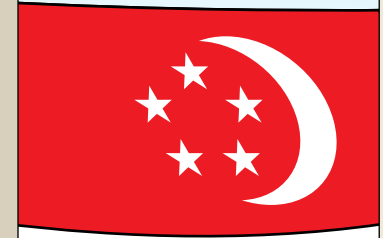
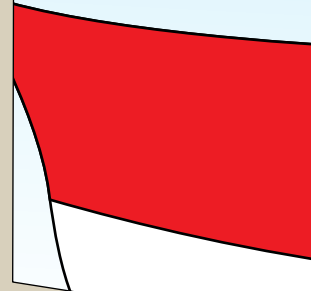
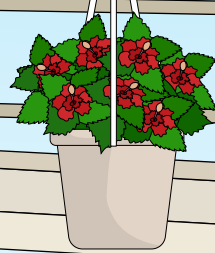
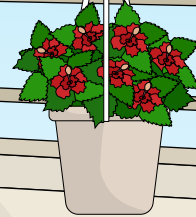
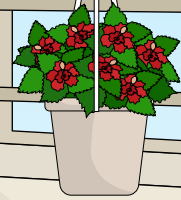


# WAGGA

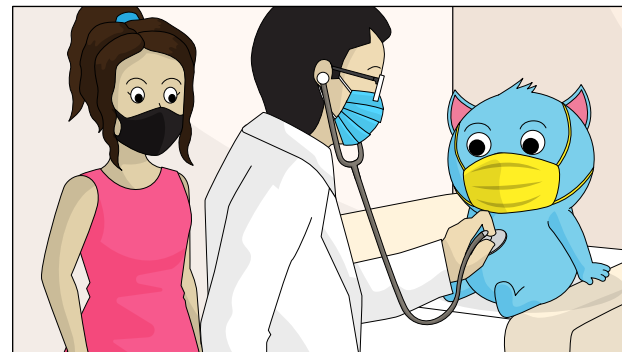
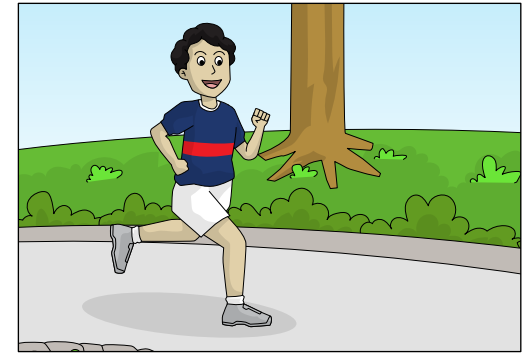
Stays at Home

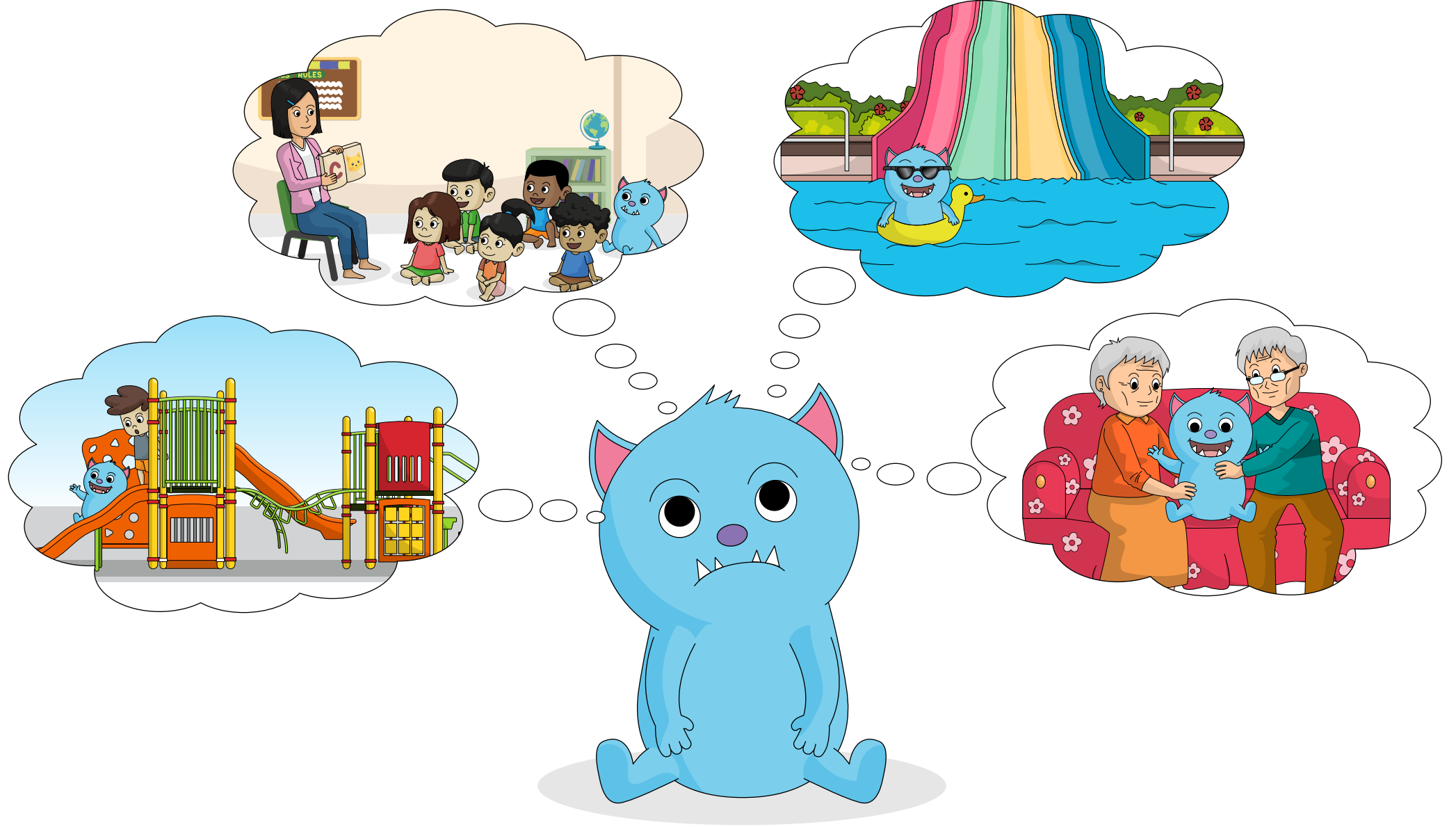


Singapore has new rules  
now.  
We must **STAY AT HOME**.



We only go out to buy  
food, exercise or see a  
doctor.





Staying home means that I cannot go to any of my favourite places.

That makes me feel really sad, and sometimes...

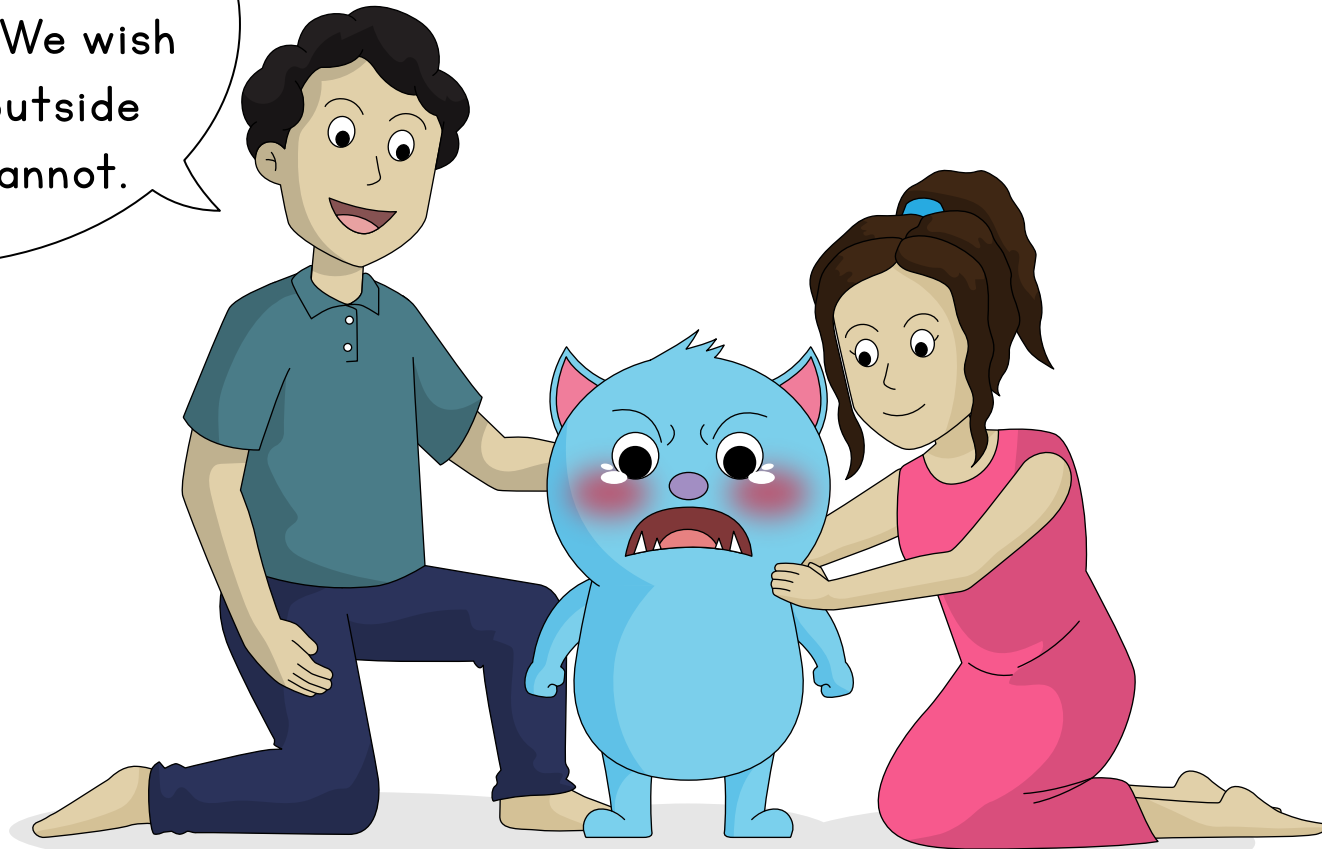


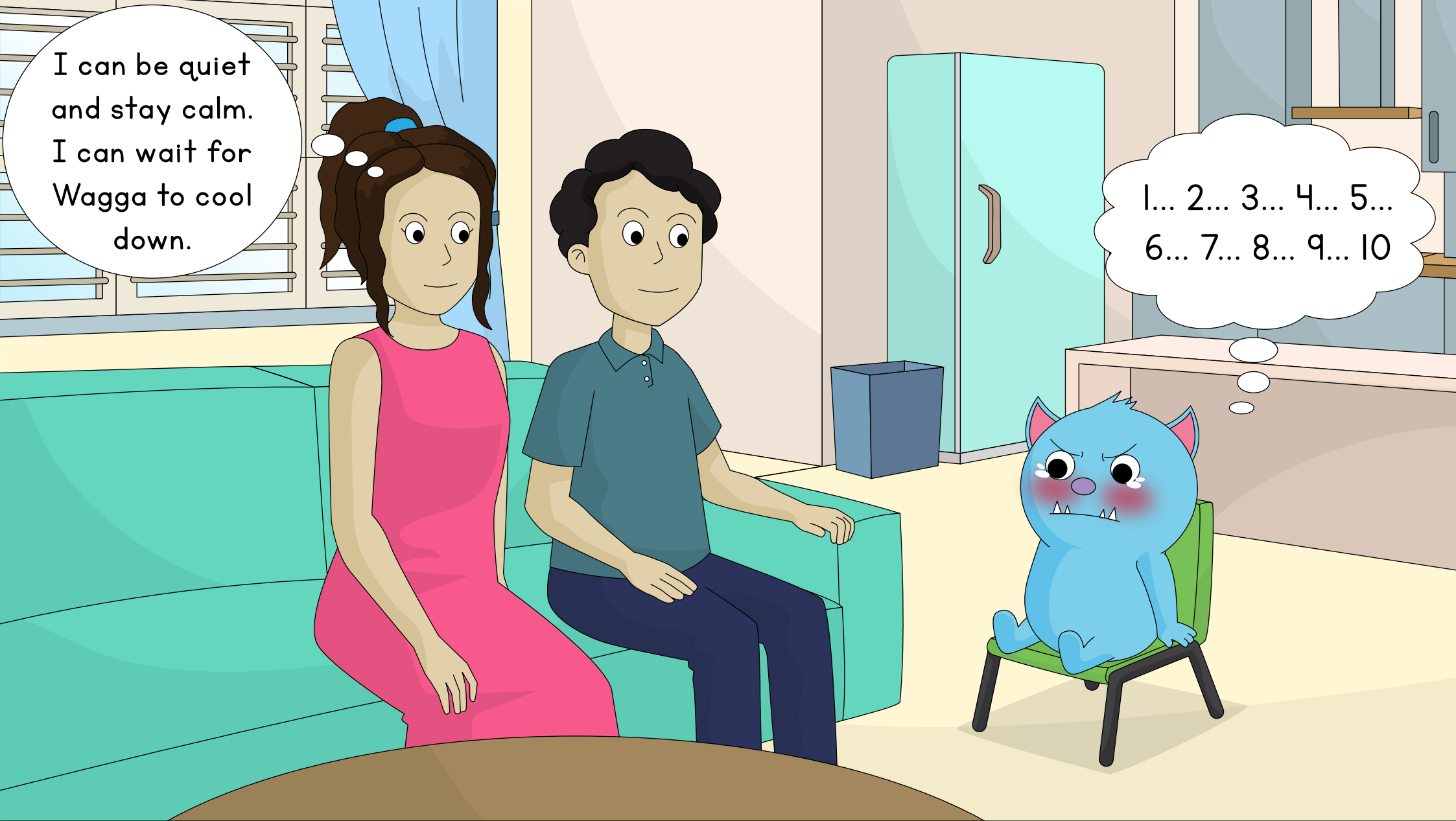
...REALLY ANGRY!!!

I screamed and cried when Mummy and Daddy said I could not go out.

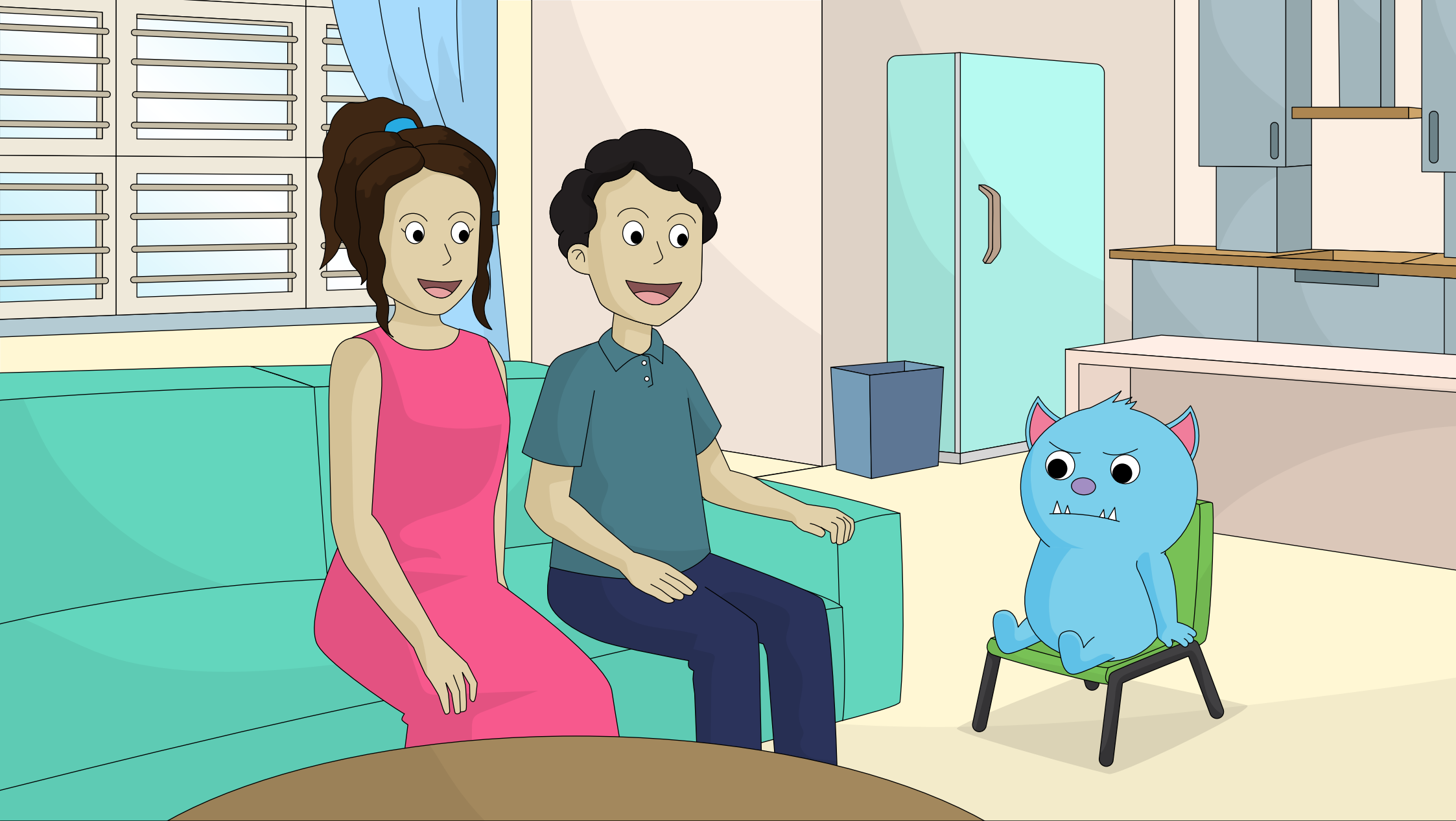
Mummy and Daddy stayed calm and talked to me.  
They said:

We know you feel sad  
and angry. We feel the  
same way too. We wish  
we could go outside  
too but we cannot.





Mummy and Daddy stayed close to me and waited for me to cool down.

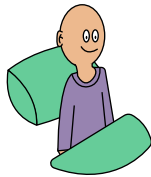


Mummy and Daddy talked to me when I was calm.  
They said we could have a new STAY AT HOME plan!

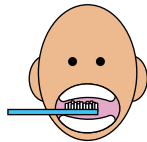
# Mummy and Daddy talked to me about my STAY AT HOME plan.

## Morning

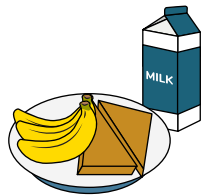
Wake up



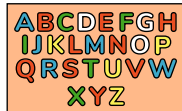
Brush teeth



Breakfast



Learning

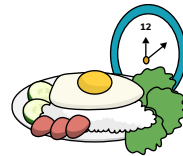


Play

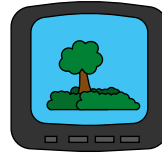


## Afternoon

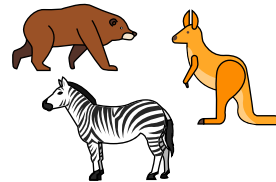
Lunch



TV



Play



Homework



Exercise



## Evening

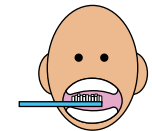
Dinner



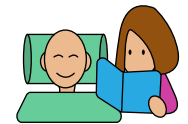
Shower



Brush teeth



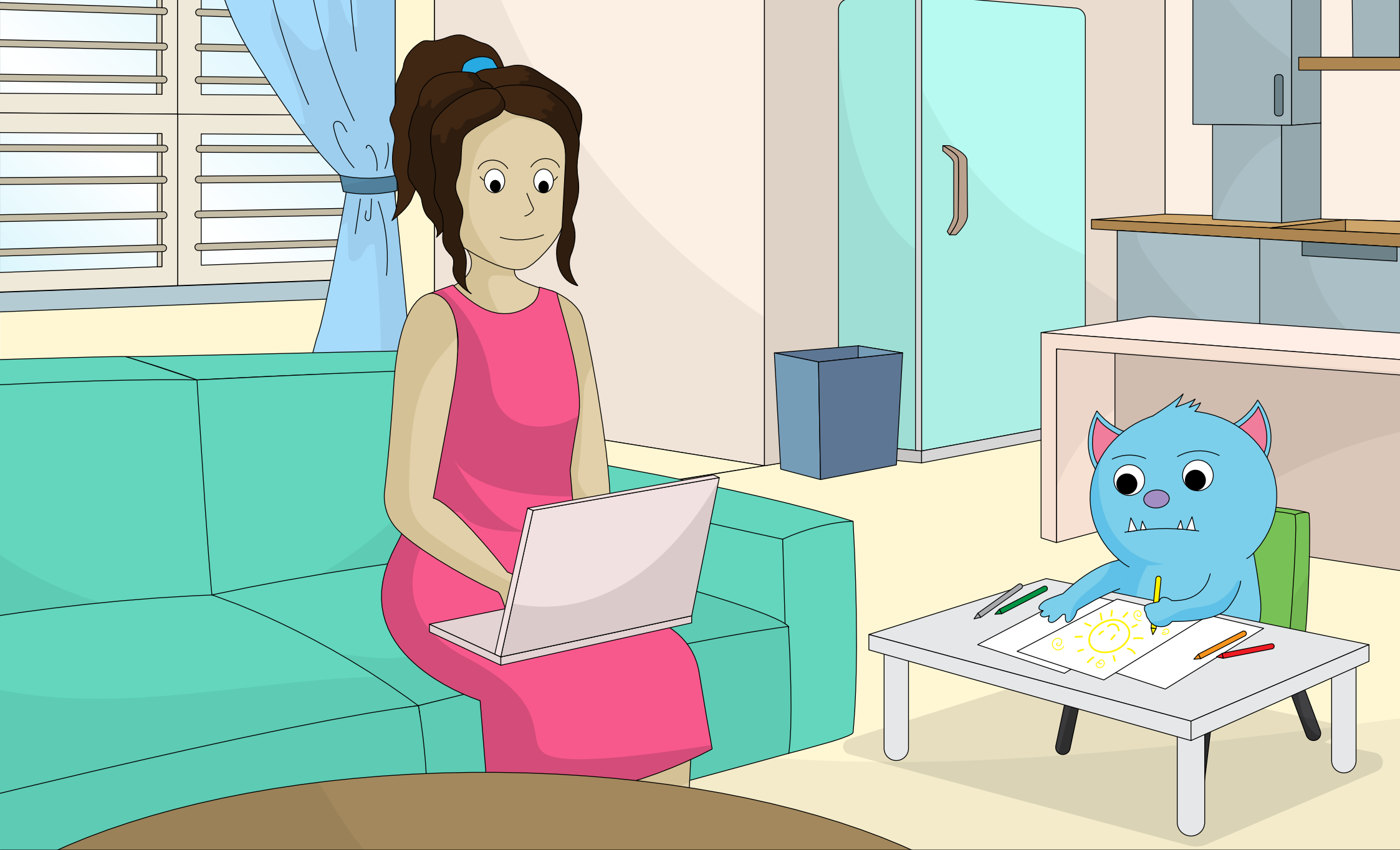
Bedtime story



Sleep



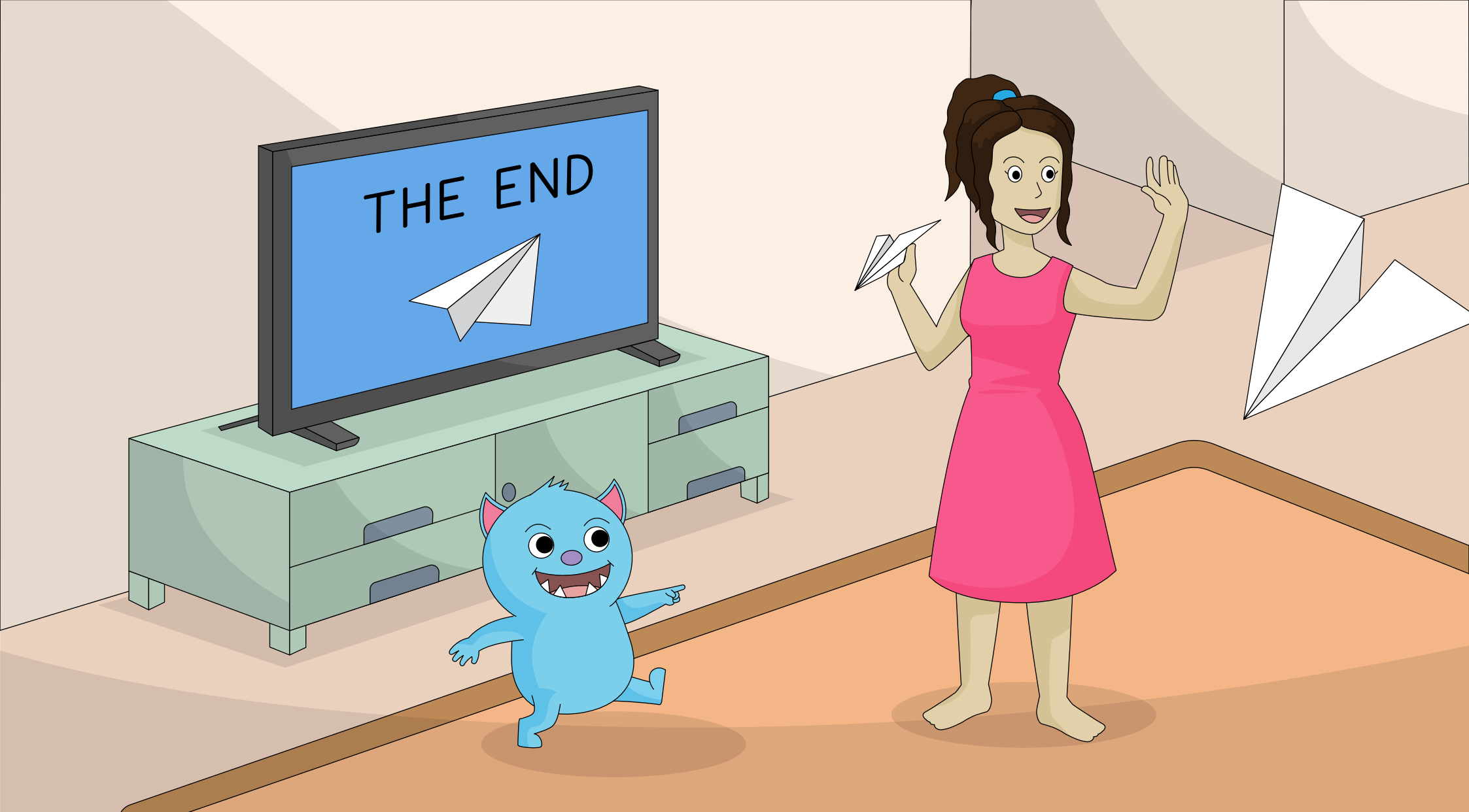




I do learning activities in the morning.



I play with my sister after I finish my learning activities.



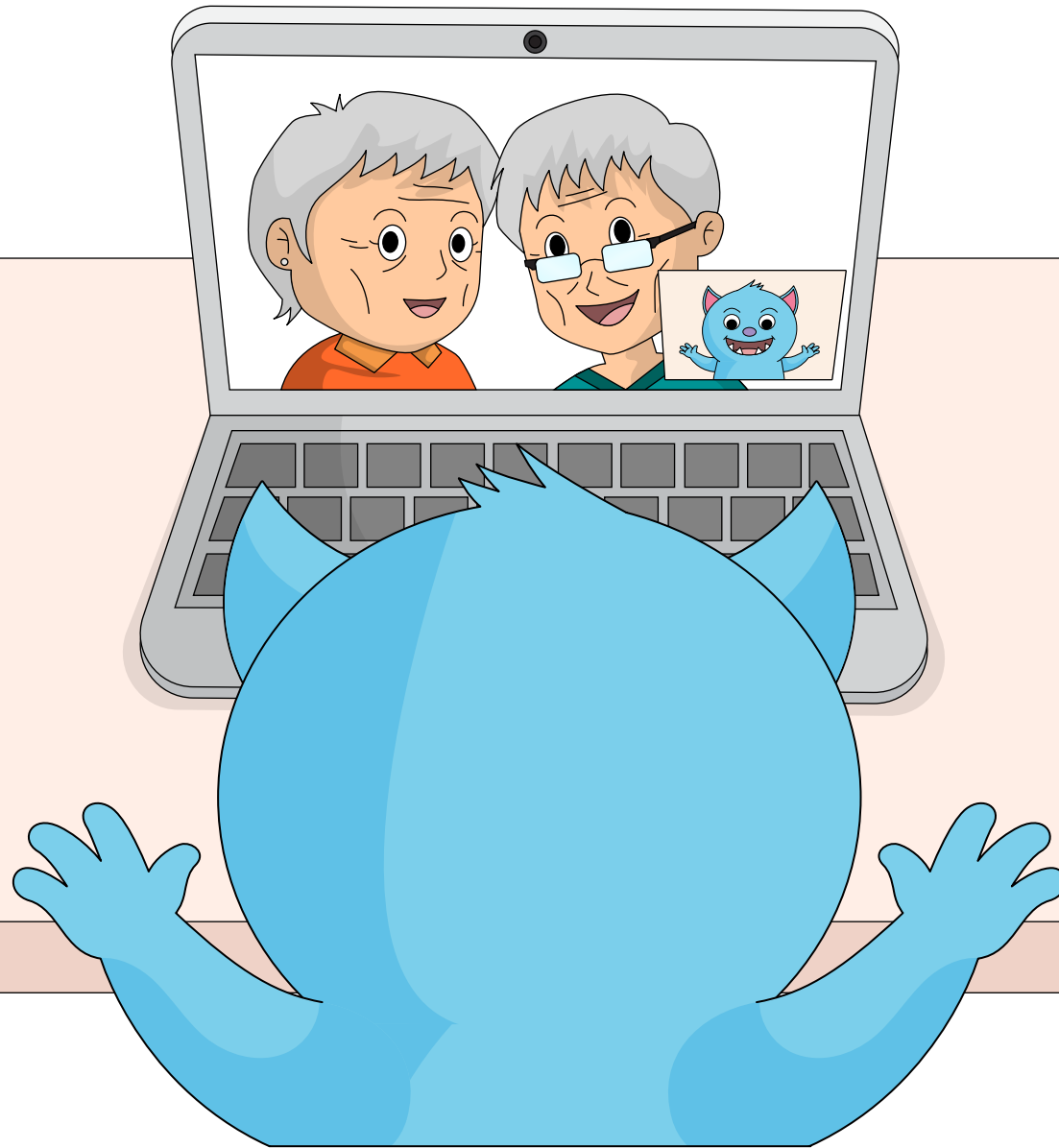
Mummy watches a cartoon with me, and we act out the story afterwards.



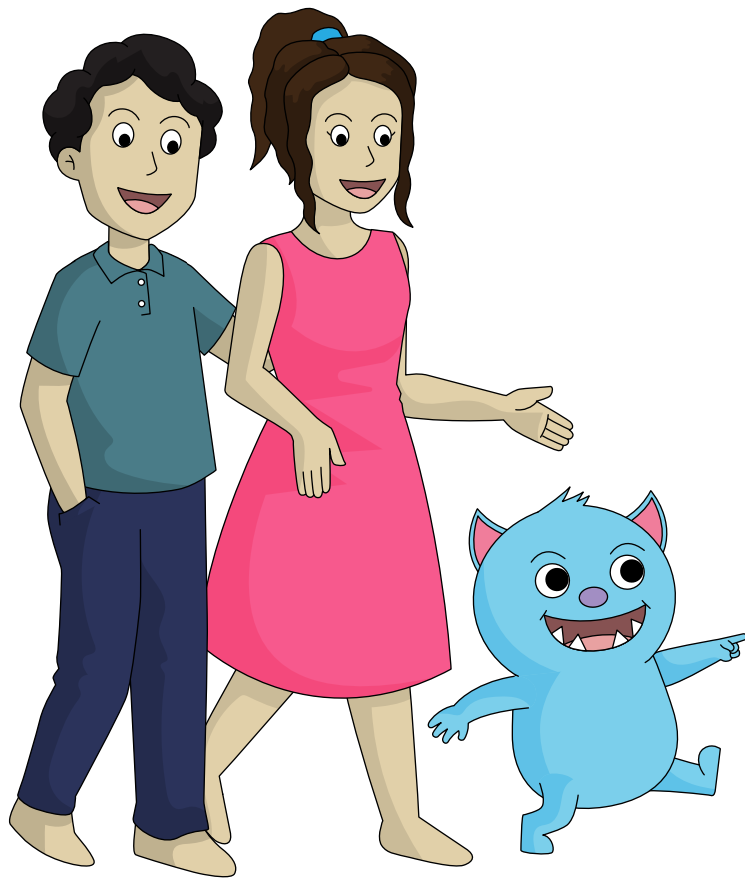
I help with housework.



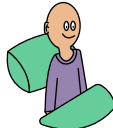
We dance at home as exercise.

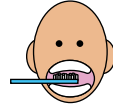


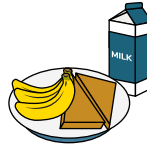
Sometimes, I can even talk to my grandparents on video call and that makes me feel happy.

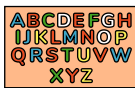



Morning

Wake up 

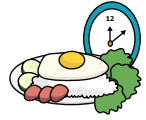
Brush teeth 


Breakfast 

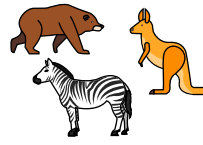
Learning 


Play 


Afternoon

Lunch 


TV 


Play 


Homework 


Exercise 


Evening

Dinner 

Shower 

Brush teeth 

Bedtime story 

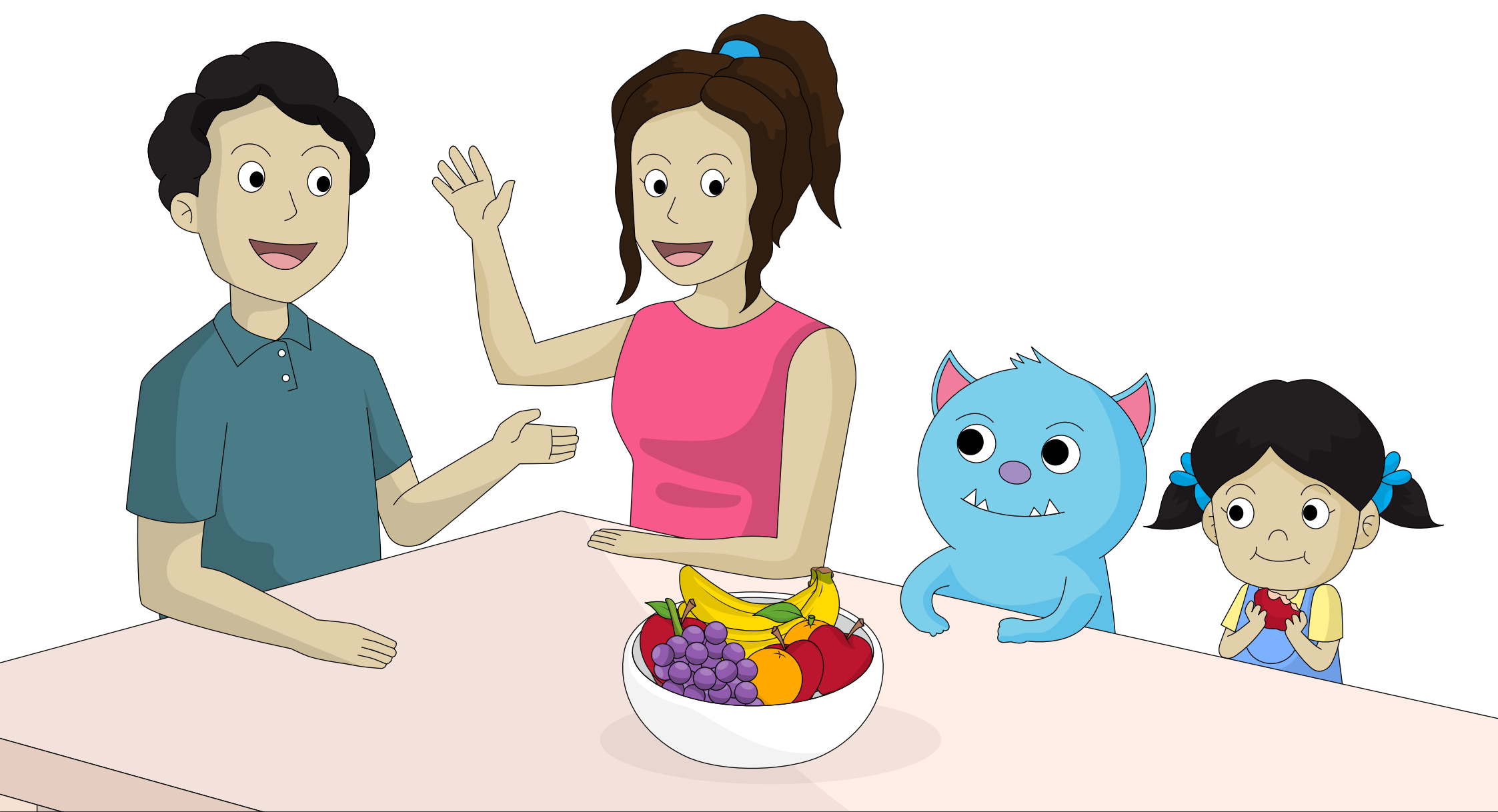
Sleep 

I like my new STAY AT HOME plan.

There are some activities I do by myself, like colouring!

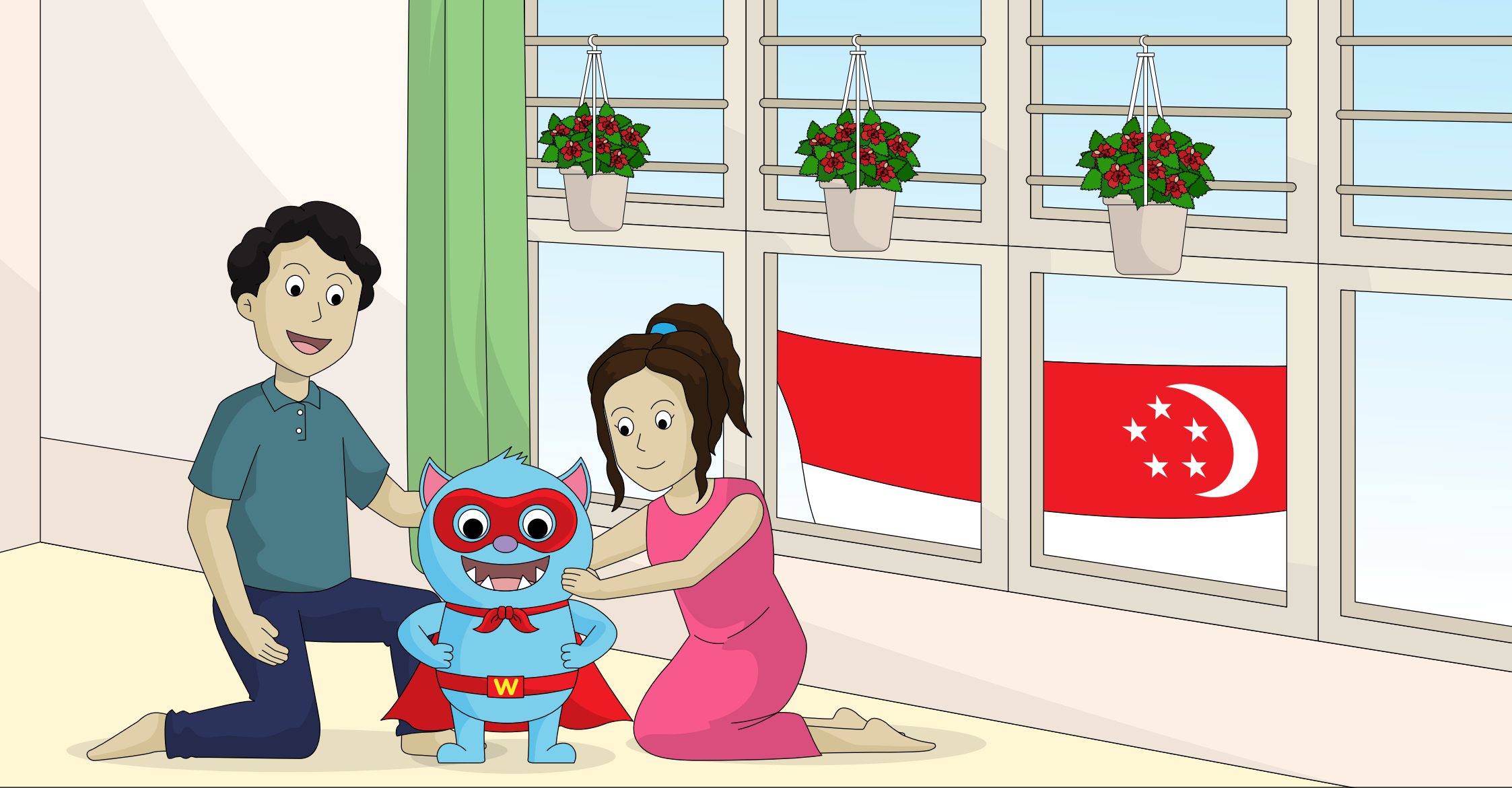
And some that we do together, like exercise.

Mummy and Daddy are proud that I can follow the plan.

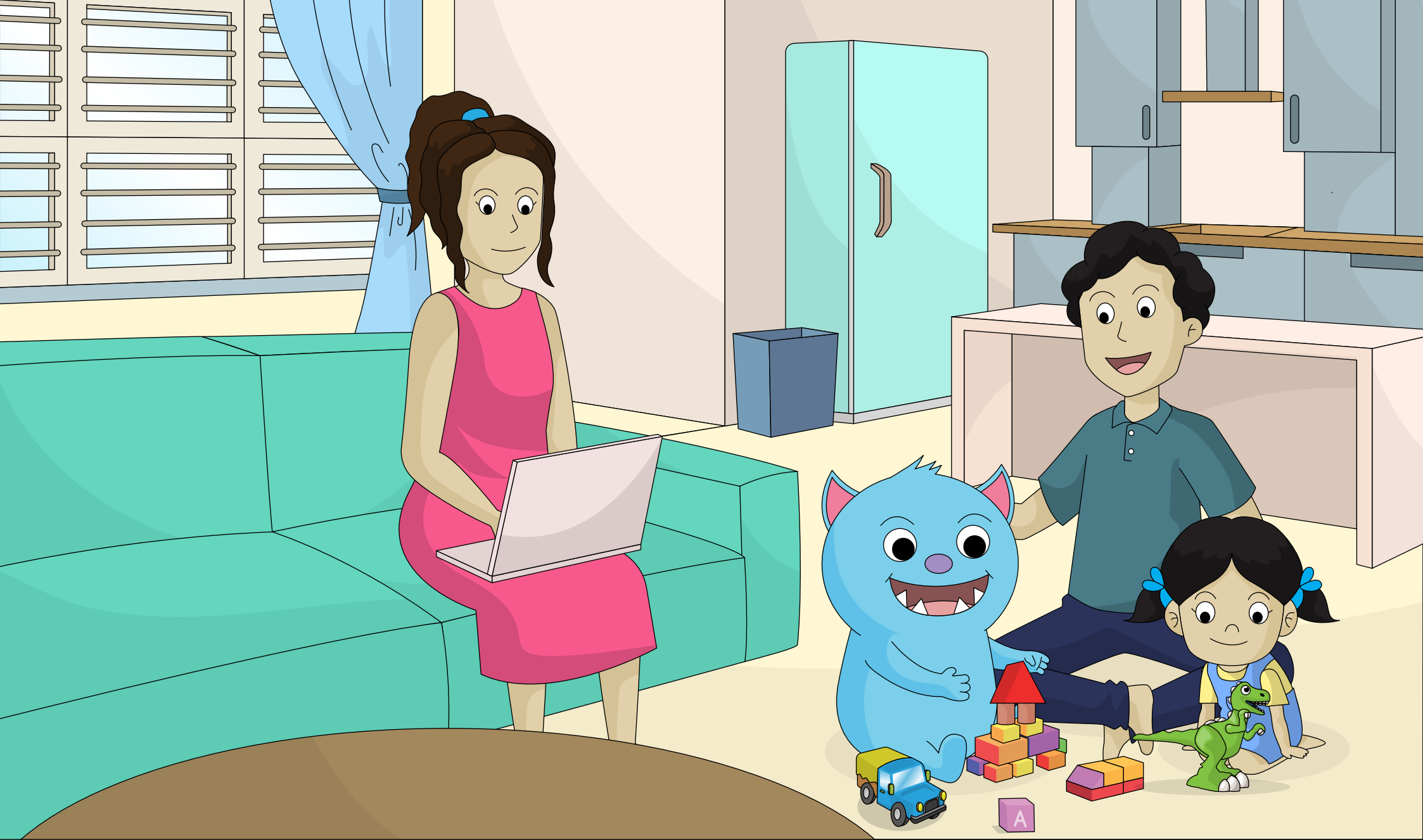


Mummy and Daddy tell me that when fewer people get the virus, I will be able to go out more.





I want to go back to school soon, visit my grandparents, and go to the playground. But for now, I will **STAY AT HOME**. I hope you will too!



The End

## Acknowledgements

### Contributors:

Department of Child Development, KKH:

Dr. Pratibha Agarwal, Patel Laila Mahiar, Dr. Koh Hwan Cui, Dr. Natasha Riard, Rachel Chiong, Siew Lai Ching, Tang Hui Nee

Lien Foundation:

Jean Loo, Yang Huiwen

### Illustrations:

Solve Education!:

Janine Teo, Saphira Suwanto, Rudy P Agnel, I Made Bagus

Funded by: Lien Foundation

Produced by: Department of Child Development, KKH

Published by:  KK Women's and  
Children's Hospital  
SingHealth