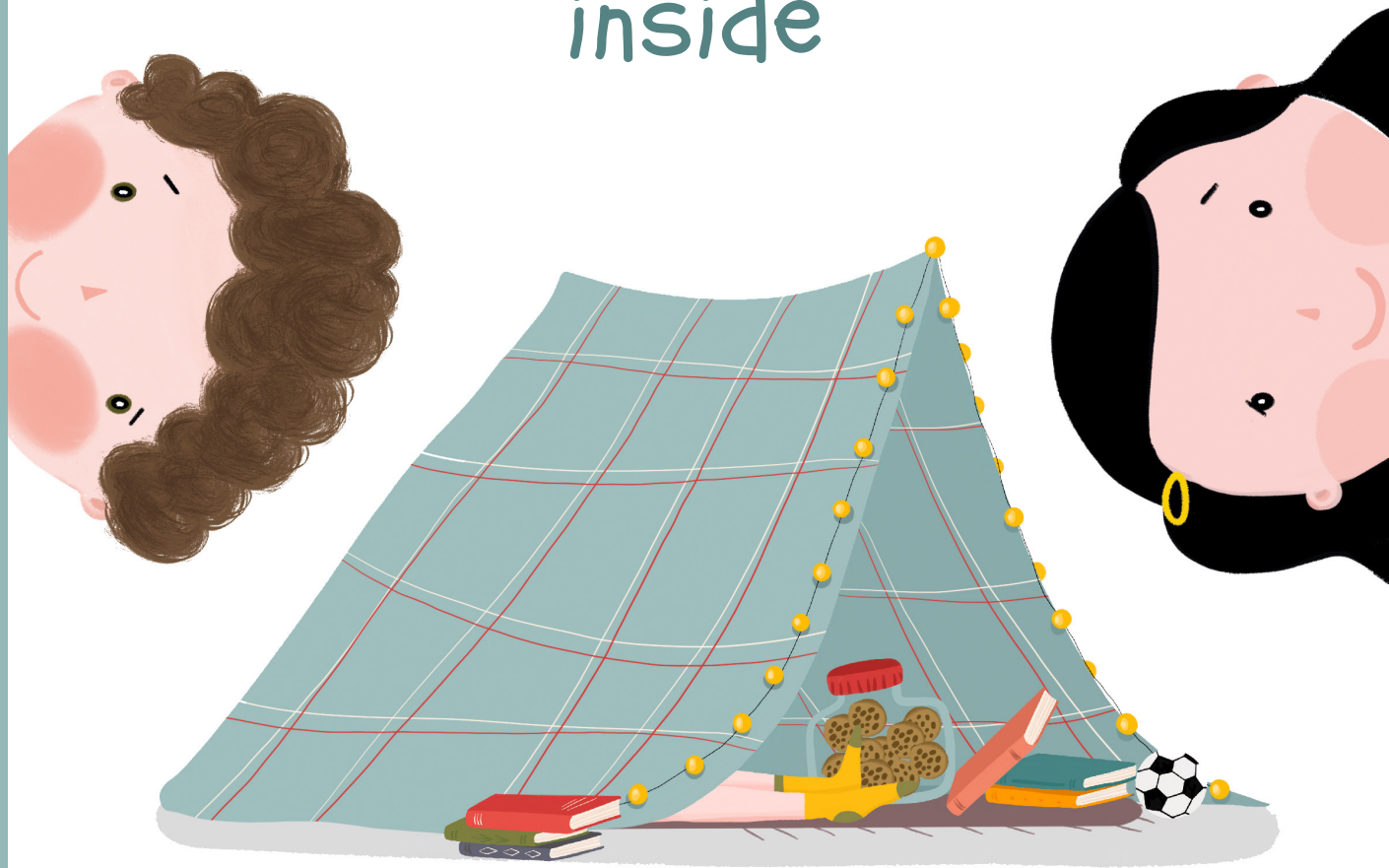




TRILOGY STORY 2

Zoe's first week inside



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!



Oscar and Zoe series directed by Allison Ochs

Illustration by Gozde Eyce

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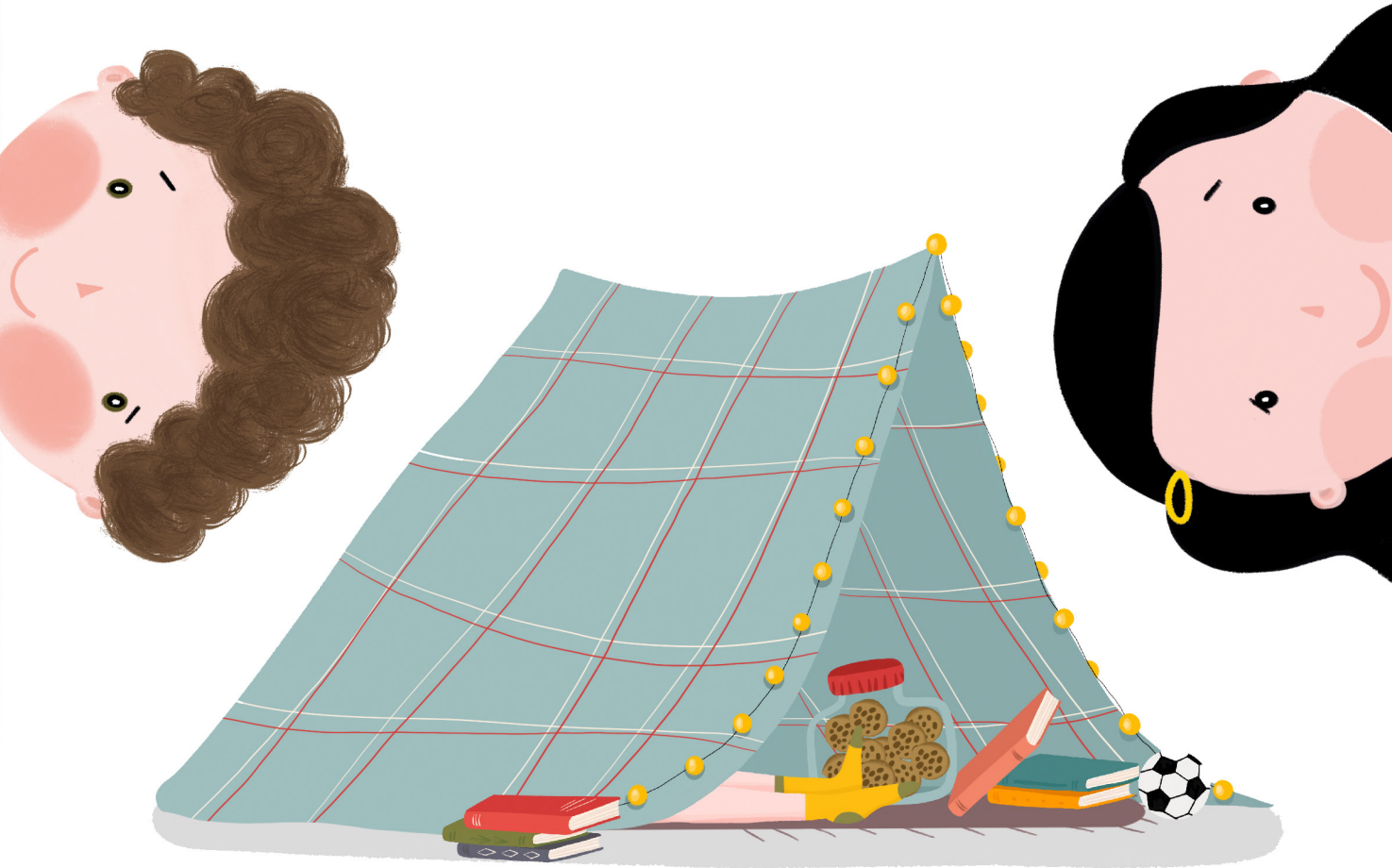
Oscar and Zoe: Zoe's first week inside

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Zoe's first week inside

Illustration by Gozde Eyce



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Heey !

This is Oscar.
He likes worms, cars,
and puzzles.





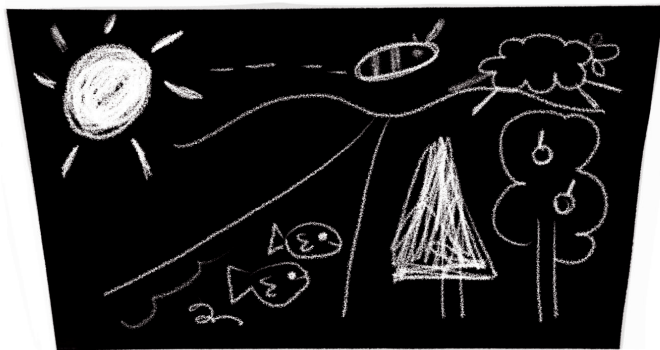
Heeey!

This is Zoe.

She likes sports, cookies,
and secret handshakes.



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.



Things had been feeling a lot different since they all had to stay indoors.

Zoe felt like a cat staring out the window as she watched a neighbor walk by every now and then.

She wondered what Oscar was up to.

She squeezed her eyes tight and thought, Hello Oscar! Can you hear me? I miss you!

“Hmpf!” Her magic powers did not work.

Zoe picked up a sports magazine and flipped through the pages. As she kept flipping, she found herself staring back outside.

She tossed the magazine to the side. “Hmpf!” She was bored. Very bored.





As she went upstairs, she could hear her brother Paul talking on the phone with his friends.

She bent down beside his room, and pressed her ear tightly to the door.

“Yeah... uh huh.” Zoe scooted closer. Her ear was practically inside the room.

“Yeah, I heard that we’re never going to school again!”

Zoe gulped.

“Really, Adam? You heard we can’t hang out for at least 20 years? I’ll barely recognize you, old man!”

Zoe gasped.

“Your dad said the virus can be passed over the phone? Whoa!”

Leaning on the door, Zoe started pounding, “I checked the family plan. It’s my turn on the tablet! Paul, can you PLEASE help me! I need to talk to Oscar NOW.”

She couldn’t believe her ears and wanted to tell Oscar everything she had just heard.





Plunk! Zoe flopped onto the floor when Paul opened the door.

“You’ve been listening in, little sis.” Paul laughed and helped Zoe up. “You are too little to be alone on a video call. Mom said someone needs to be with you when you use the tablet. I’ll get you set up and ask mom to come.”

They couldn’t seem to make it work. Oscar wasn’t picking up, then the screen was blurry, Zoe’s microphone wasn’t on. Technology can be tricky!



Finally, they were up and running. Oscar and Zoe each looked at their moms.

“Alright, you can have some privacy. We will be here if you need us,” Zoe’s mom said as she sat down on a big pillow in Zoe’s room and started typing on her computer. She was working from home.

“Oscar, it is so good to see you! I’m sooo bored, so I built a fort too. Look, it’s just like yours.” They giggled. Then Zoe lowered her voice to a whisper. “I heard Paul and his friends say that you can get the virus over the phone!” Oscar’s eyes grew big on the screen.

“But this isn’t a phone, Zoe, so we are safe!”

“And school is canceled FOREVER, which means next time we see each other we’ll have grey hair!”



Just then Zoe's mom crawled into the fort and waved at the camera.

"Hey you two. Sounds like you both have been infected by rumors. Do you know what a rumor is?" ???

"When you say something mean about someone that isn't true!" Zoe said proudly.

"Not exactly," Zoe's mom pointed out.



“What is a rumor?” Oscar asked through the screen.

“A rumor is something we hear from someone else that we can’t be sure is correct,” Zoe’s mom explained. “You always need to check if the news you hear is true before spreading information.”

“How do you check?” Zoe and Oscar asked at the same time. They pretended to do their secret handshake even though they could only see each other on the screen.



“Oh, it is crowded in this fort.” Paul said as he joined the group. “I’m sorry you overheard that, Zoe. Adam and I were being silly and spreading rumors. You will see Oscar before he has grey hair, I promise.” He continued to explain that his teacher had taught him you could find out if something was true by checking official news.

“Like the website you looked at when school got canceled, or the letter from the director?” Zoe asked.



“You’ve got it, kiddo.” Zoe’s mom smiled and brushed through Zoe’s hair with her fingers. “There are a lot of rumors around. Come ask if you hear something and we can help check if the news is true.” ♥

Zoe’s mom sighed and looked at her watch. “I need to concentrate on work, you two. Your turn on the tablet is up. Why don’t both of you make each other a card about what you have been doing?”

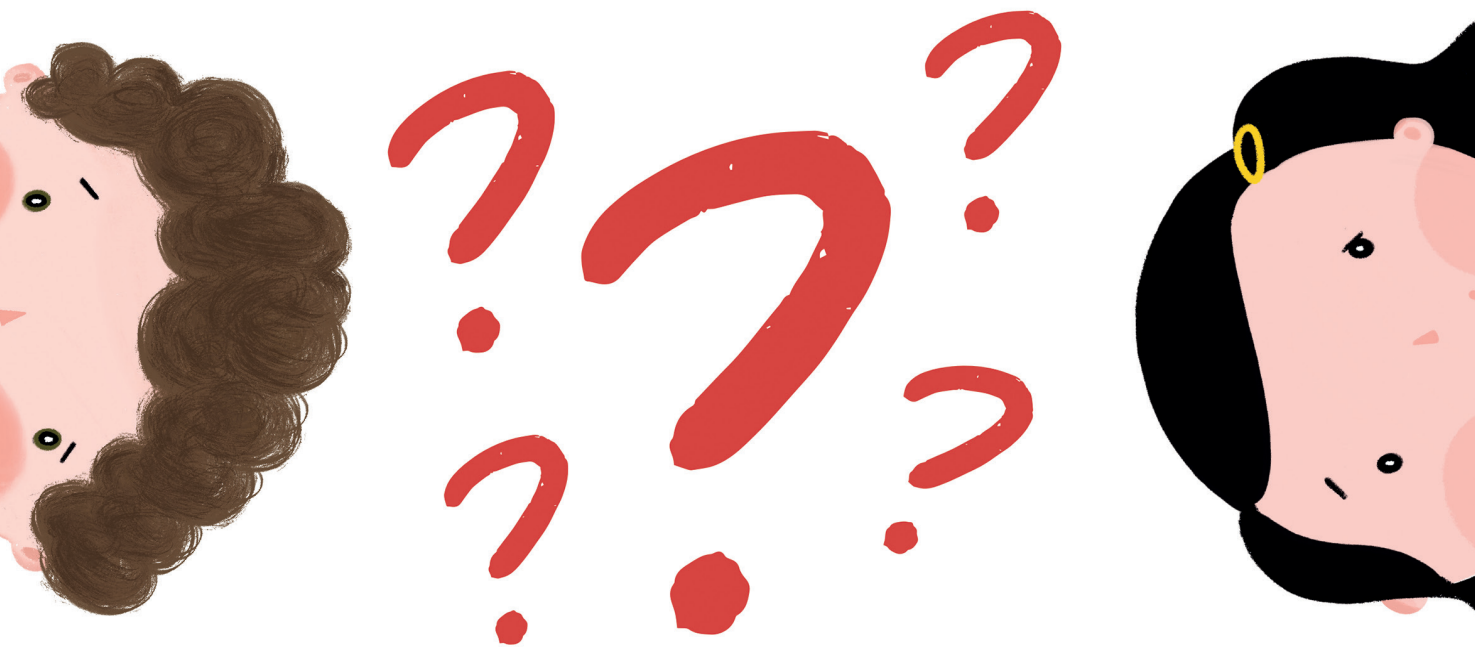


“Good idea! Like a homemade postcard! You’ll love my drawing, Oscar. Talk to you soon, Oscie.” Zoe turned to her mom. “I’m going to miss Oscar! I’m not going to see him for twenty years because...”

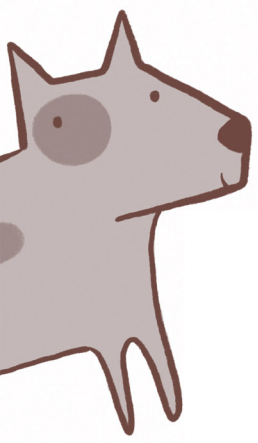
She paused. She caught herself.

“Wait! Rumor! Don’t trust what you hear.
Check if the news is true!”

They laughed as Zoe’s mom handed her some paper and markers and settled in to work while Zoe started drawing.



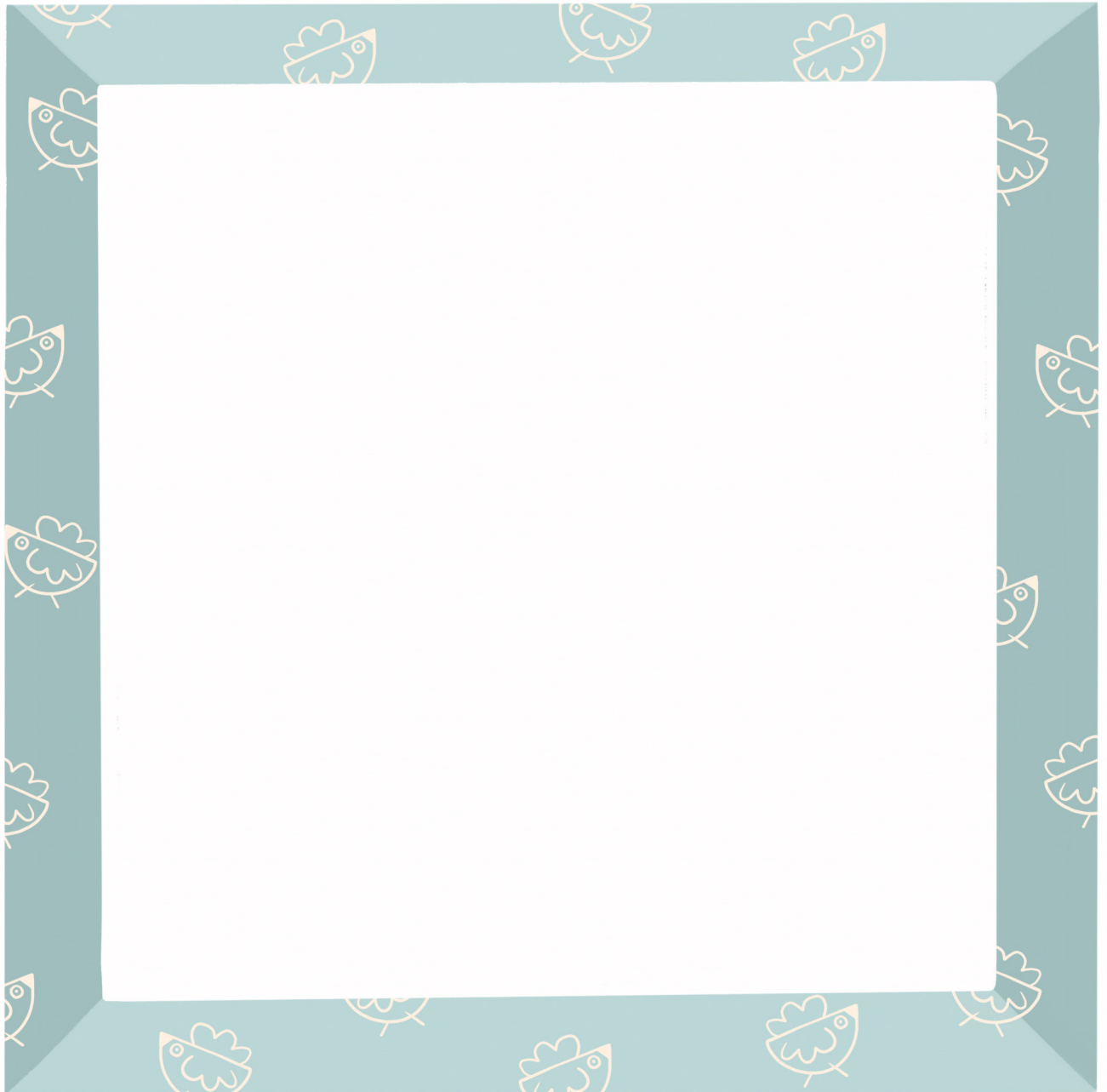
- ✓ Why does Zoe believe that school is canceled forever or that you can get the virus by talking on the phone?
- ✓ Where can you find official news?
- ✓ Can you think of a rumor you've heard? What happened?
- ✓ What should you do when you hear something that you are not sure is true?
- ✓ Do you have a family plan for activities and devices while you are all at home?
- ✓ How can you keep busy when you get bored?



Activities



Draw what you miss!

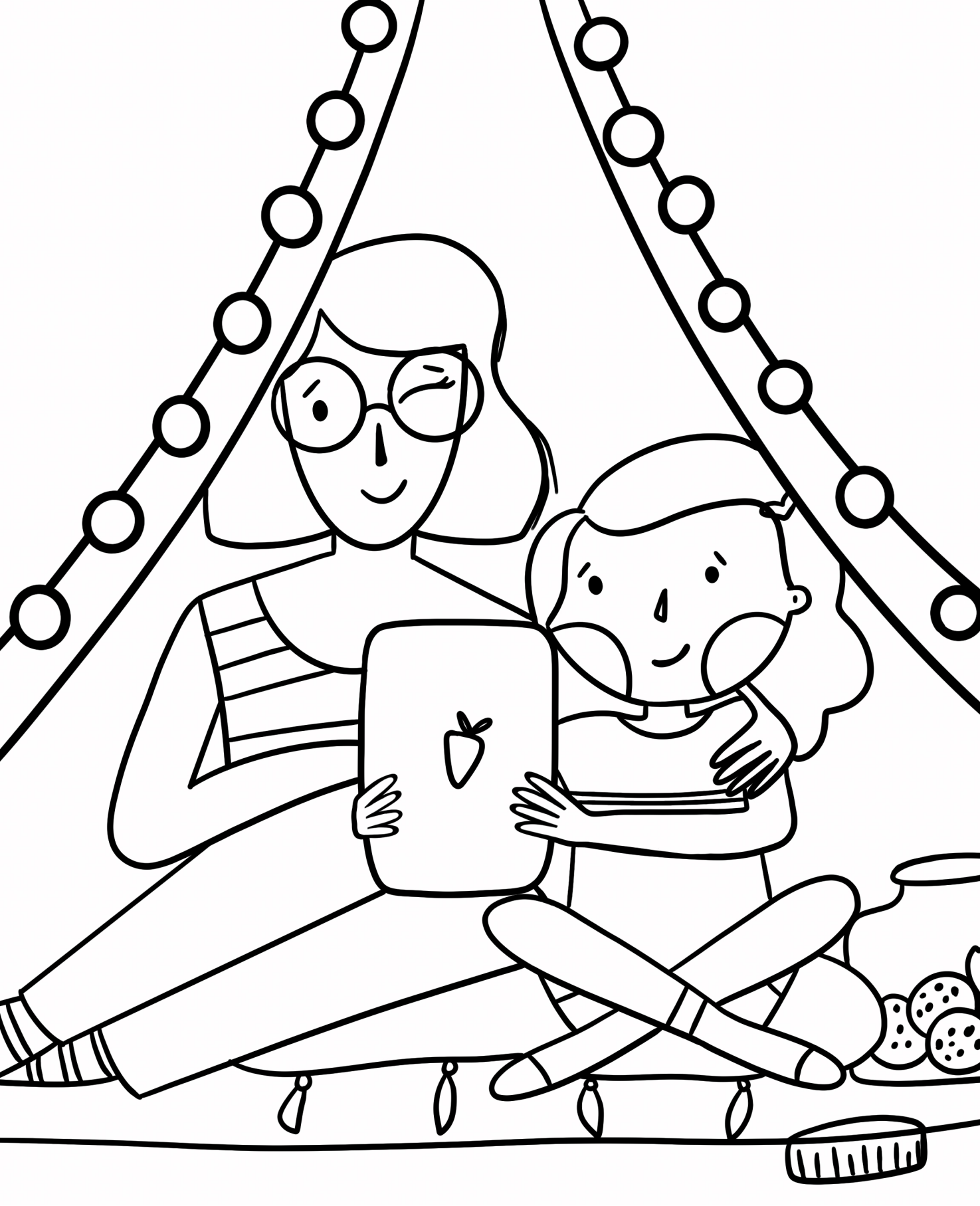




Make your own
postcard







Coded Messages

You can use this mirror alphabet code to send a coded message to your friends. All you have to do is change the letter in the message to its "mirror" letter.

Here's a message: **GHEA YRSG**


Can you read it? (Answer at the bottom of the page.)

Have fun sending coded messages!

A	B	C	D	E	F	G	H	I	J	K	L	M
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
A	B	C	D	E	F	G	H	I	J	K	L	M

Answer: **TURN LEFT**



Make your own salt dough

- ♥ 2 cups of flour
- ♥ 1 cup of salt
- ♥ 1 cup of warm water

Mix flour and salt in a big bowl.
Blend well. Add warm water, and mix
with your fingers until you get a paste.

CREATE YOUR OWN FIGURES

Shape the dough as you want.
You can use cookie cutters or make balls,
squares, people, animals... Any shape you like!
Leave to dry for at least 12 hours.
Cook in the oven on a baking sheet for at least
an hour at 75-120°C/165-250°F. Allow to cool off.
Paint with the colors of your choice.



Morning ritual

Stand with your feet wide apart, take a deep
breath, and make your belly big.
Breathe out by blowing air through your mouth
while you laugh in different ways:
Ha ha! Hey hey! Hee hee! Hoo hoo!
And finally a big ho ho!

Then pretend to be an animal while laughing.
Here are some animals you can imitate: a mouse,
a big elephant, an owl... Finish by giving someone
in your family a big bear hug.

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