



TRILOGY STORY 3

Turn off and tune in



With the support of Serge Tisseron



Series directed by
Allison Ochs



Serge Tisseron is a psychiatrist, doctor of psychology, researcher, and member of the French Academy of Technology. In 2007 Tisseron devised the 3-6-9-12 guidelines, to help define guidelines for screen time. Tisseron has also developed a drama activity called Jeu de Trois Figures for empathy development. This program is aimed at children from kindergarten through grade 6 and has been acknowledged by the EU.

Foreword by Serge Tisseron

In the crisis we are going through, there are frightening words that we have become accustomed to uttering without even realizing it: catastrophe, death, shortages... Not to mention the frightening images that appear on our screens, such as those of employees fully protected by suits that make them look like deep-sea divers, or those of supermarkets whose shelves are desperately empty. Our children see them, and they also hear us talking about our concerns.

So let's reach out to our children and reassure them. Let us highlight the heroism of hospital staff and the dedication of employees who brave danger to meet our basic needs, and let us remember to appreciate gestures of mutual aid, solidarity and empathy as much as possible.

And then, let's ask them how they understand what is happening, let's invite them to imagine what could happen, to draw a picture of how they perceive the situation. By inviting our children to tell us about their experiences, their fears and their hopes, we are not only inviting them to become sensitive to these experiences, we are also developing their imagination, their narrative and social skills.

In short, we want to encourage them to tune in to themselves, as Oscar's mother says, and also to us.

Happy family reading!



Turn off and tune in

Illustration by Gozde Eyce

Oscar and Zoe series directed by Allison Ochs

Illustration by Gozde Eyce

Copyright © 2020 Edit Curriculum by Edit change management Sàrl

Published in 2020 by Edit Books an imprint of Edit Curriculum and Edit change management

In collaboration with the EPFL Center for Learning Sciences LEARN

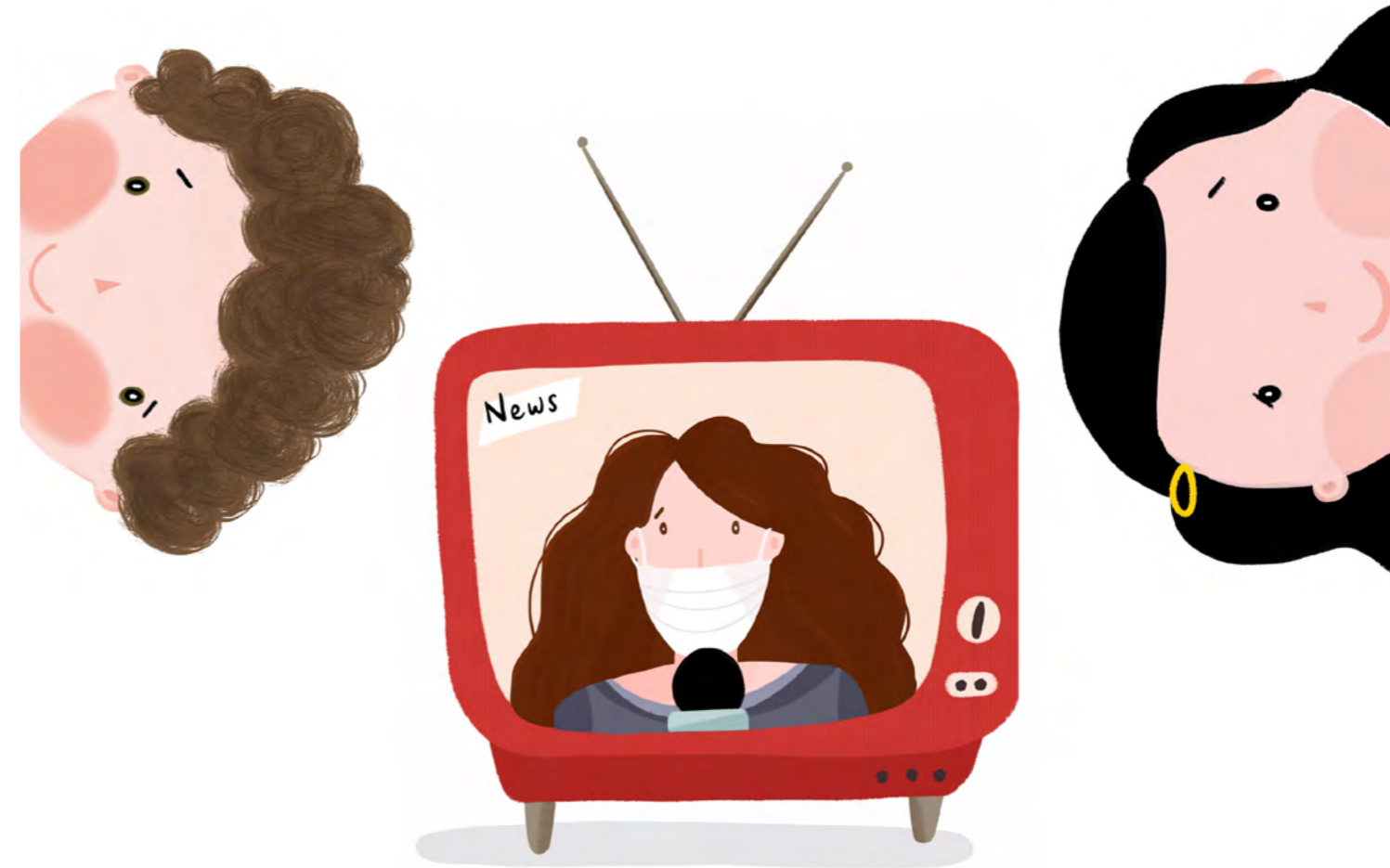
Preparing future citizens to embrace the prospects of a digital society.

All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form by any means, mechanical, electronic, photocopying, recording, or otherwise, without written permission from the publisher, except for the use of brief quotations in a book review.

Oscar and Zoe: Turn off and tune in

Copyright © 2020 Edit change management Sàrl

Edit Curriculum and Edit books
an imprint of Edit change management Sàrl
Chemin de Lurier 2
1807 Blonay
Switzerland
www.editcm.com



Series directed by Allison Ochs



They are best friends. Very best friends.
Oscar and Zoe's families are also friends.
They see each other every Wednesday afternoon
and sometimes on Saturdays.
This is when Oscar and Zoe play together.



They play board games, draw with chalk, and play
pirates outside. They almost never fight.
Oscar and Zoe are the same age.
Well - Zoe is two days older.
She never lets him forget that.



“Mail!” Oscar’s mom shouted as she shut the front door. Usually mail deliveries weren’t that exciting, but since they had been stuck indoors, everyone looked forward to flipping through the mail. The family shuffled into the kitchen as Oscar’s mom distributed the post.

A magazine for Lucy. Bills for Mom & Dad.
“A letter for Oscar!” She waved the card back and forth as Oscar lurched forward.
Lucy intercepted the letter and pretended to break the seal.
“**TOP SECRET!**” Oscar said, pointing to the words written on the envelope.
He snatched it out of her hands and ran to his fort for safety.



Oscar ripped the letter open.
Zoe had drawn her window and a dog outside.
Then he looked at the words on the page. There were a lot of them.
Zoe’s mom had definitely helped.
He needed to call for backup.
“Mom!” Oscar yelled. She ducked into the fort and read Zoe’s letter out loud.



Dear Oscar,

How have you been? Things have been okay here. I see Ms. Fleur walking her dog every day and sometimes she doesn't clean up after him! Gross! Paul has played lots of pranks on me. He's the worst!

Oscar, do you remember when we learned something cool? Rumors are things people say and we don't know if they are true or not. We always have to check if they are true. This is important because siblings love to spread rumors, so be careful with Lucy.

Also, I have a surprise! I can't wait to tell you!

Miss you and please don't find another best friend,

Zoe

P.S. Do you have any grey hair?



"A surprise?" Oscar said as he hid the letter under a pillow. Letters are nice, but he needed to talk to Zoe face to face. Or camera to camera at least.

With the help of their moms, Zoe and Oscar had a video chat play date that afternoon.

"I can't stop thinking about it. What's the surprise?" Oscar blurted before even saying hello.

"Well, I know you're super sad about your pirate birthday being canceled, so I decided to make you a treasure hunt! I'll give you your clue. You have more of these when I'm not there."



Oscar pulled out his magnifying glass. He didn't know if it would help, but he liked having it.

"Go straight, go straight, turn right, no, back up! Hot, hotter!" Zoe shouted as Oscar ran around the house balancing the phone and his magnifying glass.

"Aha!" Oscar finally figured out exactly where the clue led.



He ran to the cookie jar as Zoe said, "You found it! Great job."

Oscar laughed. "We do have more cookies now that you aren't eating them!"

"Look inside the jar!"

Oscar was confused. How could Zoe actually hide a treasure from her house?

He lifted up the lid and saw a whole bag of gummy bears!

"How did you do this!? You're a magic pirate!"

Oscar's mom winked at the screen. Zoe laughed.



Oscar thanked Zoe and handed the phone back to his mom. He plopped himself on the couch with the bag of gummy bears. His dad was watching the news. "Thousands have the disease," the reporter said. "Is that a rumor?" Oscar asked. Proud that he remembered his new word. "Nope, it's true," his dad said, staring at the screen. "Lots of grandparents have gotten sick," the reporter continued. Oscar's eyes grew wide. "Stay inside," the reporter finished.



Sometimes Oscar felt like there was a butterfly in his stomach whenever he felt nervous. This was worse. Much worse. He felt like he had a whole swarm of butterflies flapping around. This was fear.



Oscar ran towards the kitchen to talk to his mom.

He froze in the hallway as he heard his mom on the phone still talking to Zoe's mom.

"They were out of flour and bread at the grocery stores. Yeah, it's pretty bad," she said.

Oscar gulped. No food! He wished he hadn't eaten the whole bag of gummy bears.



Right then and there, Oscar's butterflies burst out. He started to cry. A loud, long wail that even the neighbors could hear.

Both his parents rushed over.

"Oscar, what is it?" They brought him over to the couch as snot drooled down his chin.

"I'm so scared! The news is scaring me. Your phone call scared me. It's all scary!" He sobbed.

His dad looked over at the TV, which showed a local hospital filled with patients.

He turned it off.

"You're right, buddy. It is scary. And your mom and I have been talking about it a lot. Too much. It's important to know what is going on, but it's also important to take care of ourselves. Sometimes the news is too scary," Oscar's dad said.



"I have a new family motto," his mom said, still holding Oscar tight. "Turn off and tune in."

"What does that mean?" Oscar asked.

Lucy appeared. She had been listening in.

"Turn off the TV and the news. Tune into this," she came over to Oscar and pointed at his heart.

"Tune in to how you are feeling. When I tune in, it helps me be less scared too," Lucy said.

"You're scared?" Oscar was surprised. Lucy was so old and smart.

"Of course! We are all a little scared. But let's talk about our feelings. We should find time every day to check in with how we are feeling," Lucy said.

They all nodded.



That night, Oscar's family started a new tradition. Turn off and tune in.

Sometimes we need to turn off the outside noise and focus on what is happening inside our homes and inside our hearts.

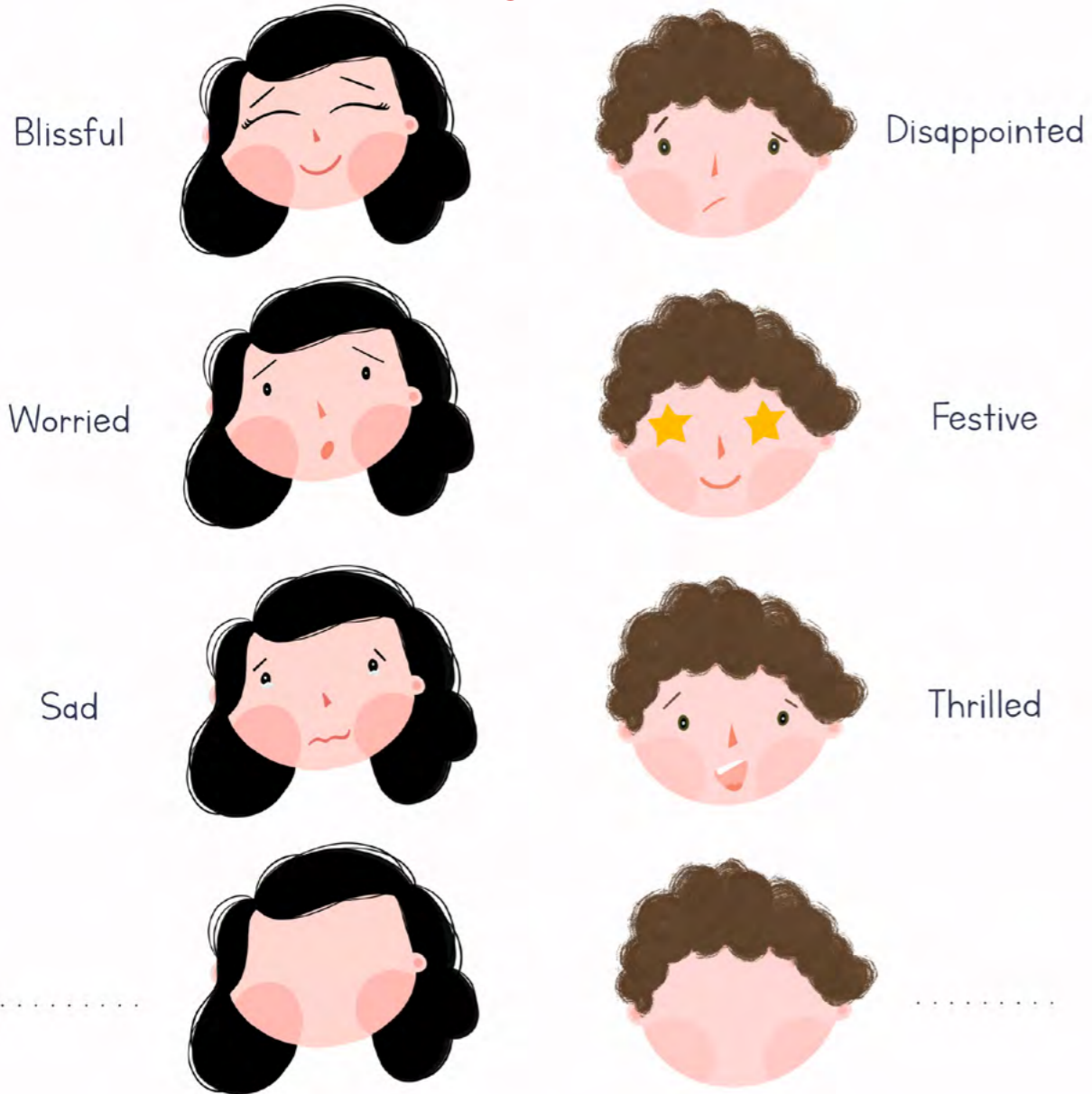
Oscar couldn't wait to tell Zoe their new family motto.



- ✓ Why does Zoe believe that school is canceled forever or that you can get the virus by talking on the phone?
- ✓ How do Oscar and Zoe still play together if they can't visit each other's houses?
- ✓ Why is Oscar afraid?
- ✓ What is the new family motto? What does it mean?
- ✓ Why is it important to check in with our feelings?

Activities

What are you feeling?

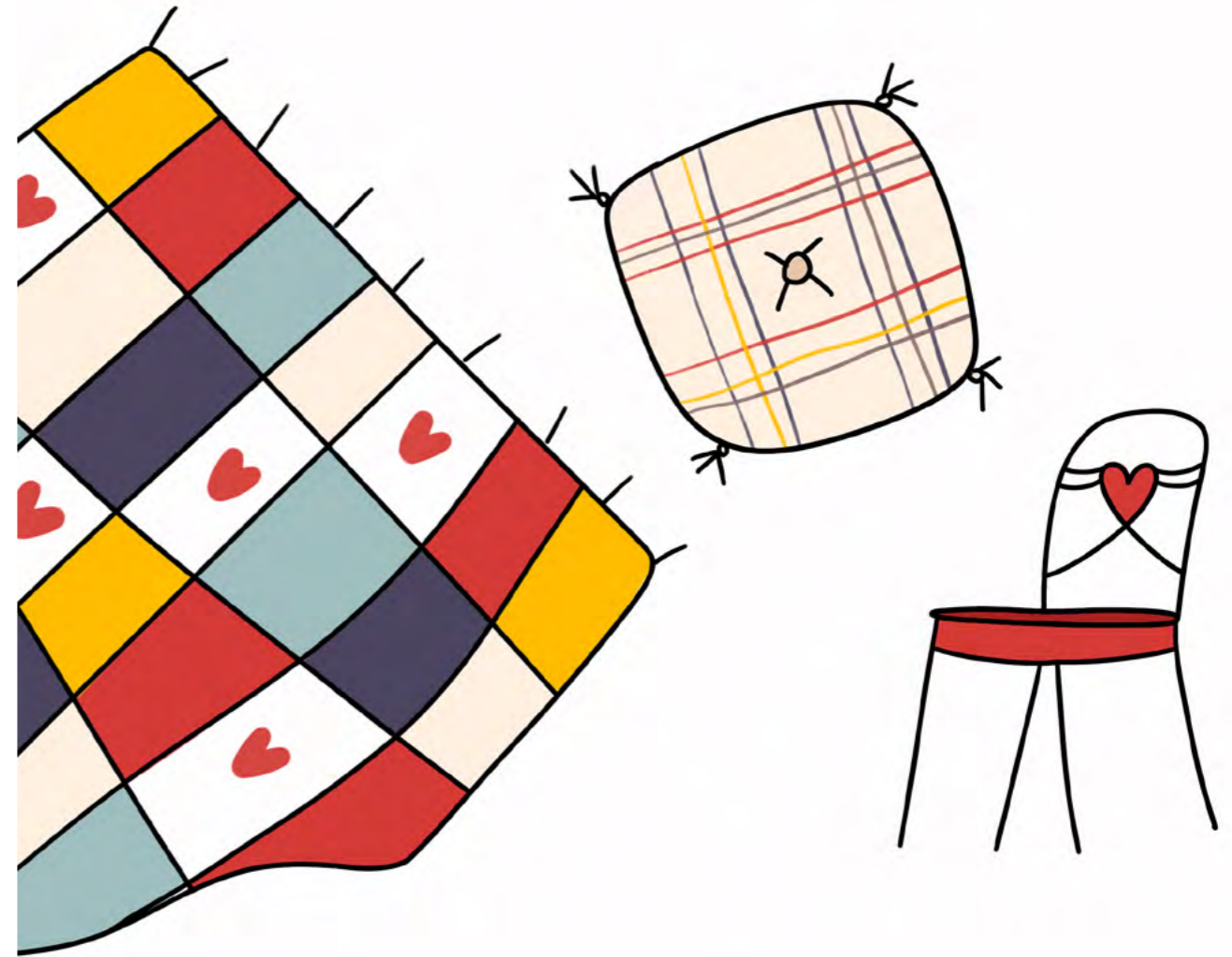


What three emotions have you experienced this week?

Do you know these words?

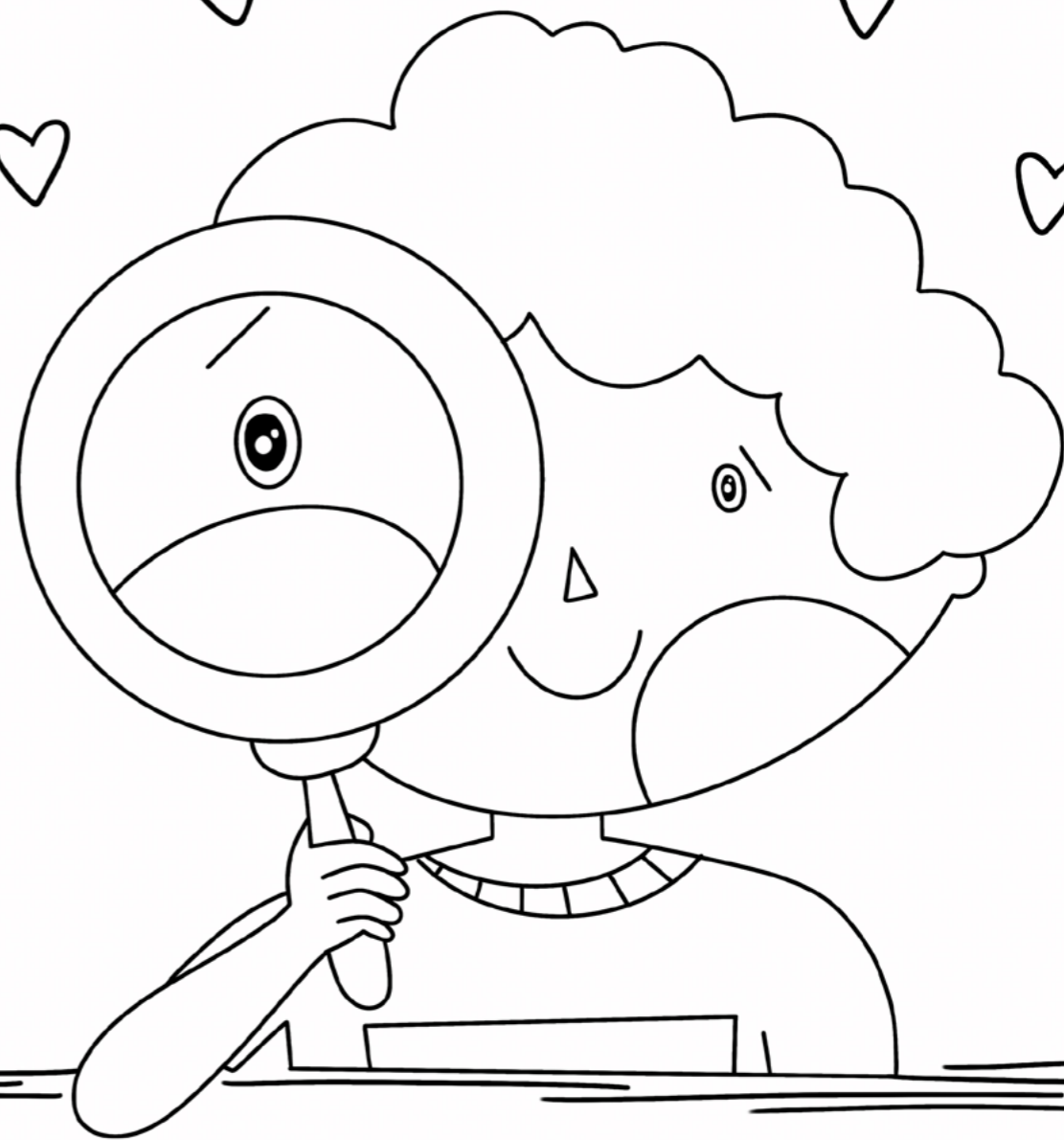
If your mom, dad or siblings have time, you can play a guessing game. Act out the different emotions and the others have to guess. You can take turns.

Build your own fort!



You can do this with blankets, chairs and pillows. When you are finished building, you can draw a picture of your fort.

Ask yourself what you need to feel comfortable in your fort. Zoe and Oscar like reading books in their forts and of course making postcards.



Make your own place cards!



Zoe and Oscar like cooking but also being at the table with Mom and Dad. Help everyone in your family by doing something very special. Here's how:

Draw a little picture for every family member. Then set the table. You can put the picture you drew on everyone's plate to help spread a smile and tune into your emotions.

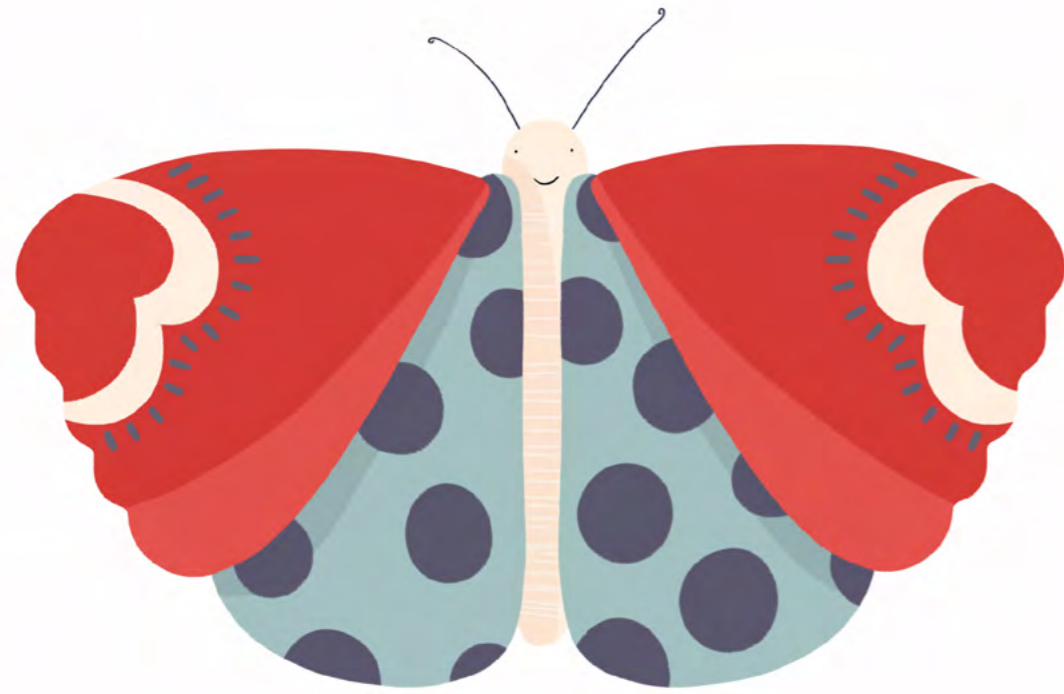
Make your own treasure hunt!



Hide something in your house. Psst... A good tip is under a bed or behind the curtains.

Draw a map of your house and let your siblings or parents search for the treasure. You can practice giving them instructions as well, directing them through the house. Just like Oscar and Zoe.

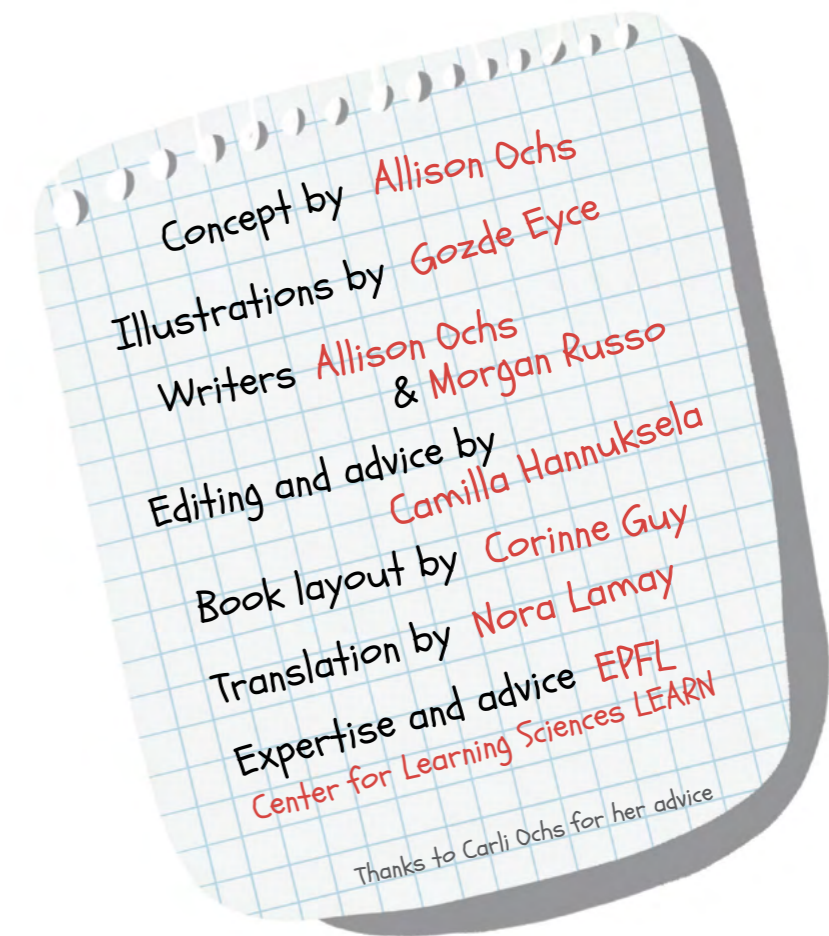
Butterfly concentration



Put your right hand on your heart. Now put your left hand on top on it and link your thumbs. You can move your hands up and down like a butterfly while you breathe slowly.

When you breathe in, the wings of the butterfly move up. When you breathe out, the wings of the butterfly go down.

Do this ten times. **You will feel calm and concentrated** and ready to have fun!



Concept by Allison Ochs

Illustrations by Gozde Eyce

Writers Allison Ochs
& Morgan Russo

Editing and advice by
Camilla Hannuksela

Book layout by Corinne Guy

Translation by Nora Lamay

Expertise and advice EPFL
Center for Learning Sciences LEARN

Thanks to Carli Ochs for her advice

