

The Hugs & their Helper Friends



Illustrated by Jess Racklyeft



Australian
Childhood
Foundation

childhood.org.au



It all started with us, **the Hugs**.

We met together to decide that people could share **Hugs** in more ways than usual in this time of coronavirus. People have been giving hugs with things like rainbows and soft toys in their front windows, wearing face masks, and staying home for each other for a while now. Hugs joyfully continue our efforts to help. However, the **Coronavirus** is sneaky and rude. It keeps popping its head up without anyone inviting it. Us **Hugs** are noticing that people are feeling tired, and sick of this unwanted visitor **STILL** hanging around.



The Hugs are calling in "back up."

These are friends trained to assist people when things are hard over long periods of time.



Calling Smiles and Laughter
Calling Creative Ideas
Calling Healthy Eating
Calling Enough Sleep
Calling Movement and Exercise
Calling Gratitude
Calling Staying in Touch
Calling Good Music
Calling Fun and Play
Calling Kindness



From far and wide our friends have been arriving by planes, parachutes, boats, and trains to reinforce their counterparts who are already on the ground. They are ready and raring to go.

Ok team. Glad you could all make it. It's time to band together in the face of this Coronavirus.

It's up to us to help people to dig even deeper.

Role Call!



Smiles and laughter “Present - Ready and willing to be shared around. We are more infectious than any virus.”



Creative ideas “Present - Looking forward especially to what children will do with us.”



Healthy Eating “Present - Imagine how much extra energy we can provide.”



Enough sleep “Present - Excited to help people feel clearer and more rested.”



Gratitude “Present - Honoured to help people get in touch with the things they are grateful for.”



Movement and exercise “Present - Ready to help people feel better in their bodies and minds.”



Staying in touch “Present - No one has to get through this thing on their own.”



Good music “Present - Eager to shift moods and soothe minds.”



Fun and Play “Present - All set to ramp up and work in closely with Smiles and Laughter.”



Kindness “Present - Ready to go to work on the front line”

"Welcome team. This Coronavirus is a tricky customer. While we wait for the scientists to back us all up with a vaccine, it's over to us. We will defeat this virus on many fronts, we will overthrow it by working together in little ways, every day. We will be victorious because we are strong together."



And so, the **Hugs** along with **Kindness** lead this new team of **Helpers** into battle, to boost people in the fight against many of the terrible effects of the **Coronavirus**.

Look out for these Helpers in your life. Some might already be helping you? If you allow them, more are on their way.. Here is a table for you to think about how you and your family might boost these helpers in your life.

Helpers	Things I could do to boost these helpers in my life
Smiles and Laughter	
Creative Ideas	
Healthy Eating	
Enough Sleep	
Movement and Exercise	
Staying in Touch	
Good Music	
Fun and Play	
Kindness	

