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One sunny morning, Yola woke up happy.

She could go to school again!



There was a virus and school had been closed.

Yola had missed her friends.



"Yola, what are the three rules to keep you safe from the virus?" asked Mom.



- 1. Wash your hands for 20 seconds, or sanitise them.
- 2. Keep your mask on.
- 3. Keep a good social distance.

"Easy peasy, lemon squeezy," said Yola.



At school, the teacher checked Yola's temperature.

She sanitised Yola's hands.

Yola ran to class.

Her friends were happy to see her.



Miss Dlanga told the children to sit in a circle for story time.

Today's story was called The Trusted Crown.



"There once lived a king," started Miss Dlanga.



"The king sometimes did not know what to do when things went wrong. He became afraid.

When he felt that way, the queen took him the trusted crown. It was a special crown that his father had given him."

"When the king put on the crown, he asked himself two questions: 'What can I do? Who can help me?'

The crown reminded him that he was never alone."



When the story ended, Miss Dlanga gave each child their own trusted crown.

She told the children that it was okay to feel sad or scared. When they did, they should wear their trusted crown.



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At break, Asana spilt his juice.

That made him sad.

Yola told Asana that it was okay to feel sad.



She reminded him about the trusted crown.

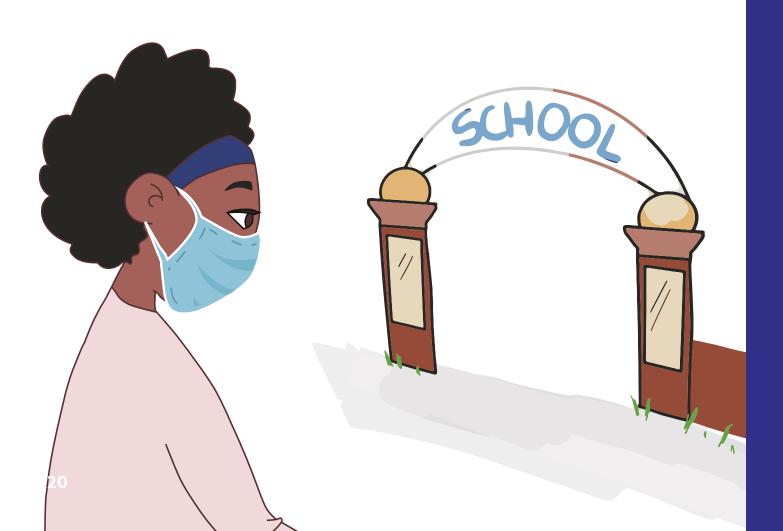
What could Asana do? Who could help him?

He could go to the tap and drink water!

Yola could go with him.

The trusted crown saved the day!

It was home time. Yola's mom was waiting for her.



In the taxi, Yola's mom was impatient with the traffic.

She still had to get home to cook supper.

Yola pulled out her trusted crown and put it on her mom. "Mom, what can you do? Who can help you?" she asked.

"You are here, and we can play games while we wait," Mom said.

"Good idea!" said Yola.

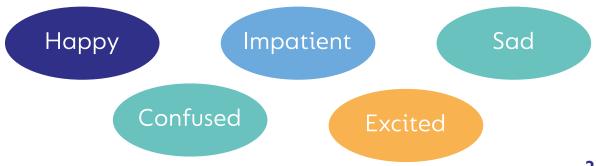
They played and laughed all the way home.

The end.

Once you have read the story, answer these questions:

- 1. What are the three rules to help keep you safe from the virus?
- 2. What did the king put on his head when he was confused?
- 3. What two questions should you ask yourself when you feel confused?
- 4. Draw your own trusted crown on a sheet of paper.

 Wear your crown whenever you feel afraid and remember that things will be fine and you are not alone.
- 5. Draw a face that matches the feeling:



Finish the sentence with the words from the list:

school	wash	hands
class	king	crown
story	juice	played

Yola went to _____.

Her mom told her to _____ or sanitise her _____.

Her friends sat in _____.

Miss Dlanga told them a _____ about the ____ and the trusted ____.

Asana spilt his _____.

Mom and Yola _____ in the taxi.

Yola and the Trusted Crown

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Yola is an 8-year-old girl who loves going to school and playing with her friends.

Lately though, schools had been closed because of the coronavirus.

The day comes when she can go to school again and Miss Dlanga, her teacher, tells them a story about the Trusted Crown.

By wearing this crown, you're able to see what's in your control, and it reminds you that you're never alone.





