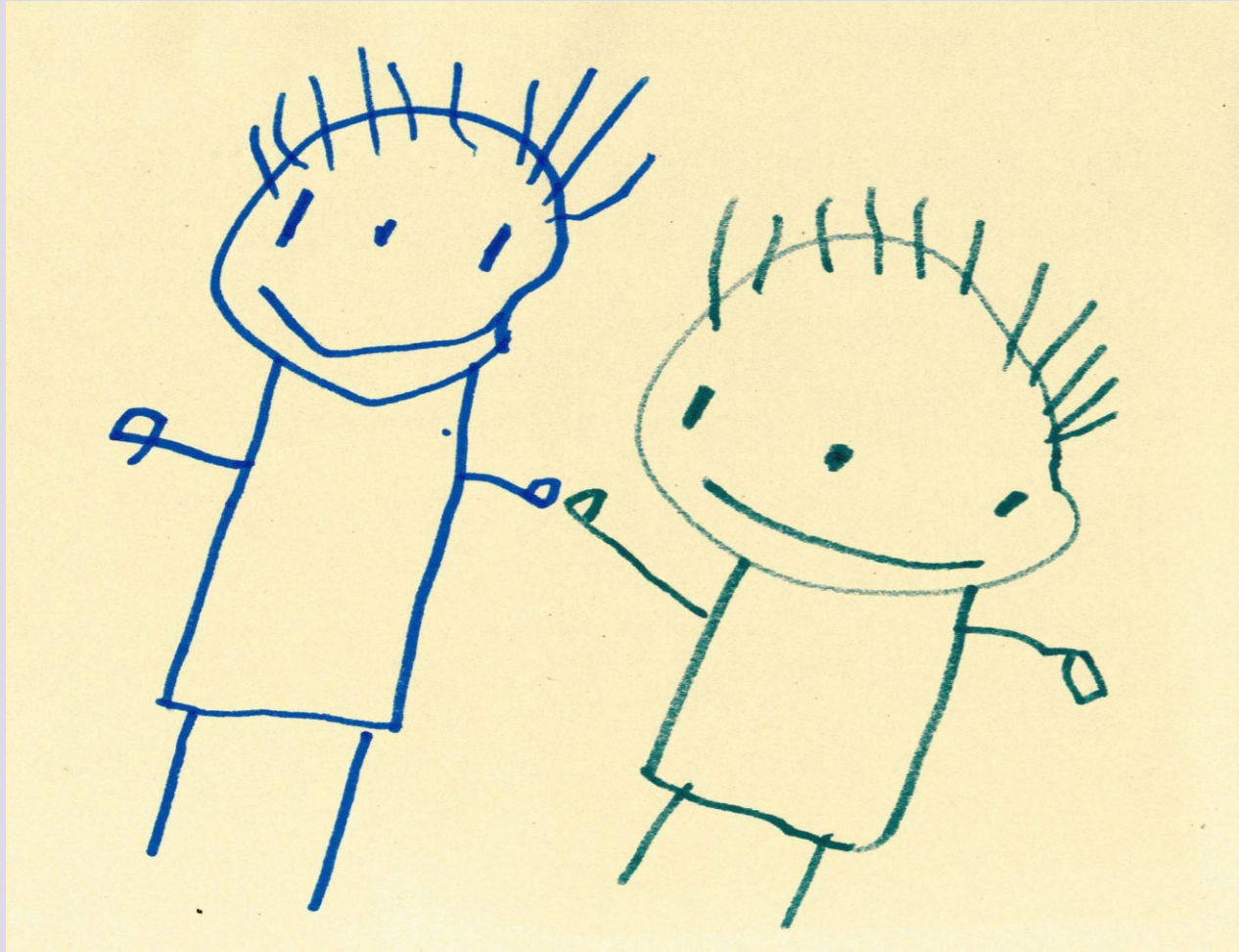


Just then Mom walked in the door. Home from work. Jake ran to give her a hug.

“Stop,” she said as gently as she could, “Remember, no hugs until I take my shower and change clothes.”

Since when can't we give Mom a hug? thought Gabi. *She always likes hugs.*

Yep, yucky-rus virus. Again.



“Mom, I can’t find Bunny. I looked everywhere!” said Gabi.

“I’ll help as soon as I can,” said Mom on her way to the shower.

Gabi went to every room one more time to look for her stuffie. Jake tried to help, but no Bunny.

“I’m so tired of everything!” Gabi yelled to the window. And then she started to cry. She just couldn’t help it.





Mom was back 12 minutes later. Gabi was keeping track, even though she was still sad.

“Oh, honey,” said Mom. “I’m so sorry. I know this is very hard right now. It’s not just Bunny, is it?” Gabi shook her head.



“I think everyone’s feeling sad and mad and scared all at the same time about the virus.”

“What’s going to happen? Will we get sick? Why can’t I stop crying?” asked Gabi.

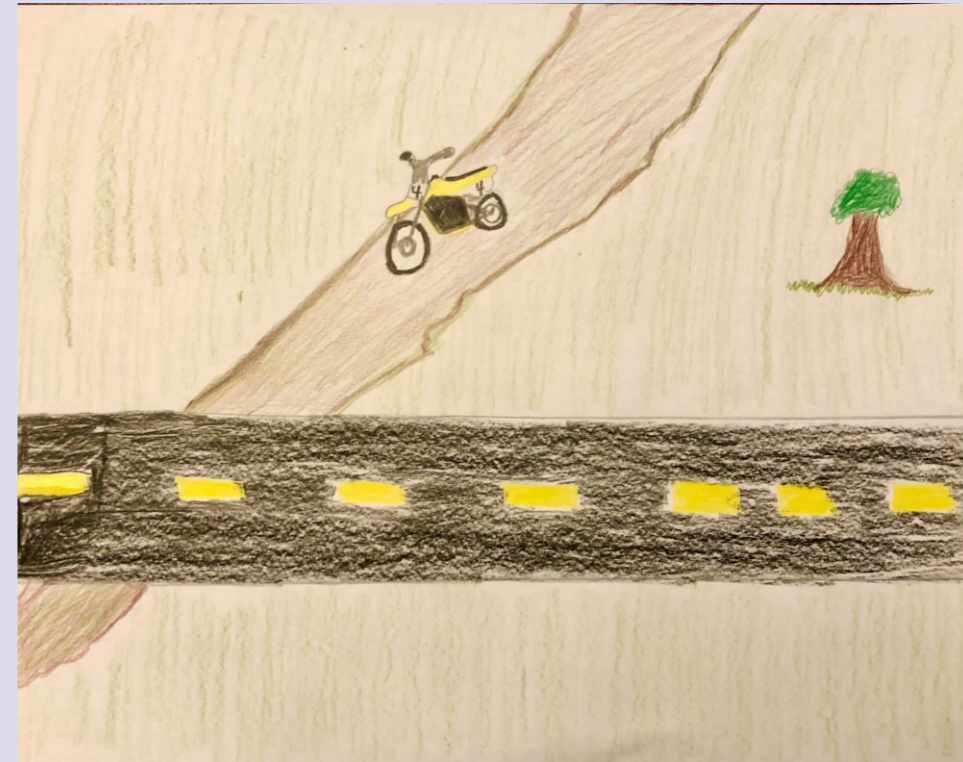


“I know. So many questions, right? We’re not the only ones who are sad and can’t stop crying,” said Mom.



“Like when someone gets sick or dies and you love them so much?” asked Gabi.

Mom nodded. Her eyes filled with tears. She was very quiet. “What makes you feel sad, Gabi?” Gabi got very quiet, too.



“All the things I can’t do and all the things I worry about. Like I can’t go to school and see my friends. I can’t go to Brady’s birthday party. No more baseball. No camp. No family vacation. No fun.”

“I have to do everything alone, like ride bikes,” said Jake.



“And I’m afraid someone I love will get sick,” said Gabi. “Besides all that, I can’t even find Bunny. I think it’s all because of you-know-what.”

“Yucky-rus virus,” announced Jake, shaking his head.

“Well, let’s think about this for a minute. There are lots of helpers. Some are helping at work. Others are helping by keeping their families safe and healthy and happy at home. How can we help?” asked Mom.



“I have an idea. We can drive by Brady’s house on his birthday and take him a present,” suggested Auntie.



We can set up our tent in the backyard,” said Gabi, “with popcorn and s’mores and everything!”



“We can do practice throws, ” said Auntie, “or a dance party.”

“Or make a bug village,” said Gabi.

“At least bugs can play with friends,” added Jake.

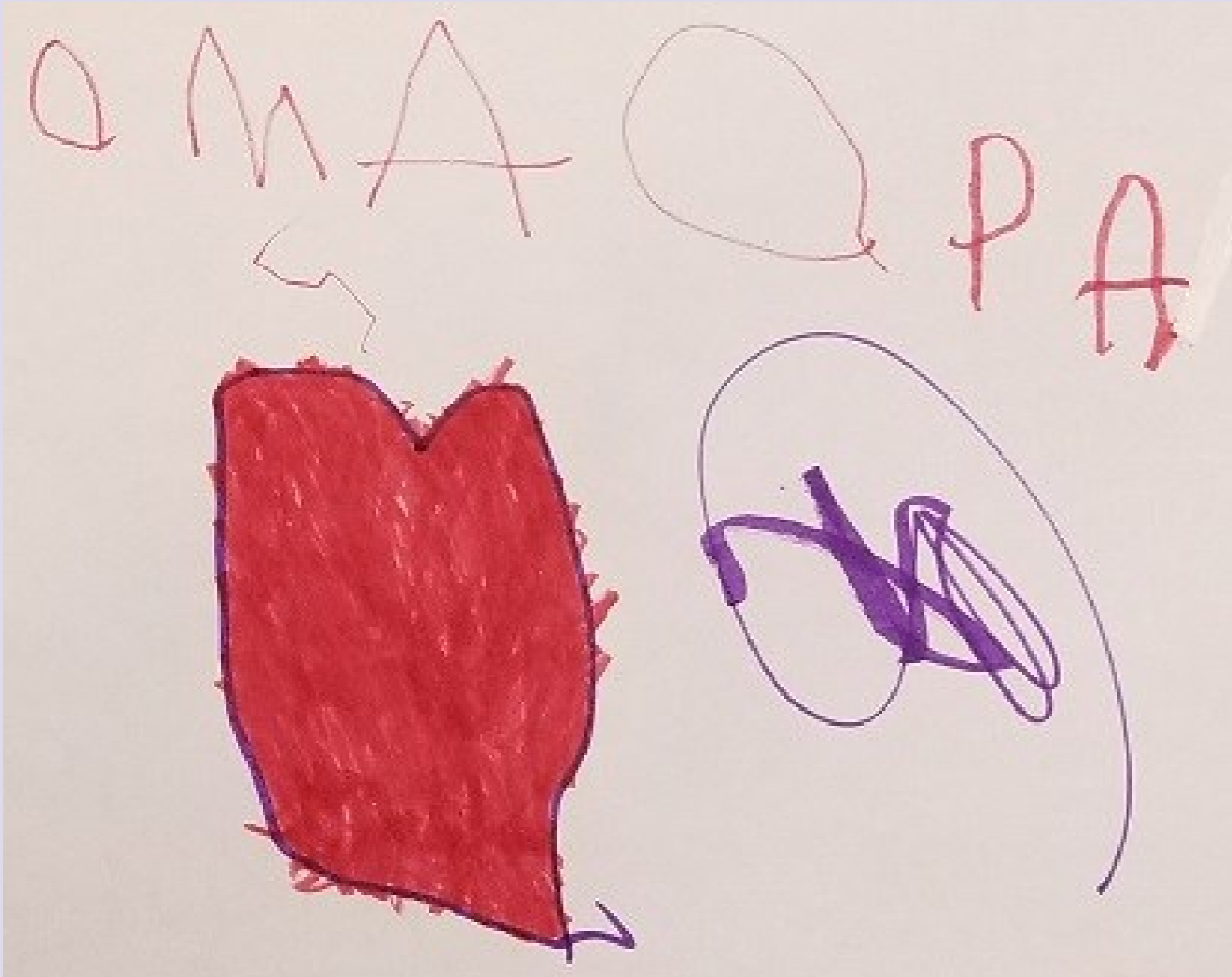
“We can cut out pictures and make maps and plan a family trip for when we *can* go on vacation,” said Mom.





“We can make up stories about fun things,” said Gabi.

“Or scary monsters,” added Jake.



“Let’s make cards for grandma and grandpa,” said Gabi.

“We can think of other people who are lonely or sad, too. They might need a card or a kind thought or a loving prayer,” said Auntie.



“And remember,” said Mom, “we can help everyone stay well by following rules like ... ”

“I know. I know. Wash hands. *With* soap. *And* sing ABC’s,” said Gabi.

“And sneeze into your elbow!” added Jake.



“You know that all of the grown-ups who love you are trying very hard to keep you safe and healthy, right?” asked Auntie.



“Like you wear masks and stand 6 feet apart at the grocery and stay home with us?” asked Gabi. Auntie nodded and smiled with her eyes.

“Oh, I almost forgot. What about Bunny?” asked Gabi with her lower lip sticking out.

Auntie continued, “Well, when I was young, *my* auntie told me, ‘Whenever you’re looking *for* something – look *under* something.’”



Just then, Gabi looked around and picked up the blanket on the couch. There was Bunny.

“I found her!”



They turned on music and had a family dance party. It lasted at least 23 minutes.

Check-in for Kids

Choose what you would like to do or talk about.

How are you feeling? You may want to draw a picture that shows how you are feeling.



Who are you worried about? How can you make a connection to that person –
Make a picture or card? Call on the phone or computer?

Make a list of 5 fun things you did in the past week. And 5 fun things you can do this week?

What can't you do that you *wish* you could do? Then think about this–
is there a way you can turn something you *can't* do into something you *can* do,
even if it's different?

Draw a map of your house and your yard – where can you go? Make a star beside
each special place you love in your house or yard!

You may want to light a candle with your family and send a kind thought
or prayer to someone you know who is sick or lonely or especially sad right now.

Who are some people that help you? What are some ways that you are being strong and helpful?

THANK YOU FOR BEING A HELPER!

