

Trinka and Sam Fighting the Big Virus:

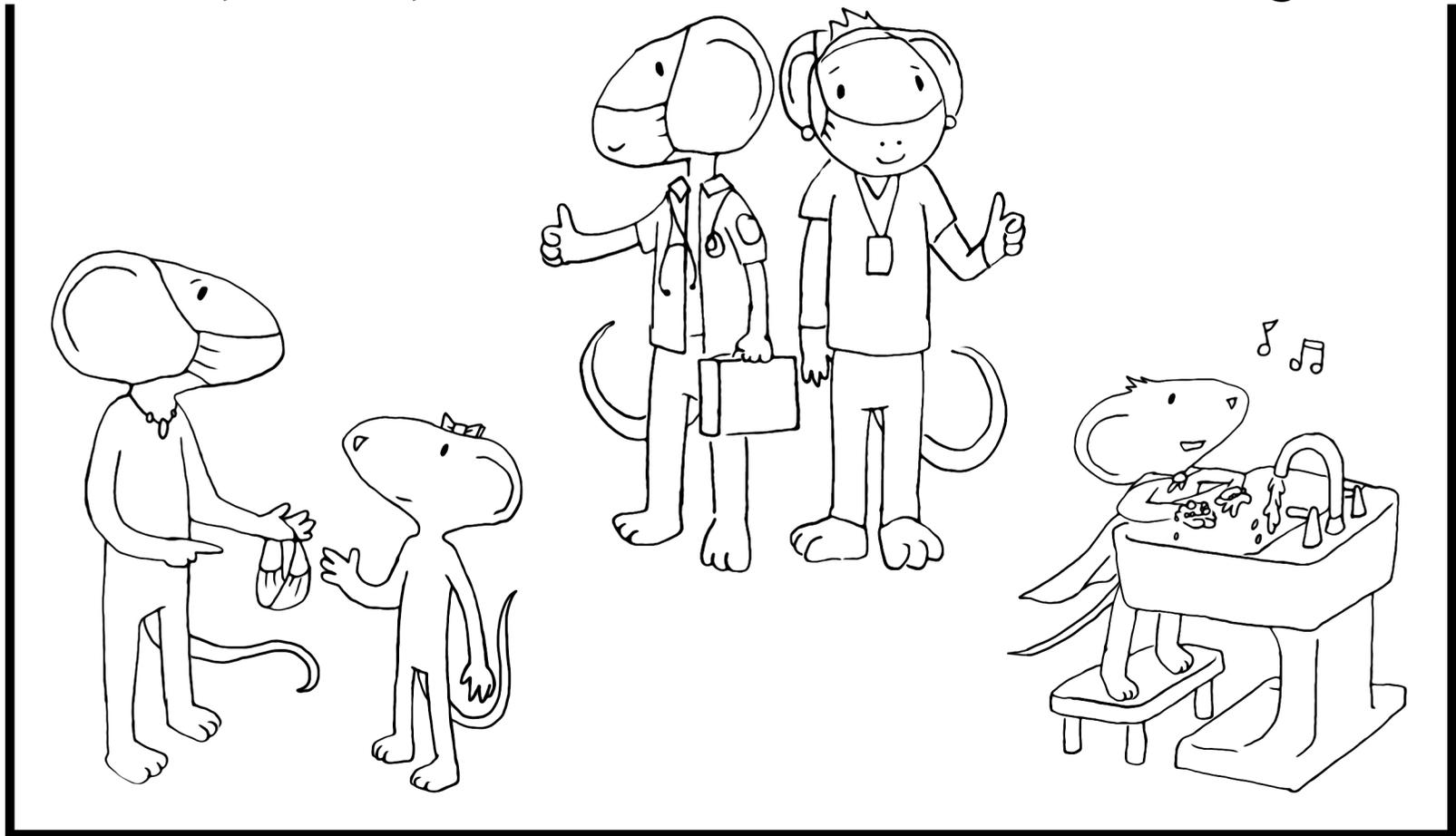
Trinka, Sam, and Littletown Work Together



Trinka and Sam

Fighting the Big Virus:

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Fighting the Big Virus: Trinka, Sam, and Littletown Work Together

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and Melissa Brymer

Illustrated by Erich Ippen, Jr.



More information about the story, the use of the story, and the team who created the story can be found at: <https://piploproductions.com>. The website also has other stories and resources to help children and families heal after stressful or traumatic experiences.

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The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

More information about how to help children and families who have experienced stressful or traumatic events can be found at www.nctsn.org.

Acknowledgements: Special thanks to Mindy Kronenberg, Ann Chu, and Brooke Kimbro for their input and feedback.

Note: This story was designed to be used either on its own or jointly with the companion booklet, *Fighting the Virus: Trinka and Sam's Questions*

The story and companion booklet were developed to help young children and their families begin to talk about their experiences and feelings related to the global coronavirus pandemic.

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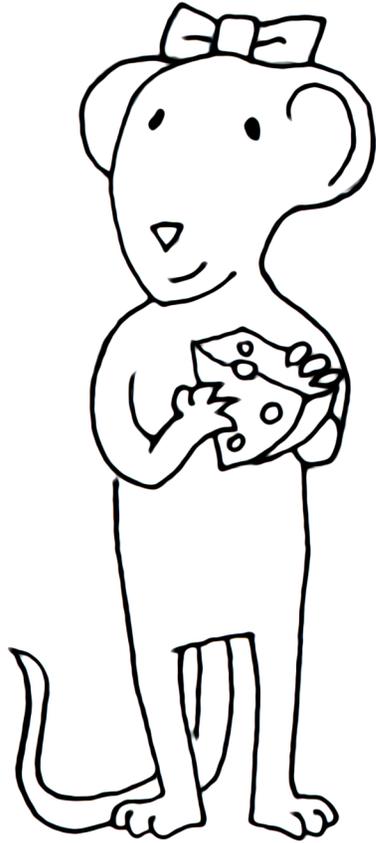
Please feel free to link to this resource and share it from either <https://piploproductions.com> or <https://nctsn.org>.



IRVING HARRIS
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For the children of the world and all the frontline workers. You are in our hearts!

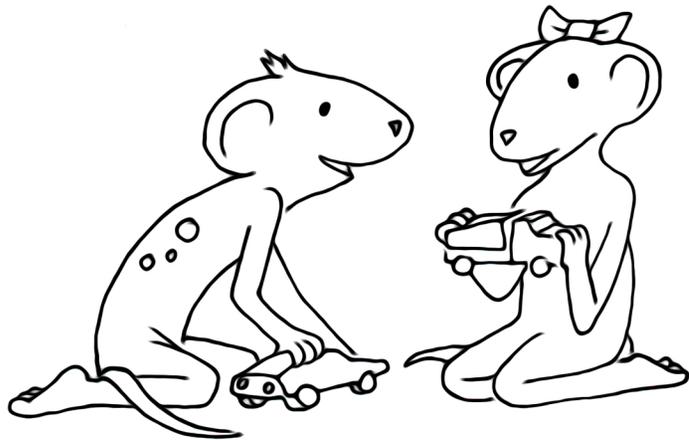
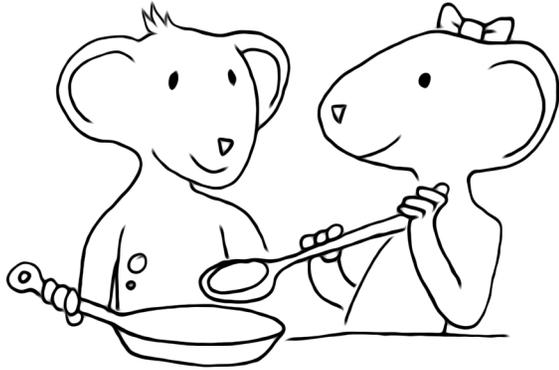
Adults: This story was designed to help children cope with fears and worries related to COVID-19. Please read it by yourself first and think about how you will use it with your child. Review the parent guide and the accompanying booklet *Trinka and Sam's Questions*. Even if you choose not to read specific pages to your child, the story, the booklet, and the parents' guide at the end of the book, may help you better understand your child's reactions to COVID-19. If you decide to read the story with your child, you may want to encourage your child to color in some of the pictures. If people in your area are wearing masks when they go outside, you and your child can color masks on the mice when they are outside.



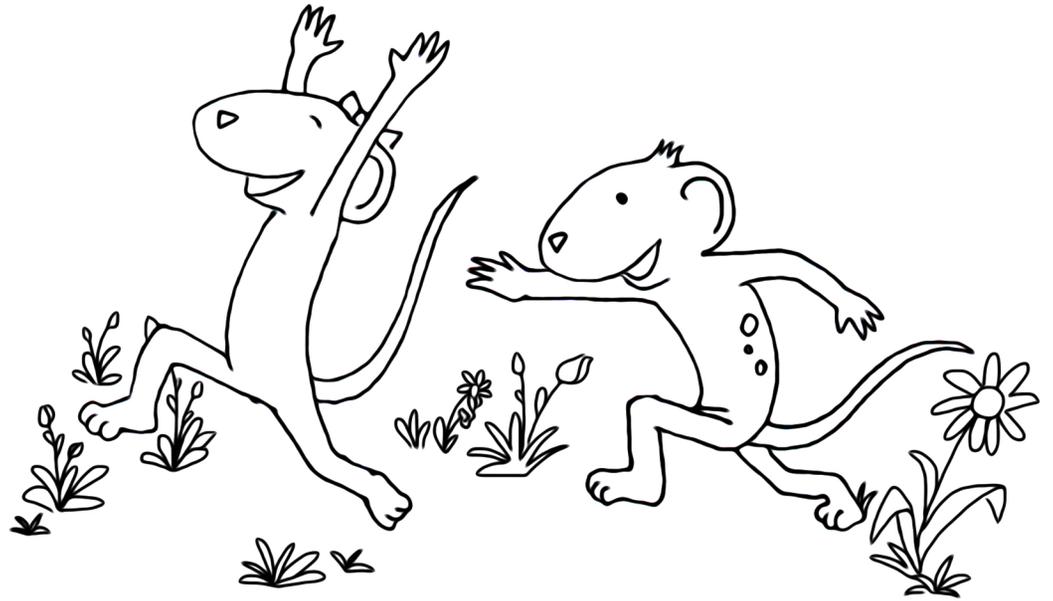
This is Trinka.



And this is Sam.



They are neighbors, and they like to play together.



In the spring, they run outside and welcome the flowers.



And when it rains, they love to go puddle stomping.

— Come on Sam.

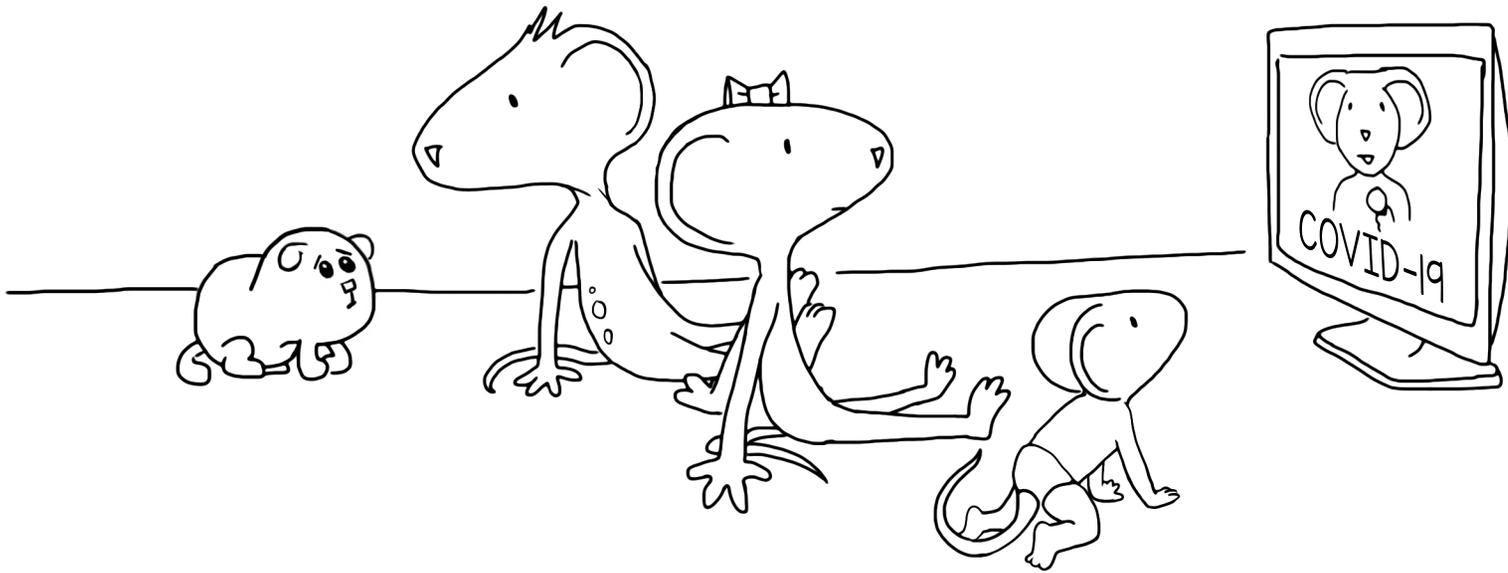
Coming.

Trinka, let's go. ---



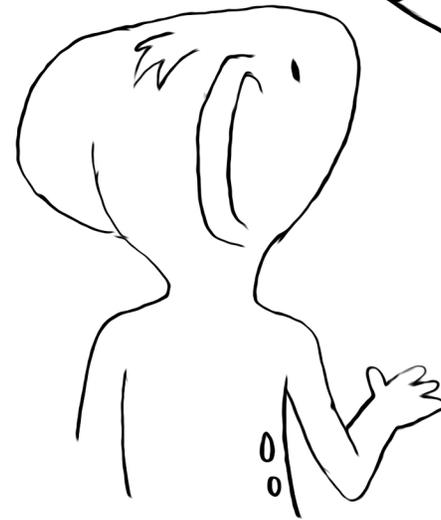
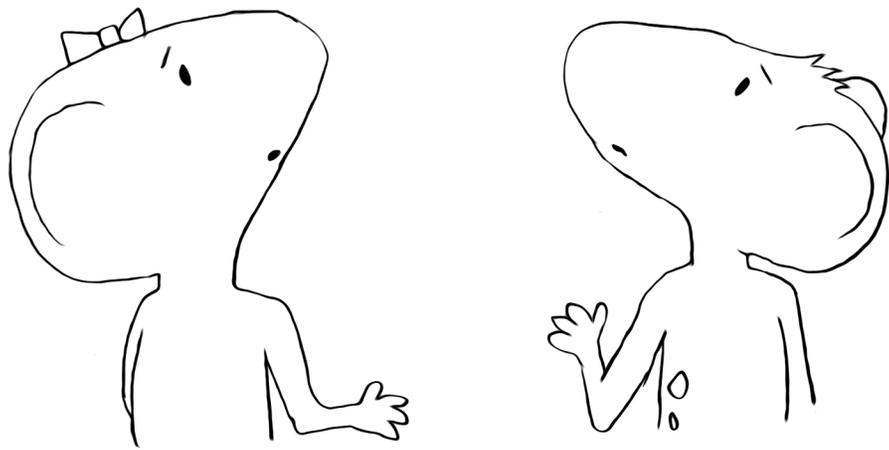
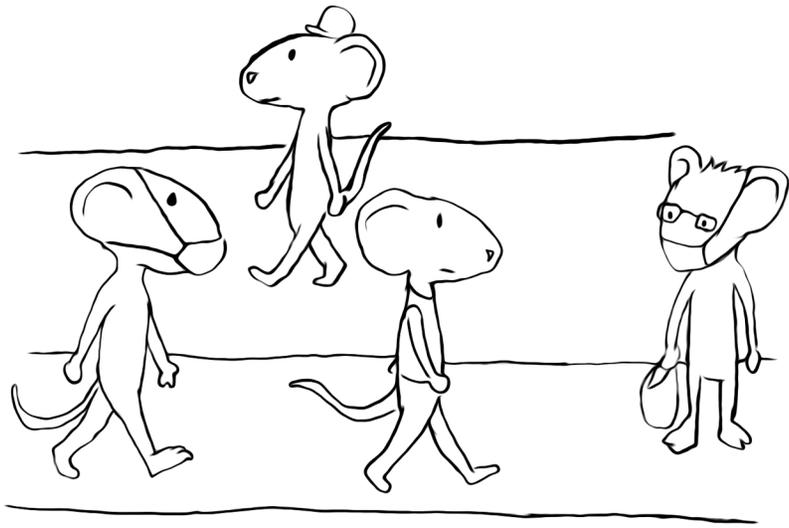
But it's so much fun.

And they always listen when it's time to stop. Well, . . . almost always.



One day while they were watching TV at Sam's house, they heard about an illness that was spreading and making lots of people sick. The grown-ups on TV were worried.

Trinka and Sam were worried too. Even Sam's baby brother, Cal, and their pet Juju seemed to know that something scary was happening.



A few days later, they saw people wearing masks on their faces. They didn't understand why.

They saw people buying lots of groceries, and sometimes the things they wanted weren't in the store. That was strange.

What is c..or..oona?

Well, that's a good question.
What did you hear?



Are you going to get sick?

Will I get sick?

We hope not. We're doing lots
of things to keep ourselves
healthy. Even if we do get
sick, most people get well.



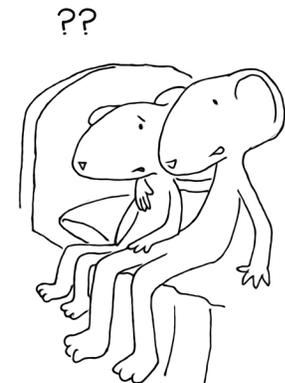
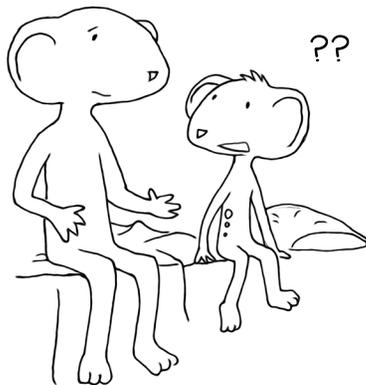
That night Trinka and Sam asked their parents lots of questions and talked to them about their worries. Their parents listened carefully. Then they helped them understand why people were worried about this new BIG virus and what they could do to stay safe.

NOTE: You can add pages from the booklet Trinka and Sam's Questions after this page.

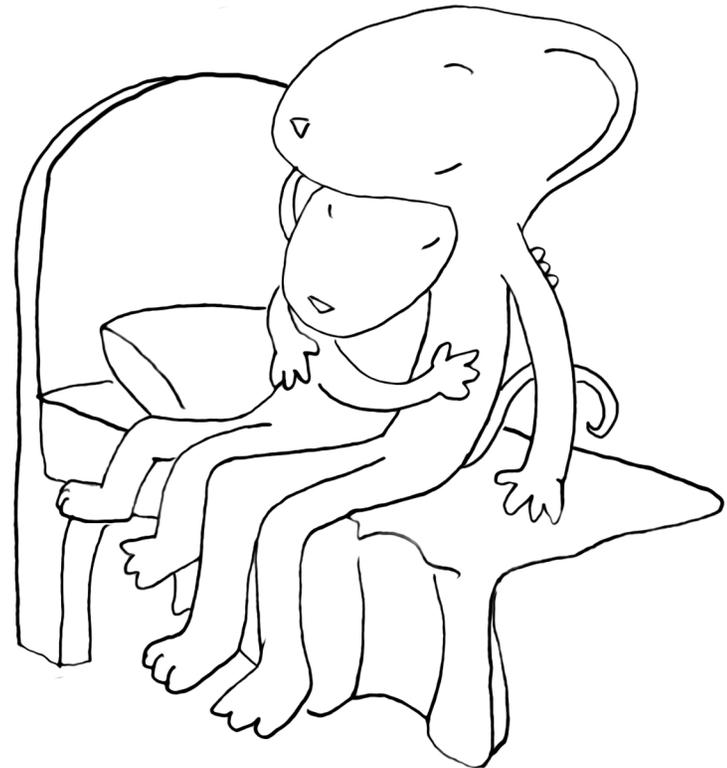
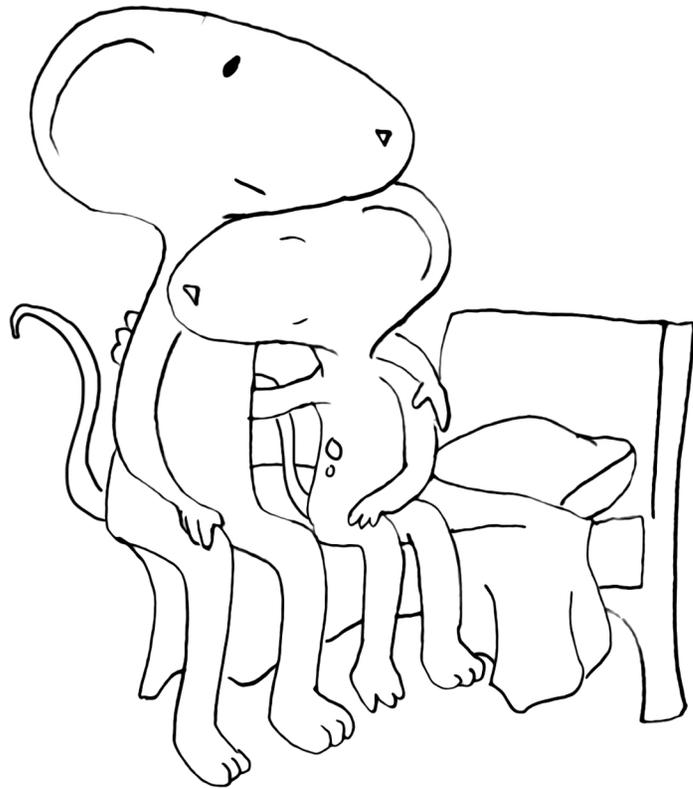
Trinka and Sam's Questions & Worries

Note for Parents and other Caregivers

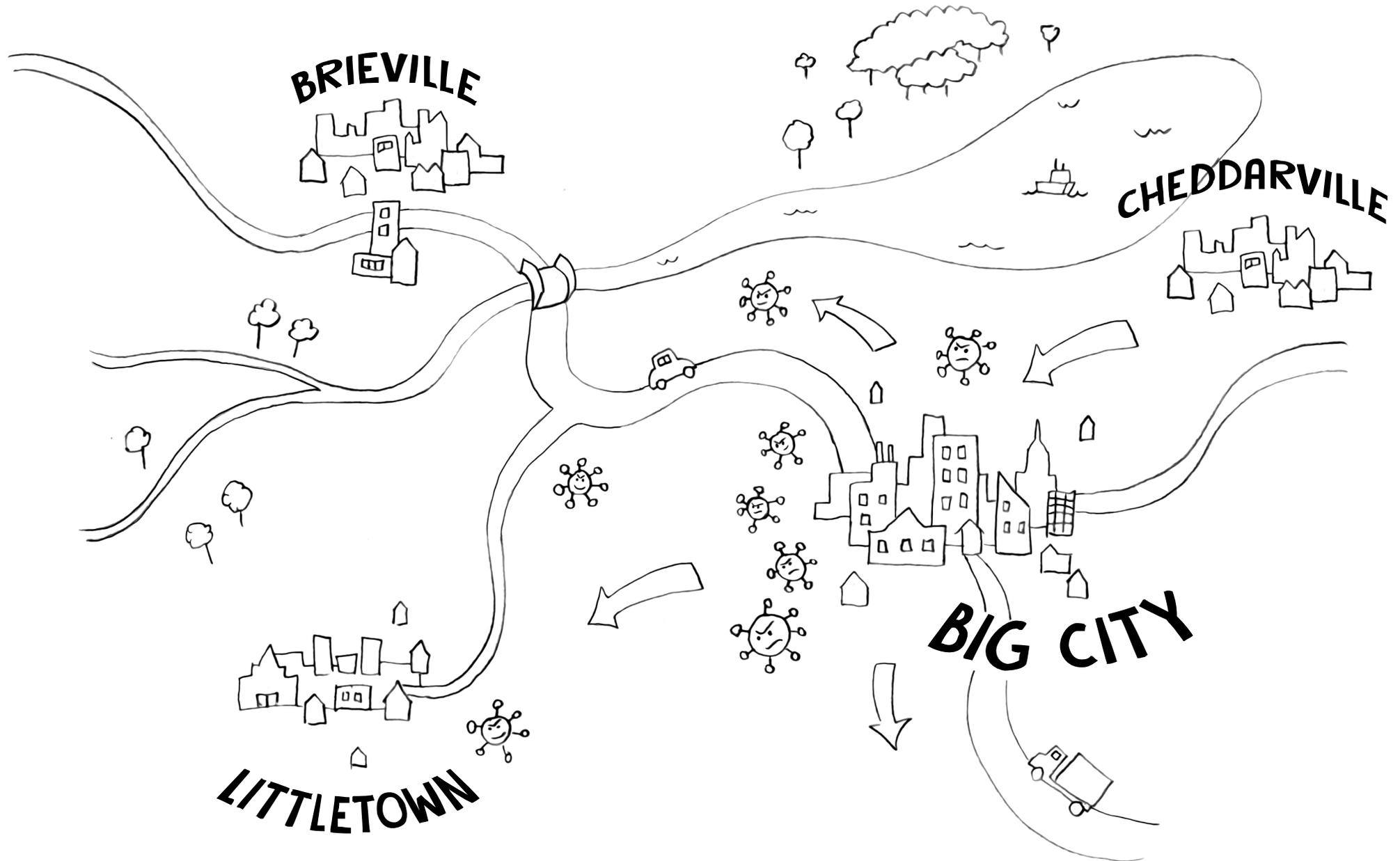
- Trinka and Sam had lots of questions.
- Their questions are included in a companion booklet Trinka and Sam's Questions, which can be downloaded from <http://piploproductions.com/trinka-and-sam-virus/>
- Your child may have some of these questions too.
- Look through the pages and decide which ones you want to include when you read the story with your child.
- You may choose to leave out pages if you don't think they'll be helpful because of how the virus is affecting your community and family or if your family has already talked about these things.



?



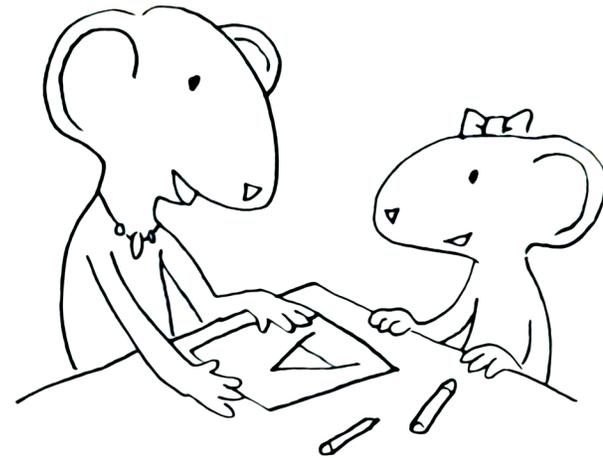
Trinka and Sam felt a lot better after talking to their parents. Even though the virus was still in Little town, it was good to share their worries and think about all the good things their family and town were doing to stay safe.



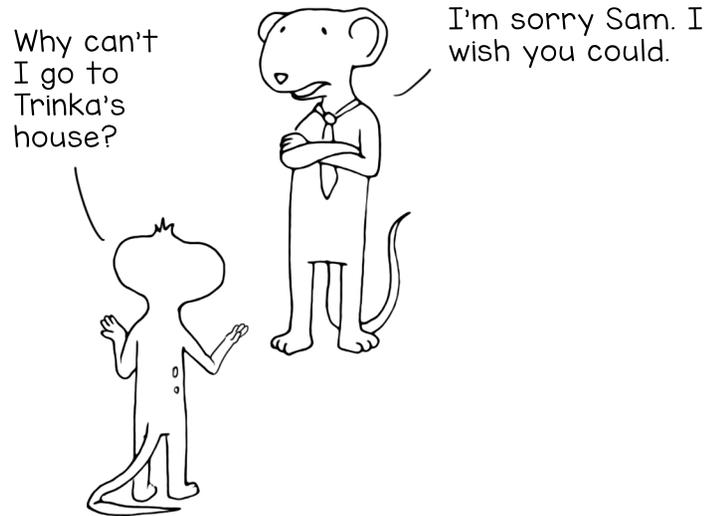
As the virus continued to spread, their lives changed in many ways . . .



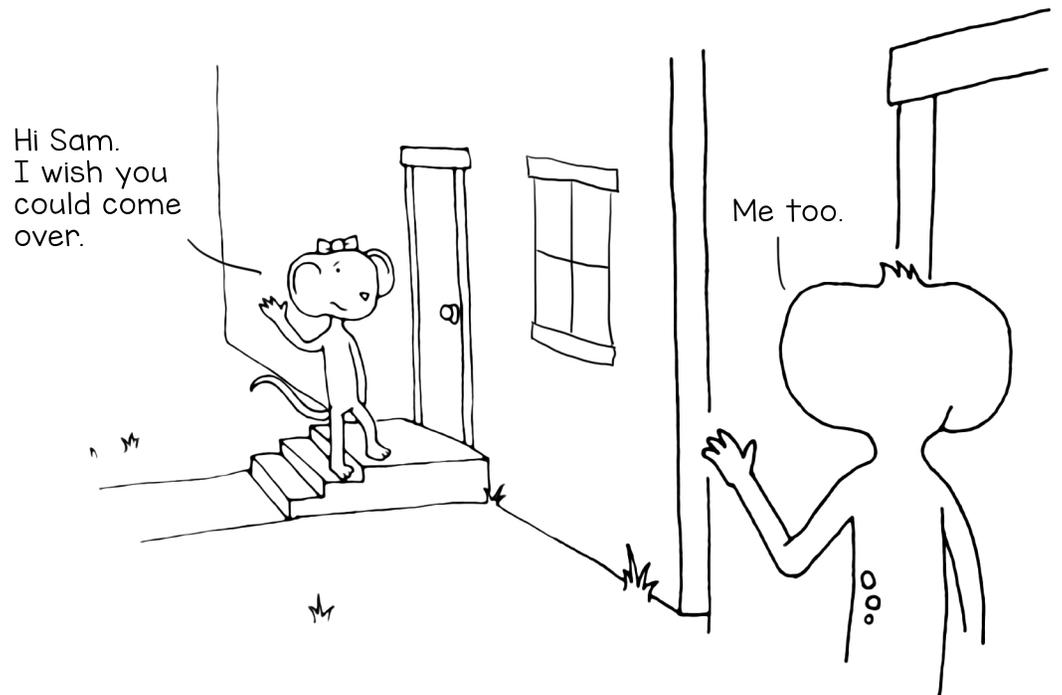
Sam couldn't go to school. He missed his teacher and his friends. He wondered when he would see them again.



Trinka's mom tried to teach her things. Sometimes that went well, and other times both Trinka and her mom ended up feeling very frustrated.



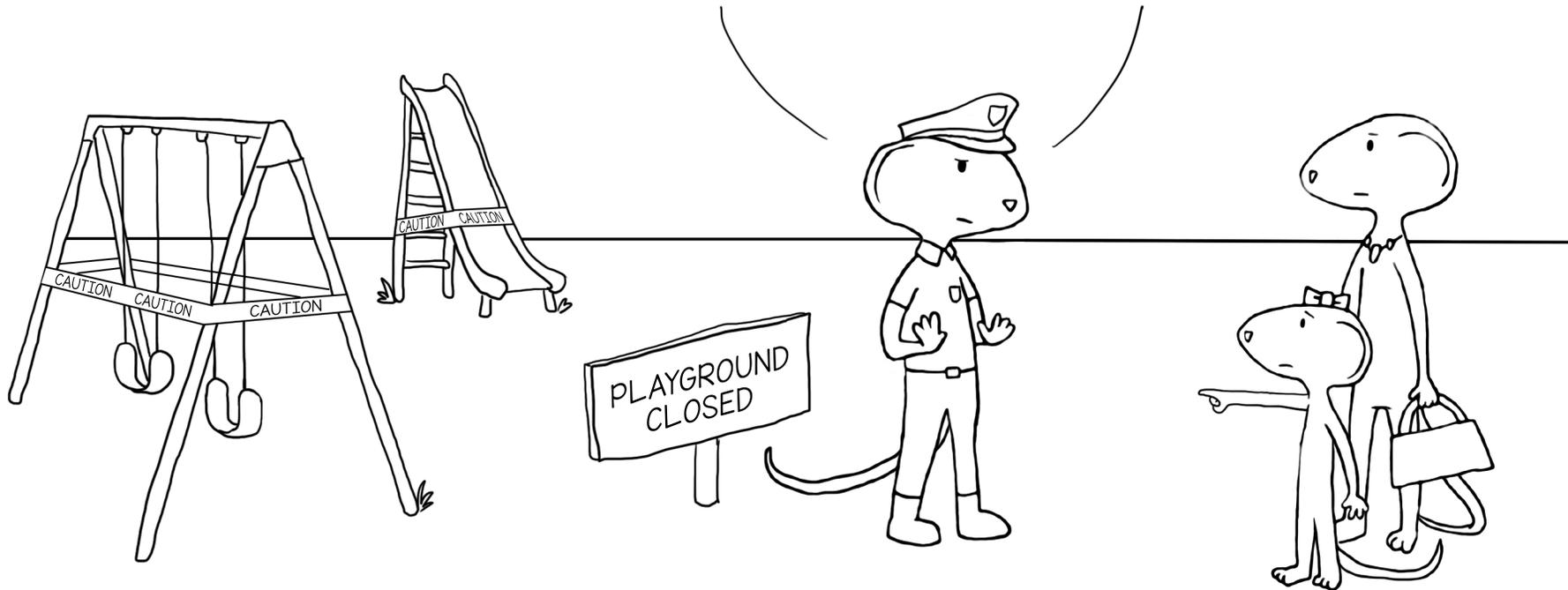
Trinka and Sam wanted to play with each other, but they couldn't.



They could wave at each other and play rock, paper, scissors from their doors, but it wasn't the same. They missed each other.

We're closing the playground. We'll open it when the spread of the virus is under control.

I'm sorry. If someone has the virus and plays in the playground and then you play in it, you could catch the virus.

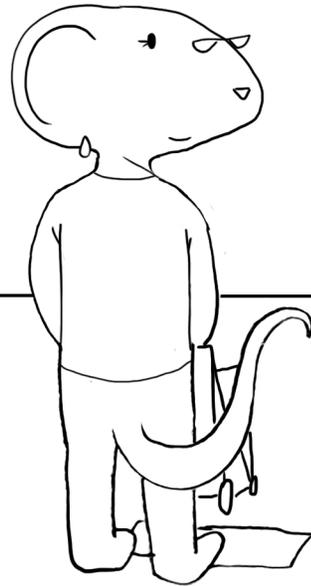


They could go for walks outside, but the playground was closed. Trinkka was upset. She wanted to play on the slide, but Officer Clemmons said they had to close the playground to keep the virus from spreading. By closing the playground, they were working together to stay safe.

Why do we have to wait in line?

We need to leave space between us and people who don't live with us. Pretend that a car needs to park between us.

They're trying to make sure the store is not too crowded, so the virus can't spread. Remember this virus likes crowds.



When they went to the cheese store, they had to wait in a long line. Trinka's mom explained that they did this to make sure the store wasn't crowded. This made things safer for the workers and everyone who went to the store.

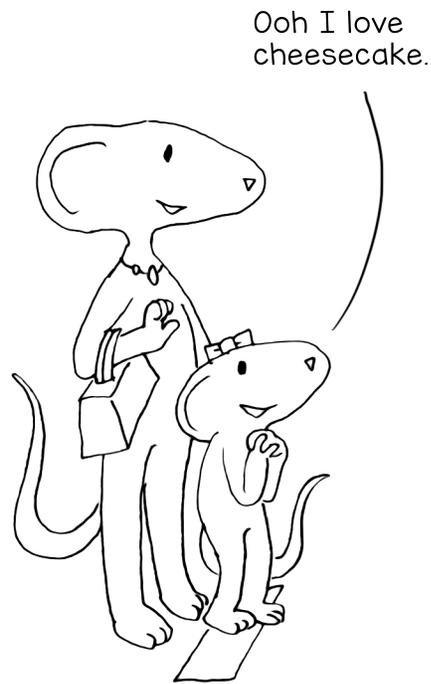
Remember green light means go, and red light means stop.

Oh, and one more rule, you always have to stop at the tape marks on the ground.

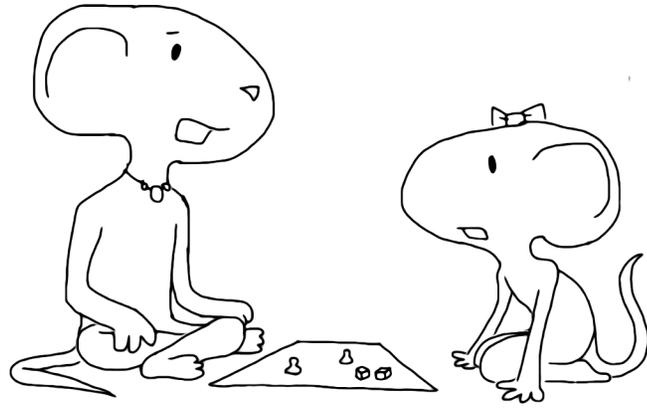
GREEN LIGHT!



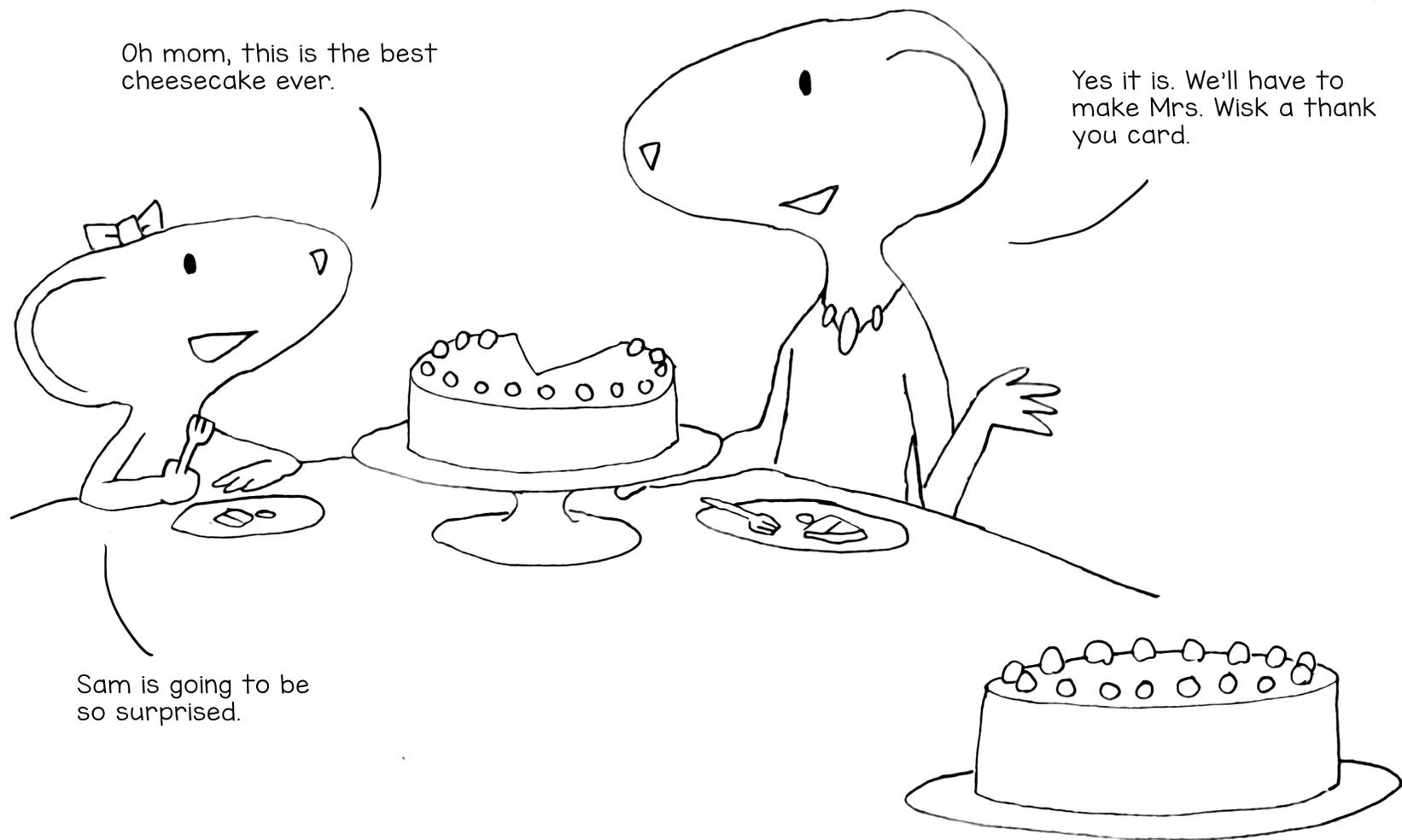
Waiting was boring, but it wasn't all bad. They met a really nice lady, Mrs. Wisk. She played red light, green light with Trinkka and her mom. Pretty soon the whole line was playing. It made the time go much faster, and it was nice to make new friends.



Mrs. Wisk was buying cheese to make a cheesecake. She couldn't see her grandchildren right now, but that afternoon, they were going to bake together by video. When she learned that Trinkka loved cheesecake, she shared her secret recipe with them.



It was hard to have to stay inside and not be able to do the things they usually did. Each family tried to do fun things to make the time pass. Trinka and her mom played lots of games.



Oh mom, this is the best
cheesecake ever.

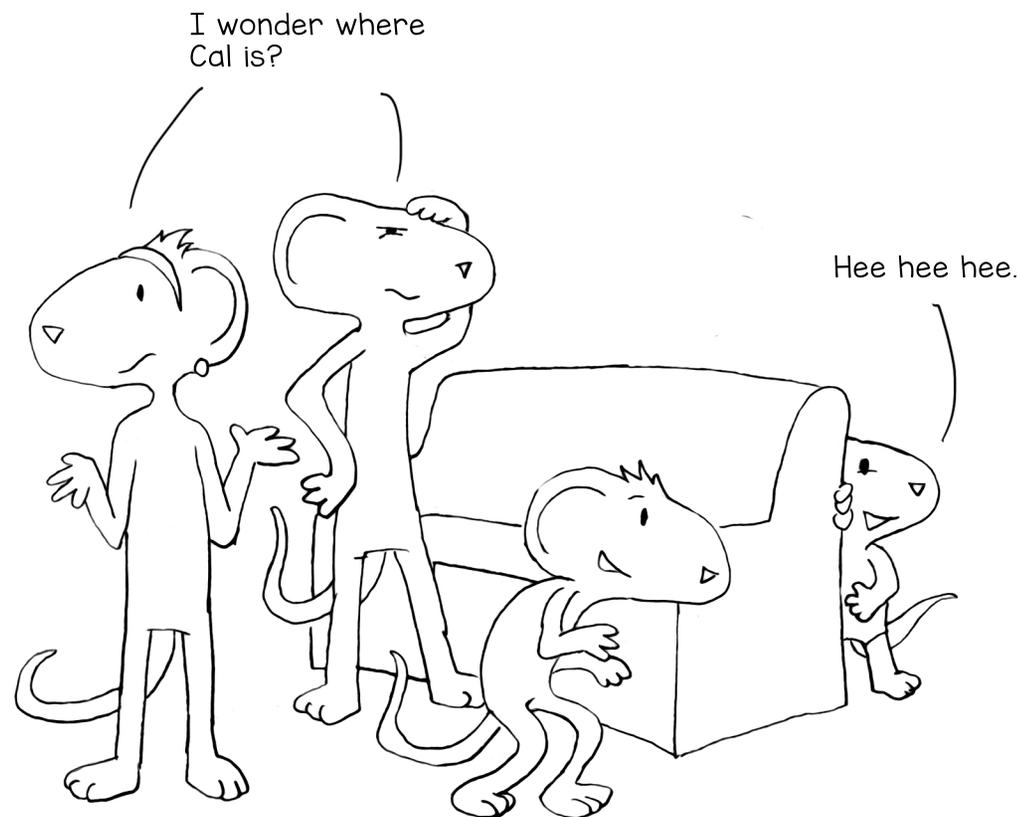
Yes it is. We'll have to
make Mrs. Wisk a thank
you card.

Sam is going to be
so surprised.

Oh, and of course, they made cheesecake following Mrs. Wisk's secret recipe, and they decided to share the love and make one for Sam's family too.



Sam and his family planted seeds and watched them grow.



They also played lots of hide and seek. Cal loved hide and seek even though he wasn't so good at hiding.

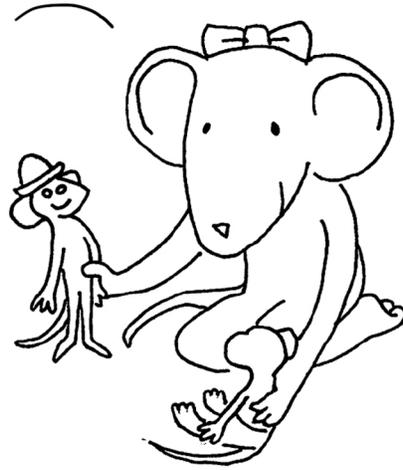


The families had good times, but they also had hard times. There were days full of tears and times when Trinka wouldn't listen.

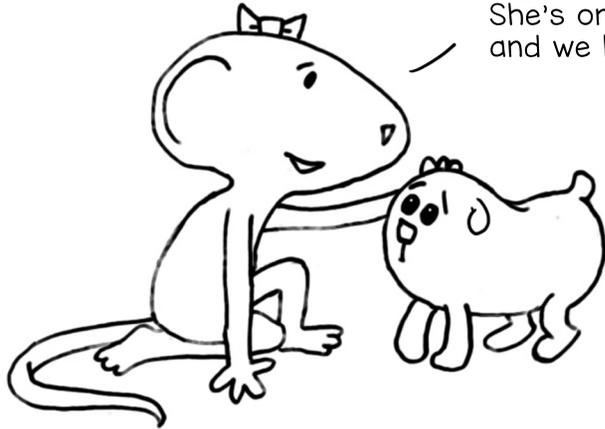


There were times when Trinka needed her mom, but her mom was busy trying to take care of so many things.

Mr. Finkle, you can't come over now. We're still friends, but there's this mean virus . . .



Juju, mom still loves us. She's on an important call, and we have to wait.



There was the time when Trinkka's mom had an important call. She told Trinkka that she needed to play by herself.

Trinka!!

I told you I had an important call.

Mom, Mr. Finkle and Juju want to show you what they made.



Trinka tried to listen and follow directions, but it was hard to wait. She and Juju decided to see what her mom was doing. Her mom was not happy about this.

I know it's hard.
Sometimes mommies
have to take care of
important things.

Let's think about
what we can do.

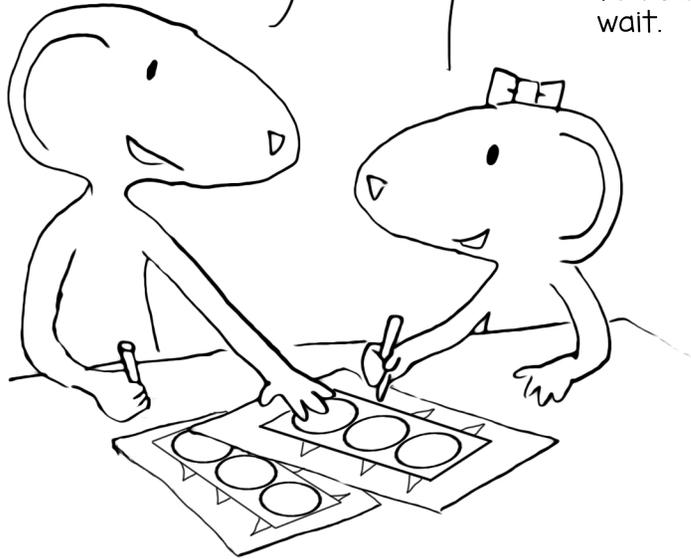
Green light means I can ask
you a question, but I have to
be quiet.

Yellow means careful
'cause you're kind of
busy.

Red means I need
to really try to
wait.

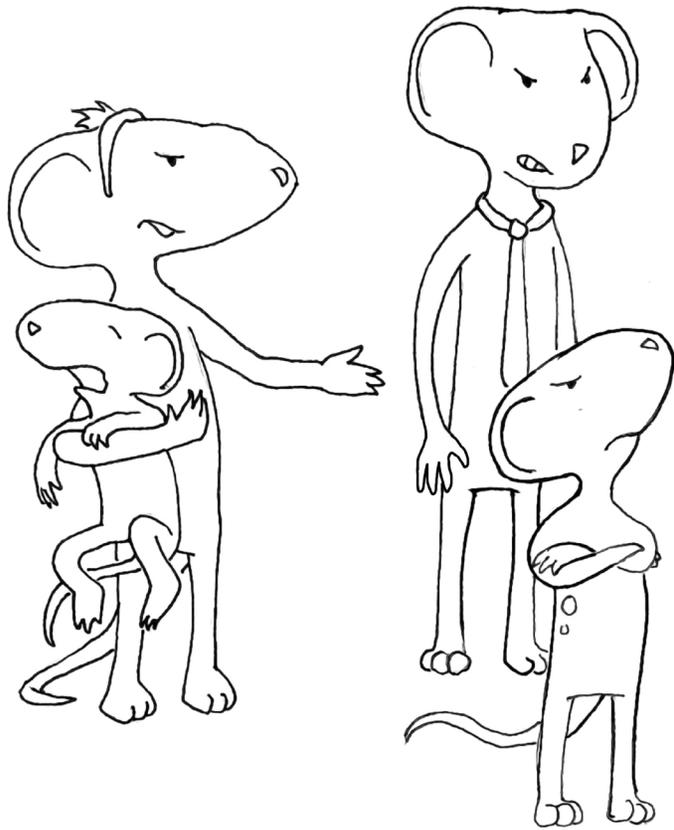
I am
so
sorry.

That's ok. It's
happening to all
of us. Family
comes first.

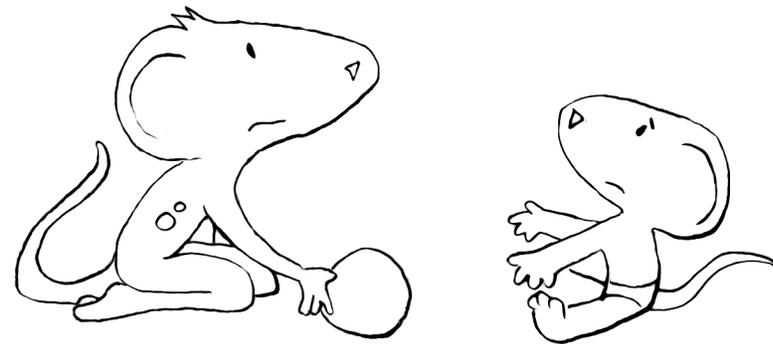
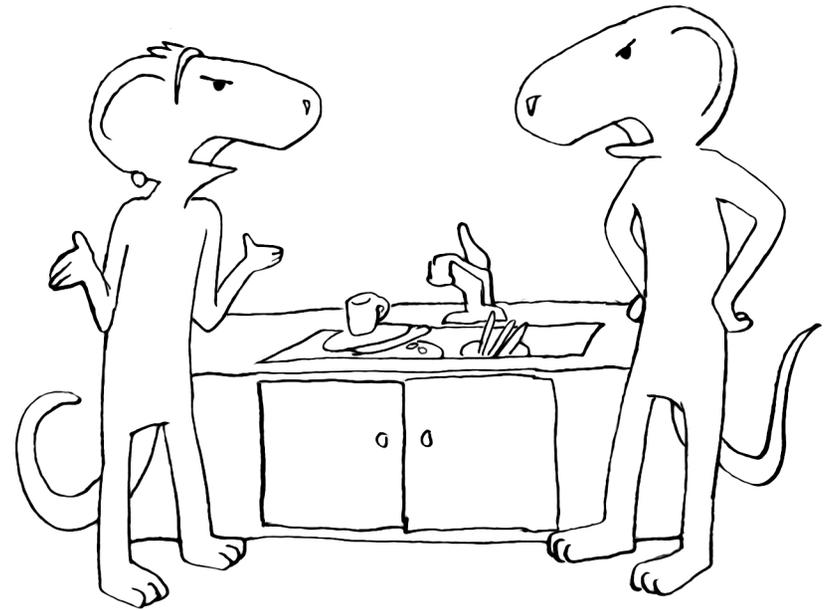


Trinka's mom took time to
calm down. Then they talked
about what happened, how
they both felt, and they made
a plan. Together they drew
signs that Trinkka's mom could
put up when she was busy.

Trinka mostly followed the
signs, but it was hard when
she wanted her mommy.



At Sam's house, they were also having problems. There were times when EVERYONE was in a bad mood.



Sometimes the grown-ups were mad at each other. Sam and Cal did NOT like it when this happened. They were worried.

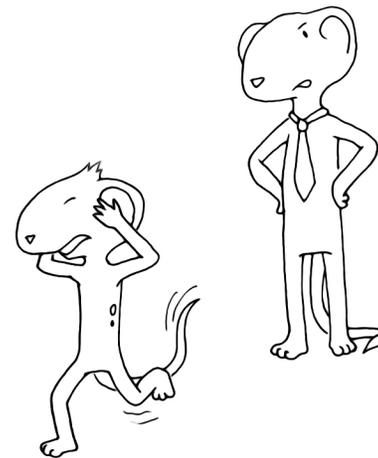
Why can't I go to school?



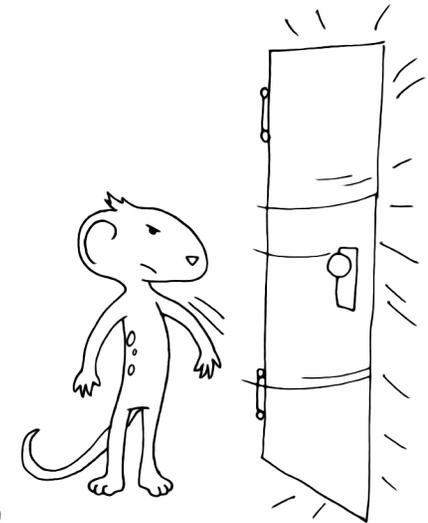
Sam got mad too. It was hard to understand why things were so different.



He took his brother's toy.

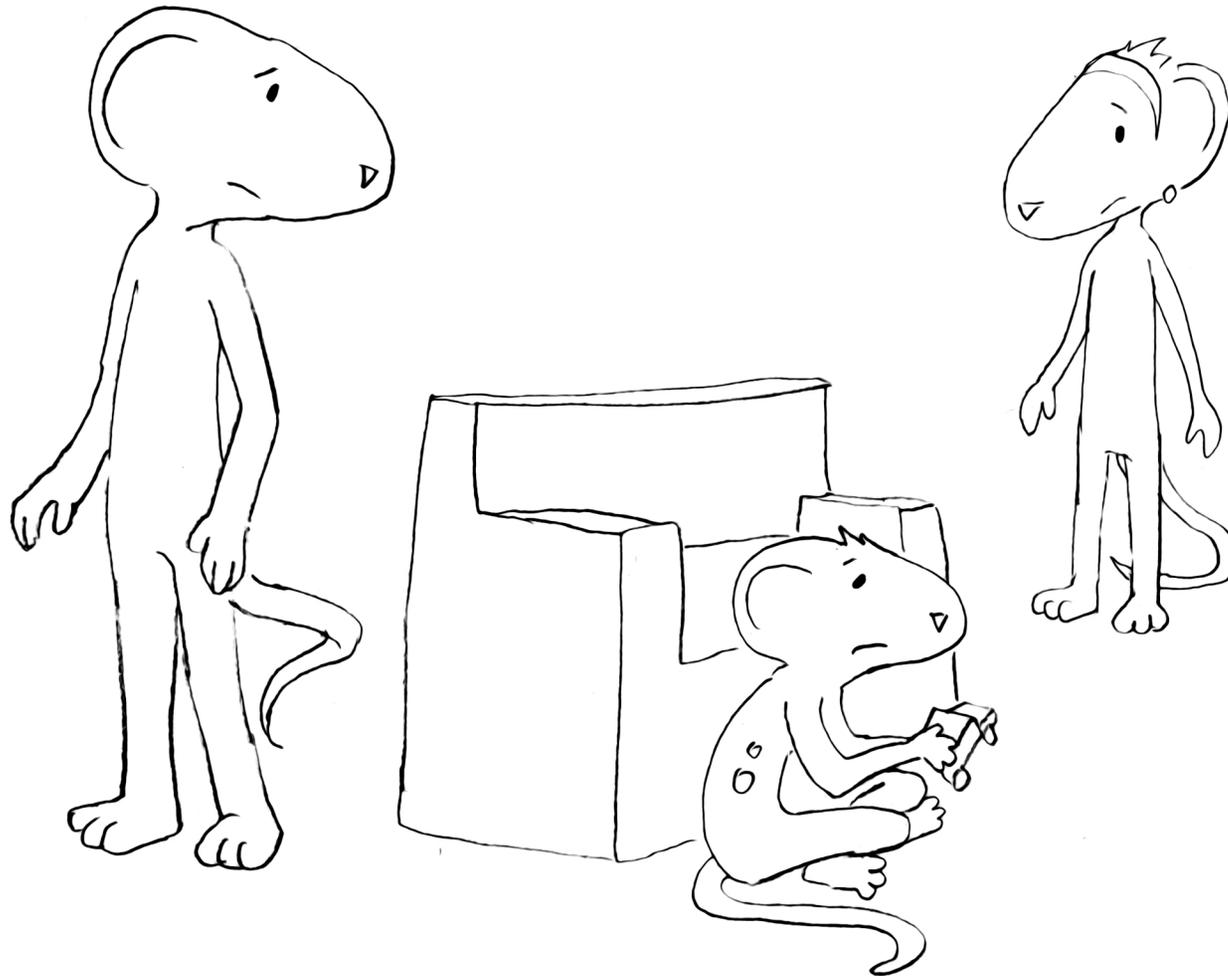


He didn't listen to his dad.

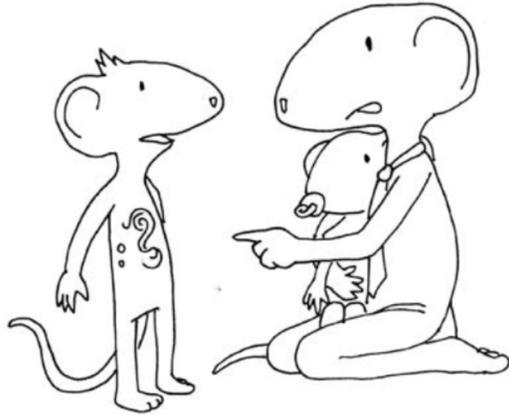


He slammed the door.

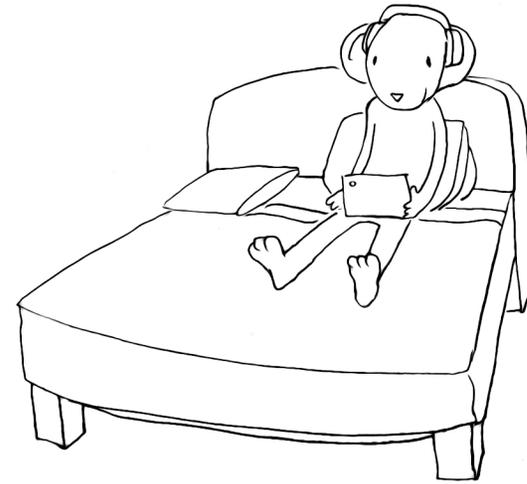
His parents tried to be patient, but when Sam misbehaved, they sometimes didn't know what to do.



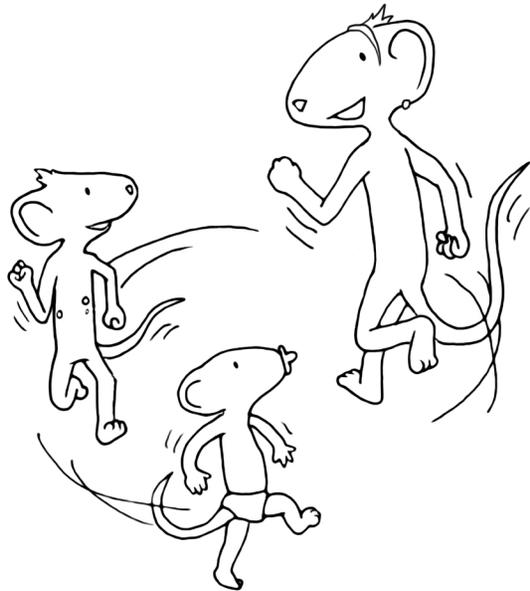
After Sam misbehaved, he felt bad. His parents felt bad too.



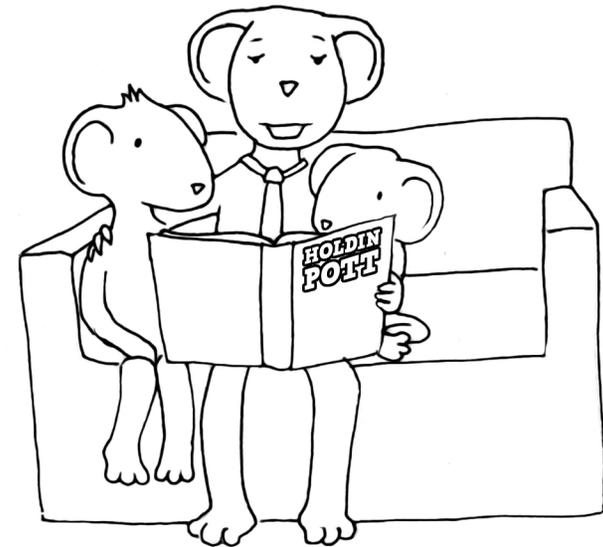
They talked about how they were feeling inside their bodies.



They helped each other get some alone time, so they would have more energy and patience.

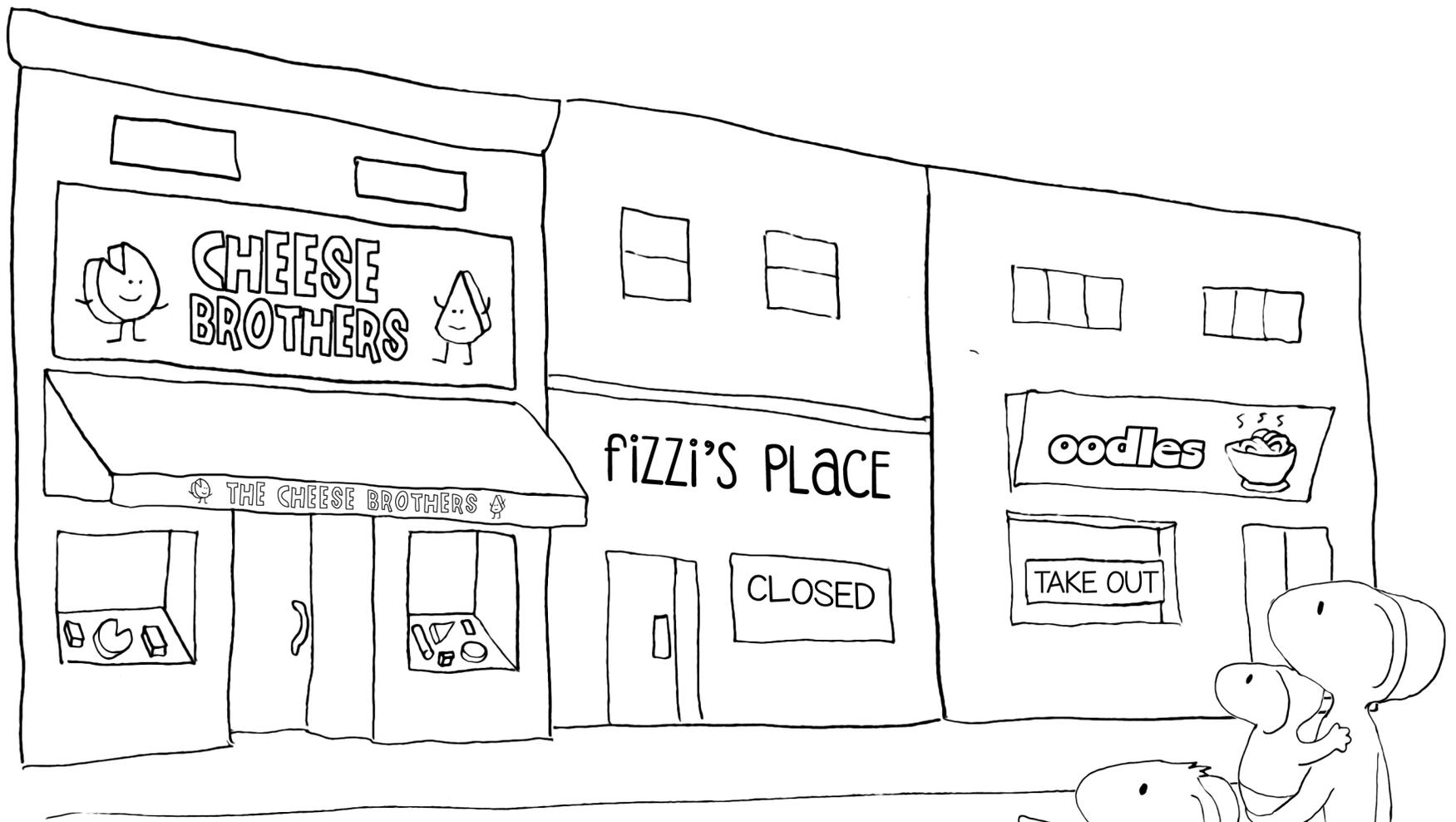


They ran around to get the icky out, to have fun, and to help everyone to feel a little better.



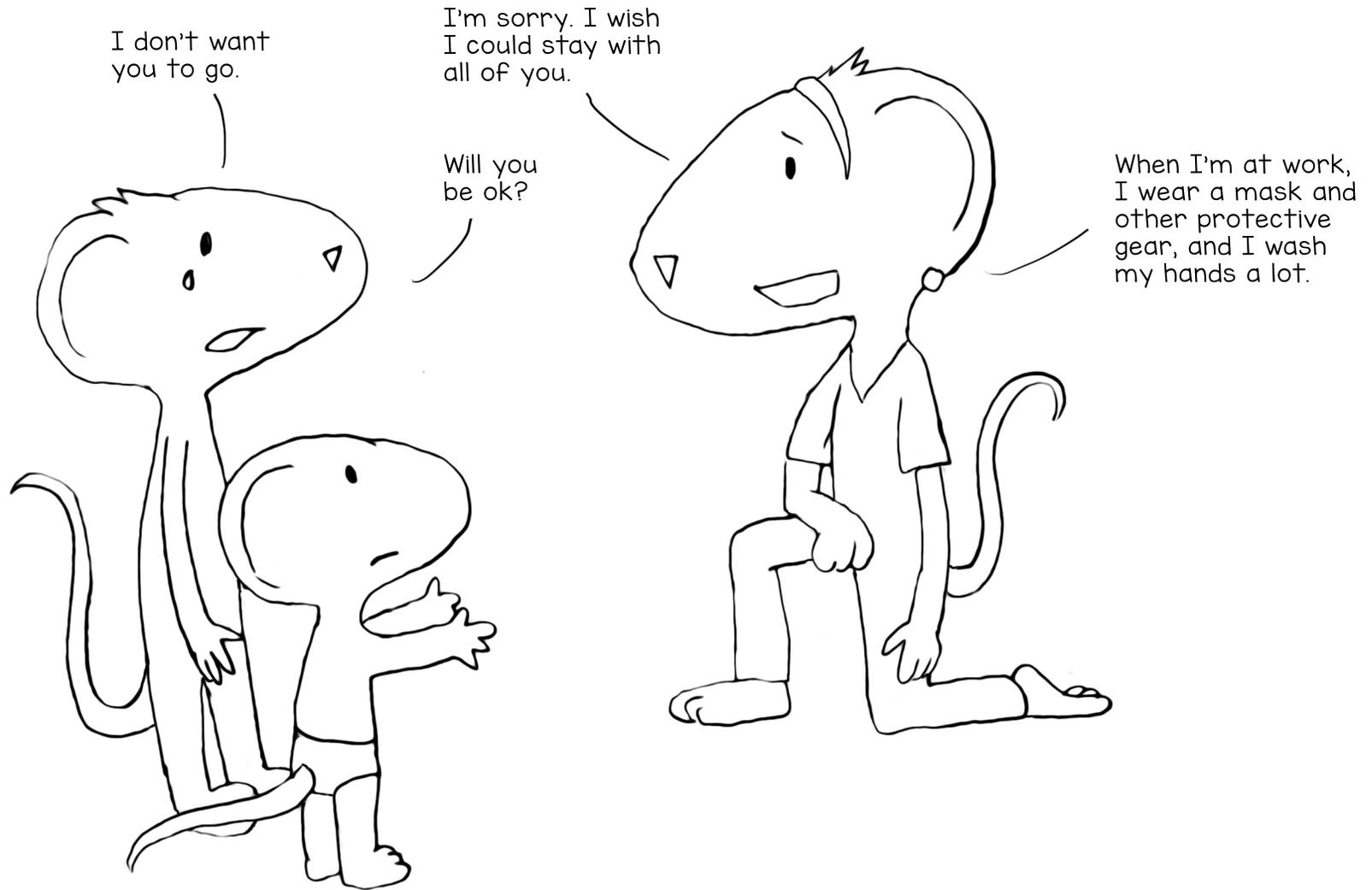
They read books to talk about their feelings.

They knew that everyone was under pressure, and they all needed help, so they thought about different things that they could do.

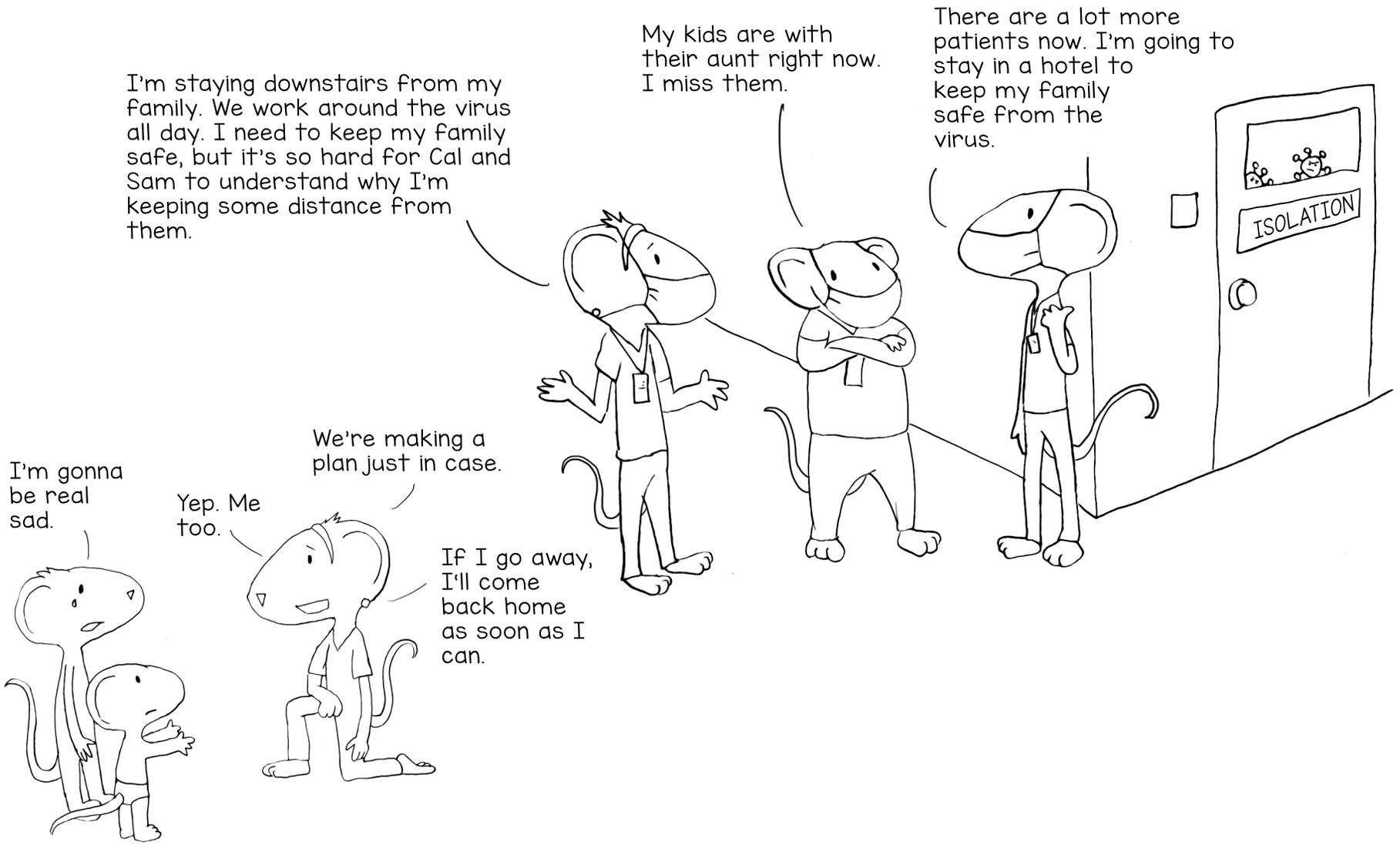


All over Littletown, families were worried for different reasons. Some knew people who were sick. Others worried about jobs because businesses were closing.

Even though the kids were little, they knew things were happening.



Sam's mom worked in a hospital caring for people who need help. They were proud of the work she did, but they also worried about her. She told them about the different ways that she kept herself safe from the virus.



I'm staying downstairs from my family. We work around the virus all day. I need to keep my family safe, but it's so hard for Cal and Sam to understand why I'm keeping some distance from them.

My kids are with their aunt right now. I miss them.

There are a lot more patients now. I'm going to stay in a hotel to keep my family safe from the virus.

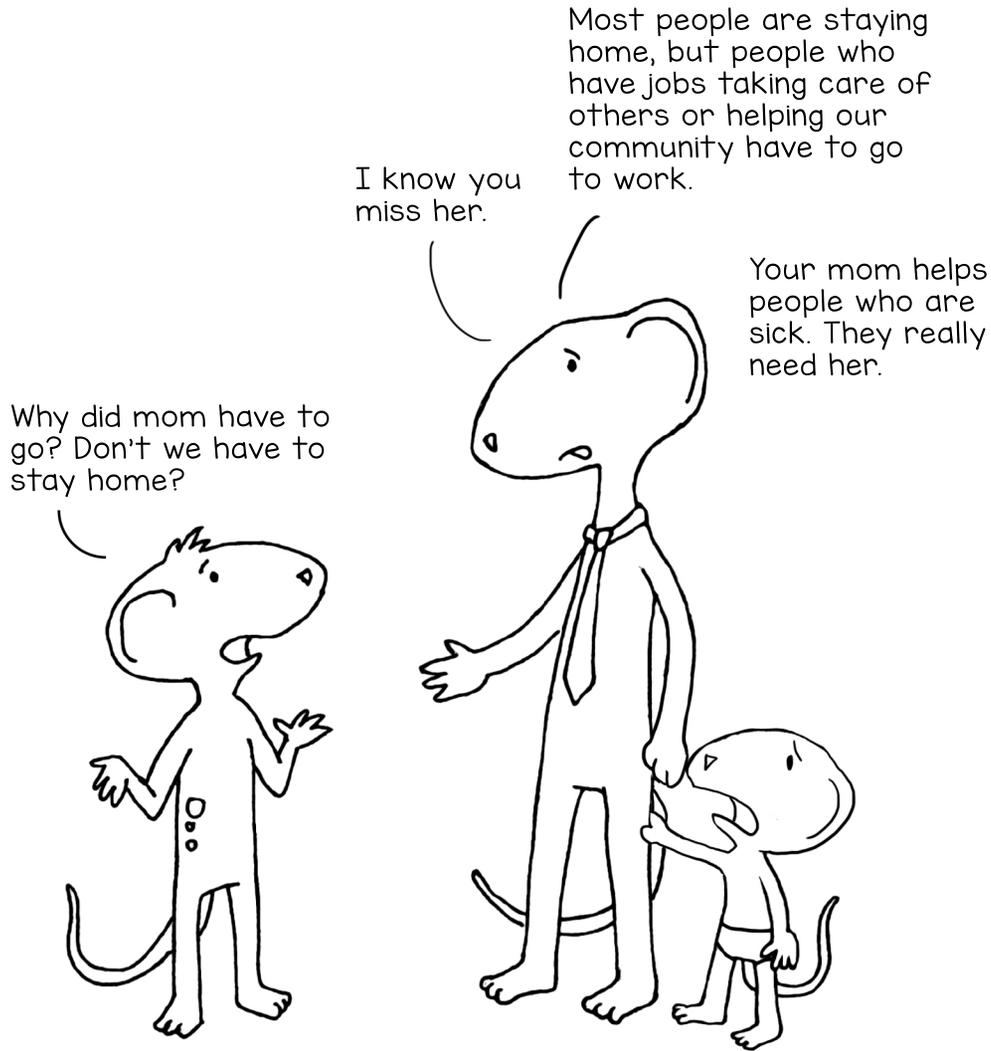
I'm gonna be real sad.

Yep. Me too.

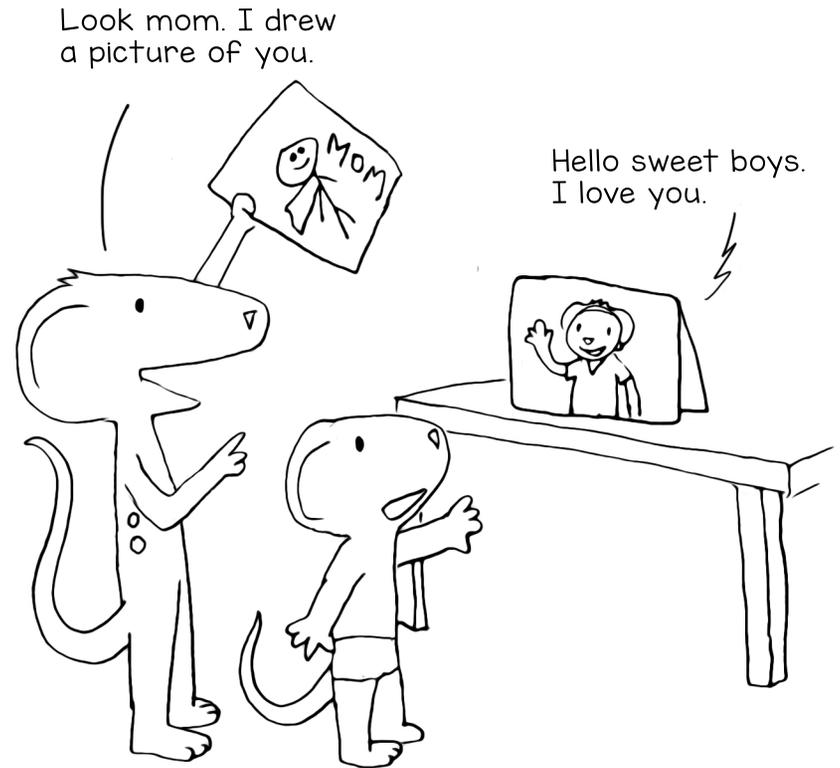
We're making a plan just in case.

If I go away, I'll come back home as soon as I can.

She also told them that if the virus spread more, she might need to stay somewhere else. Because of her job, she was around lots of people who had the virus. She wanted to help people, but she also wanted to keep her family safe. Sam knew that his mommy was very brave, and he wanted to be brave too, but it was hard.



Sam and baby Cal didn't like when their mom went to work, but their dad was there for them.

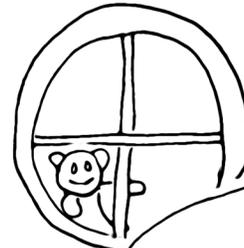


Their mom called them from the hospital. Even though she wasn't with them, they were always in her heart.

How's it been at your place?



We're glad to be together, but it's been stressful.



Working while caring for kids is hard. I was in the middle of a call when Sam bursts in crying 'cause Cal broke his toy and Cal announces he made a poop in his diaper.

At first I was so embarrassed, but people were so cool about it. They said we should take bets on who would have the next diaper change during a call.



For the parents, it really helped when they could talk to each other and get support. They were all juggling so many things. They talked about hard things, and they shared funny stories that made them laugh and realize they weren't alone. They also shared recipes and good ideas for things to do with kids. They found they could be together even while keeping physical space between them.



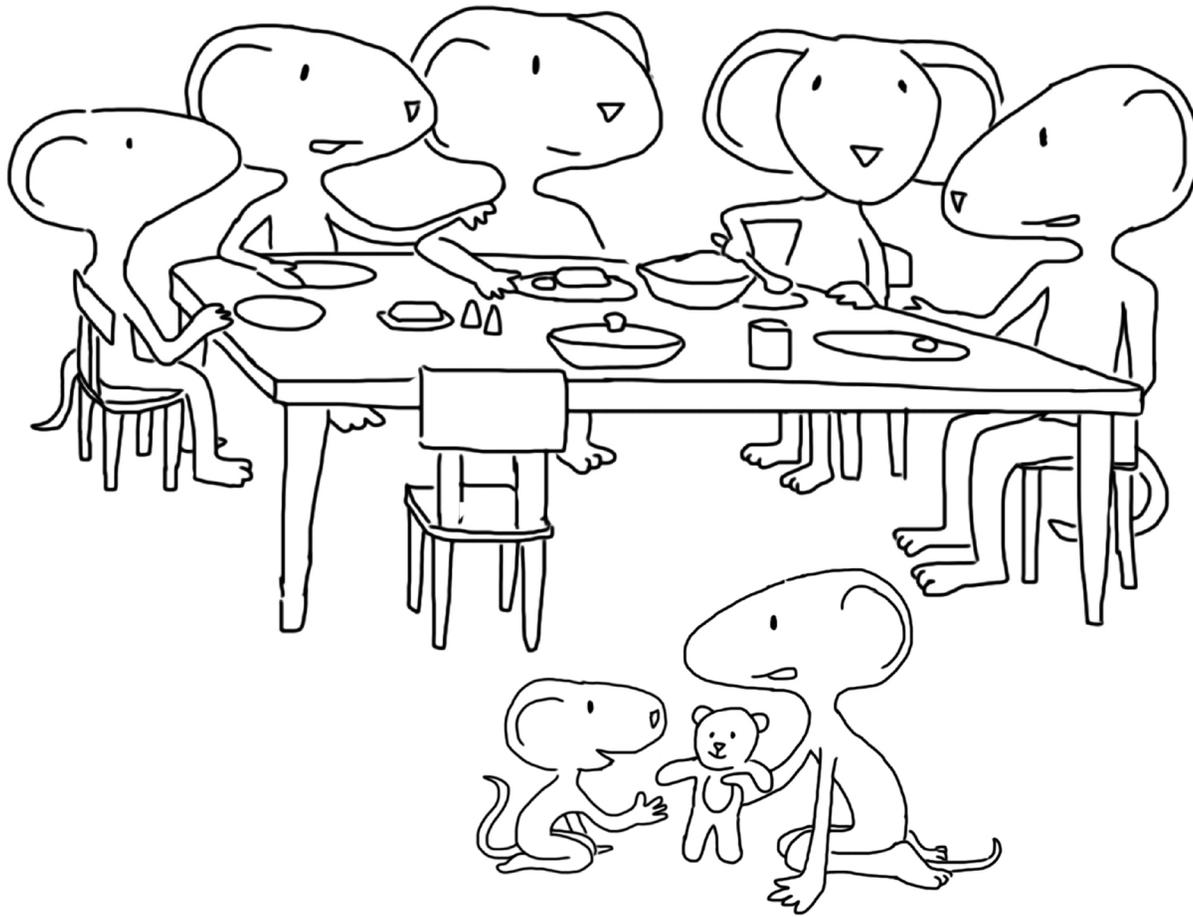
We're going to the store.
Can we get you anything?

That's so
kind of
you.

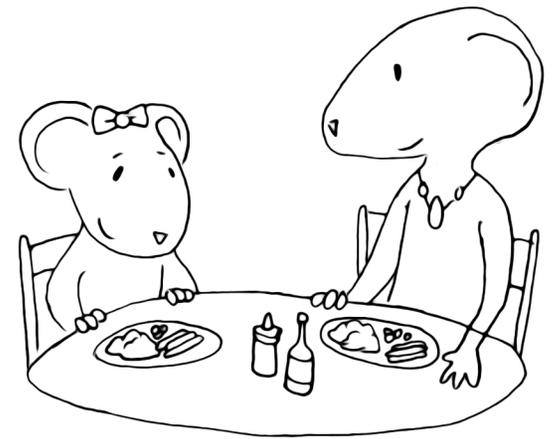
Look mom,
Sam drew me
a picture.

All over Littletown families did things to keep their community safe from the virus. They supported each other and found ways to help the kids.

Big families ate together.



And so did small ones.



They spent time together and tried to get back to simple routines, like making food and eating together.

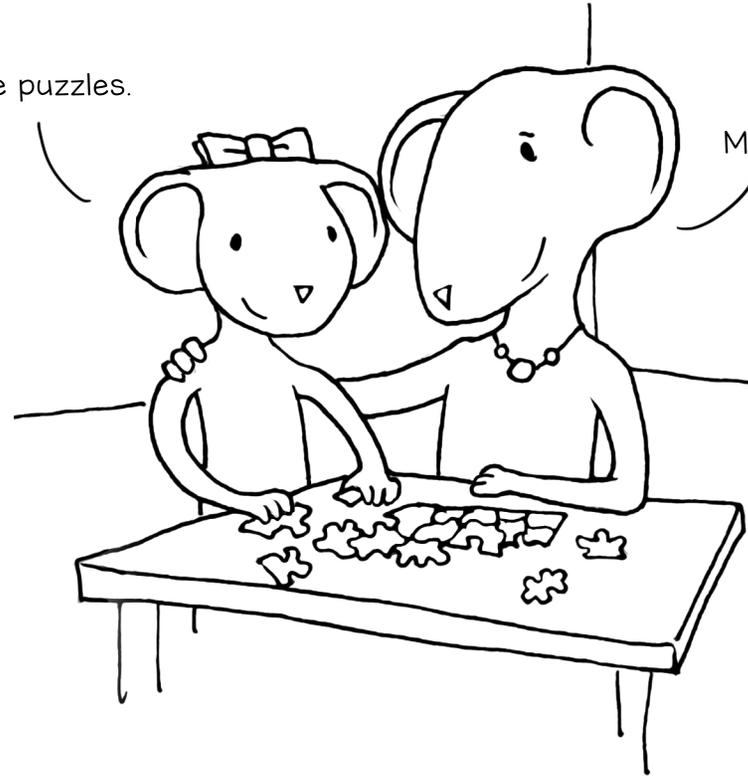
One more story
and then it's
bedtime.



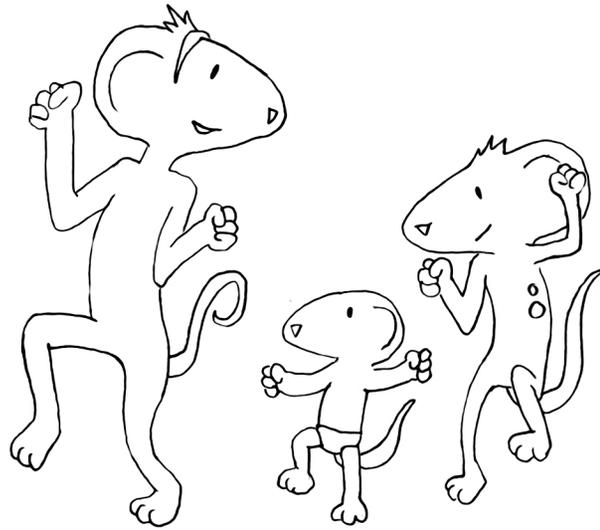
They tried to have regular
schedules.

I love puzzles.

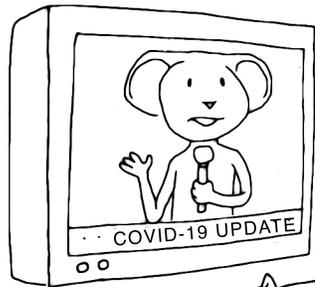
Me too.



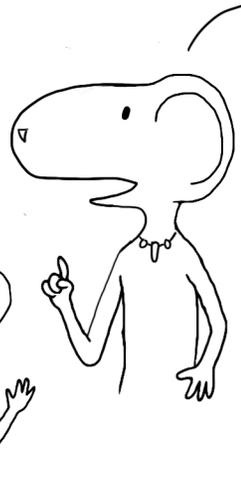
And they found new things
that they liked to do
together.



They danced and exercised . . . a lot!



Mom, what's happening?



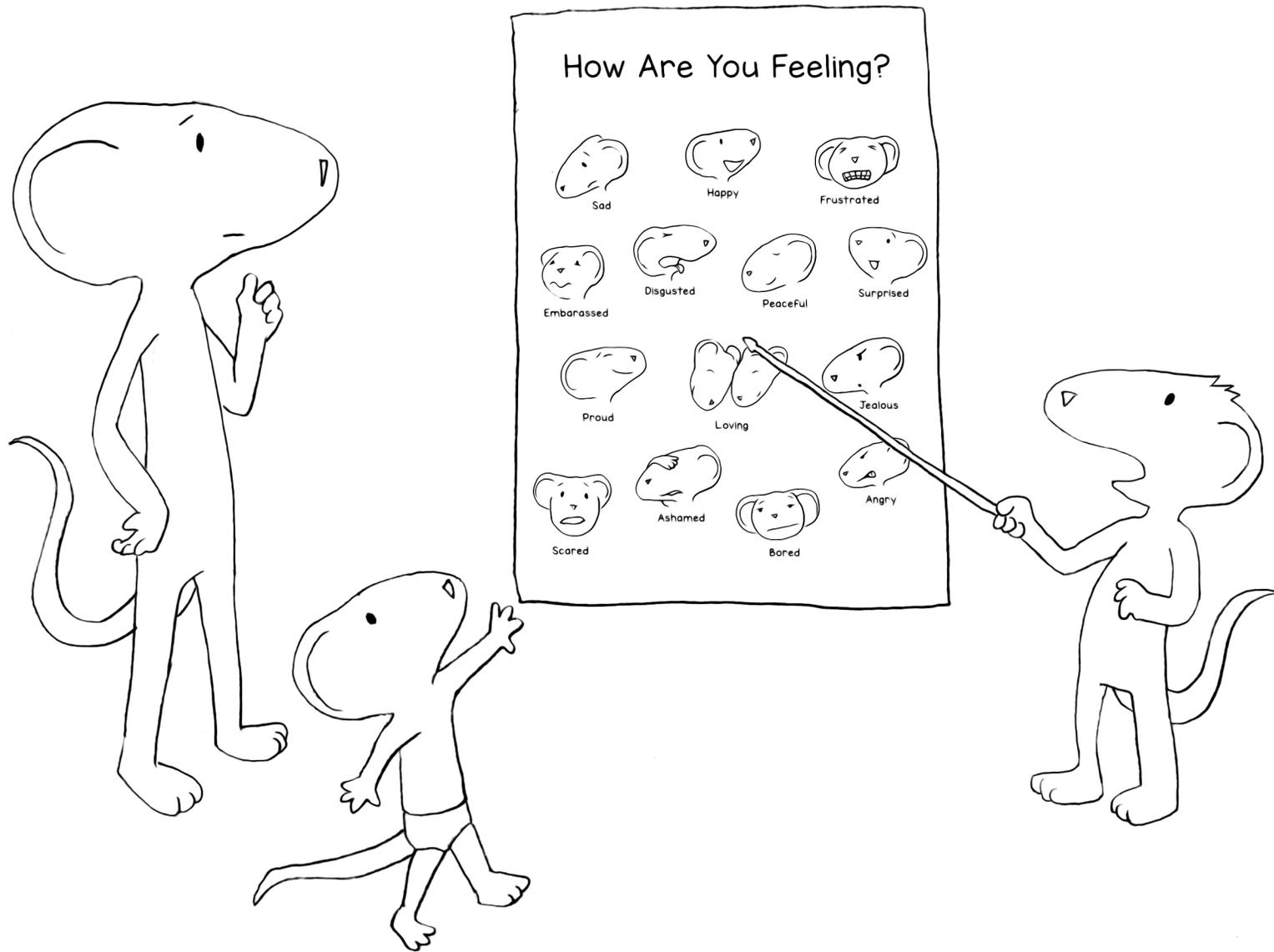
I think we know about this. Let's turn it off.

They thought about when to watch the news and when to turn it off.

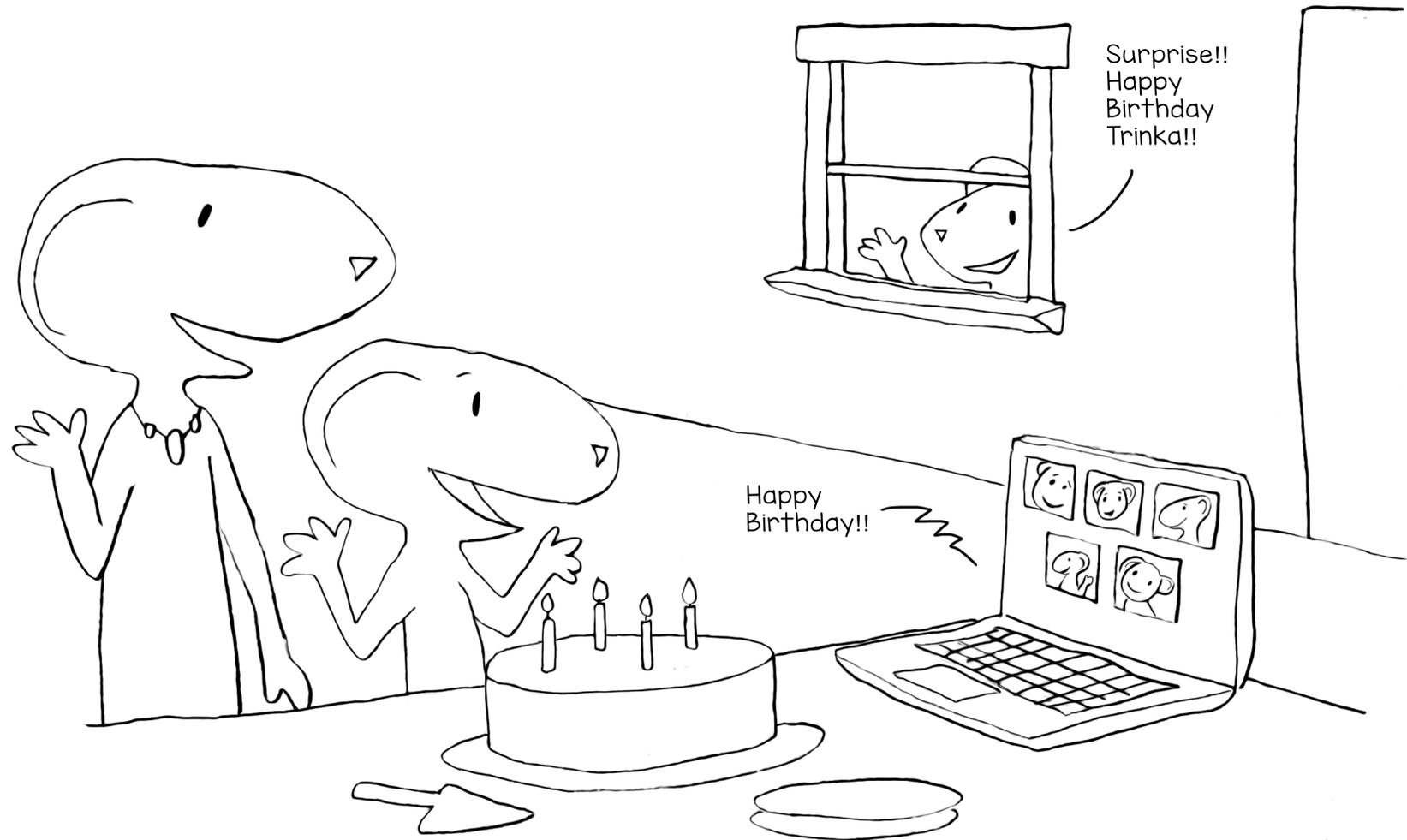


They gave each other big hugs.

They found ways to reduce their stress.



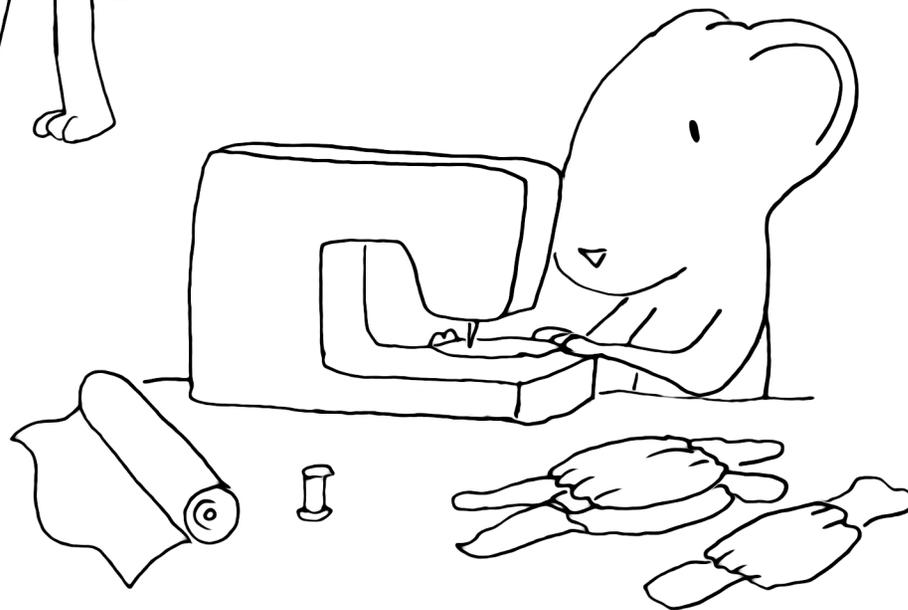
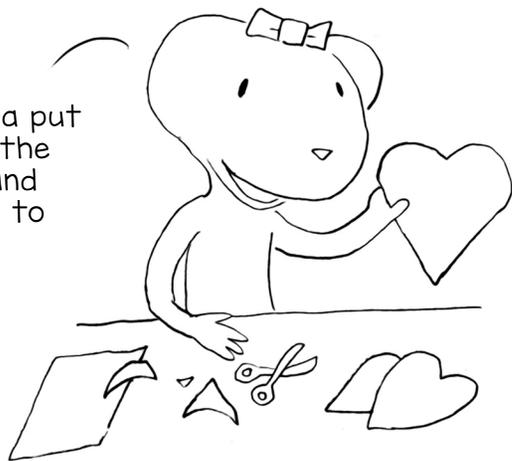
They talked about their feelings and figured out what they could do when they were feeling sad, angry, frustrated, embarrassed, or ashamed. They found moments of joy, calm, and victory.



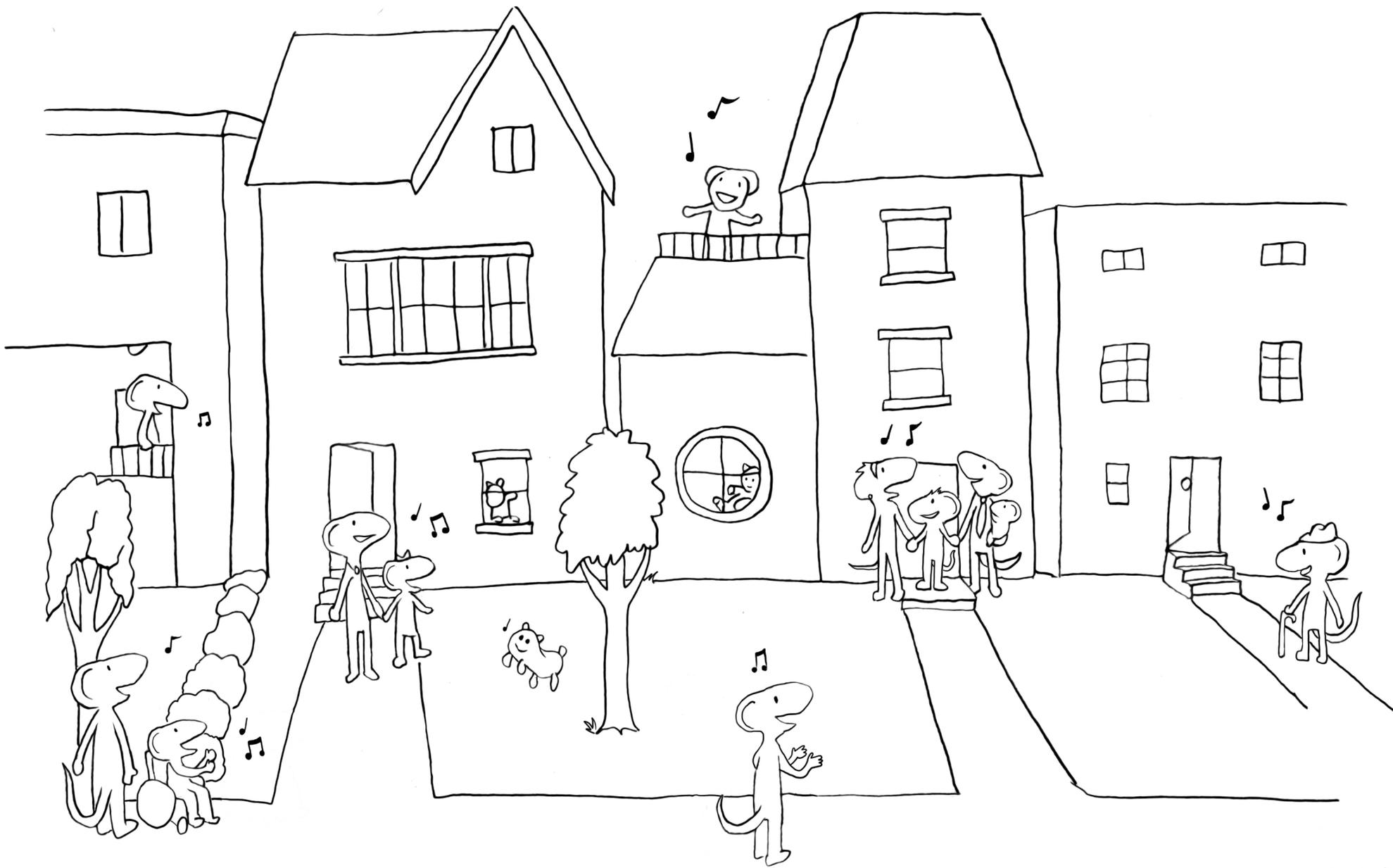
They were sad about missing special events like graduations and family birthdays, and they found new ways to celebrate. It wasn't the same, but it was beautiful and important.



I'm gonna put these in the window and send one to Nana.



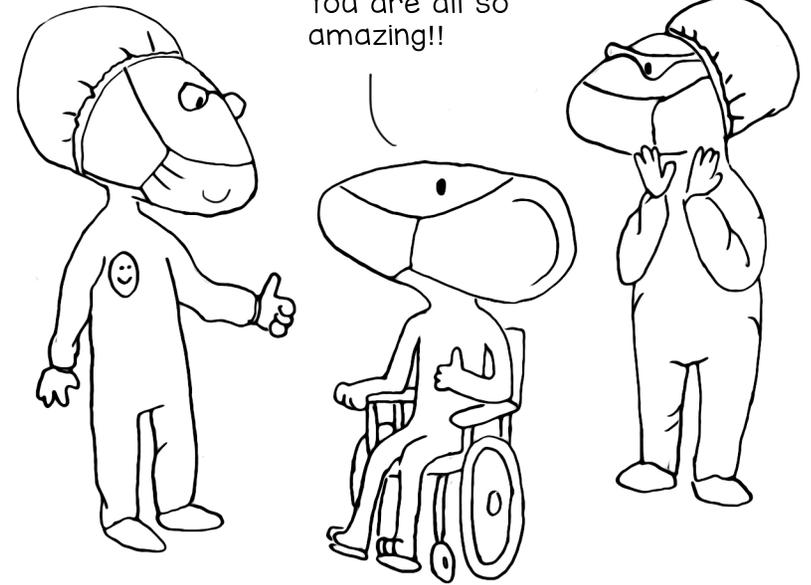
They helped others.



And they clapped and sang.
Even though they were in different places, they were together.



You are all so amazing!!



We're so glad we're getting regular food deliveries.



Thank you for working so hard to make sure we can shop safely and get food.

It would take some time. While they waited, they were grateful for everyone who helped those who were sick, for farmers who grew the food, for those who made sure stores had food and packages were delivered

We are so grateful to all the workers on the Frontlines. We need to work together to ensure that ALL are cared for.

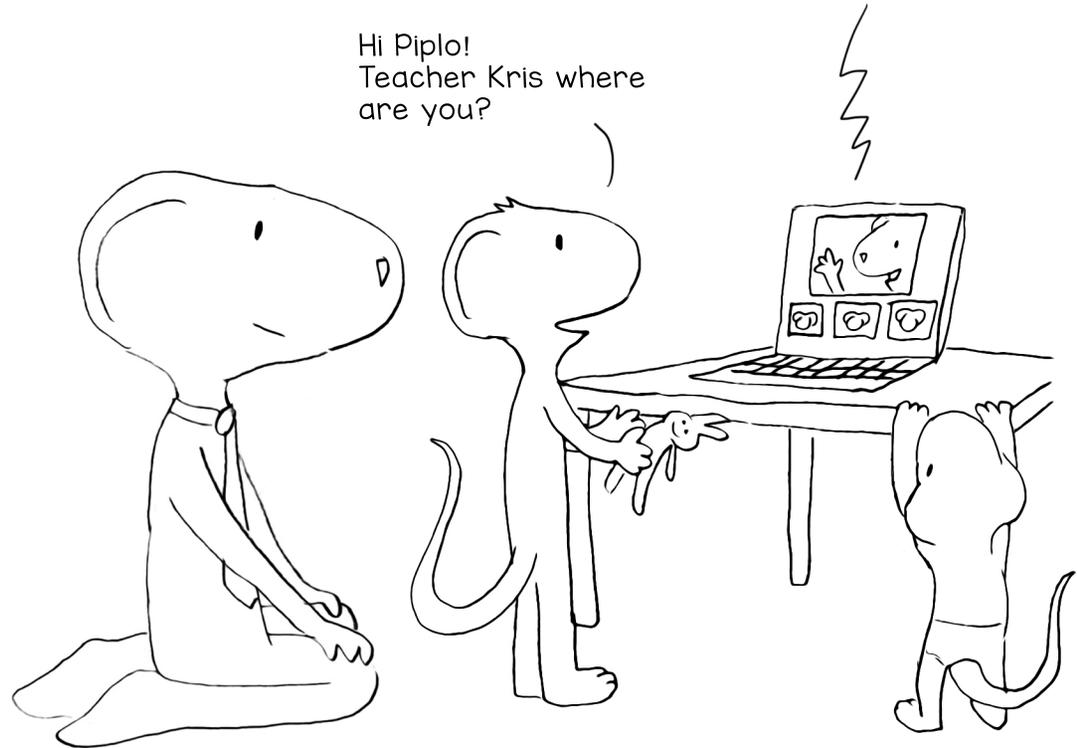


Thanks for sharing your data. I think we're getting closer to having a vaccine.



Hi Class. I'm at home., just like you. I'm so glad to see you. I see you all brought a stuffie we can meet.

Hi Piplo!
Teacher Kris where are you?



... for teachers who helped them learn and scientists who worked hard to stop the spread of the illness, for leaders who tried to make sure that people were taken care of, for the many people who were kind and helpful.

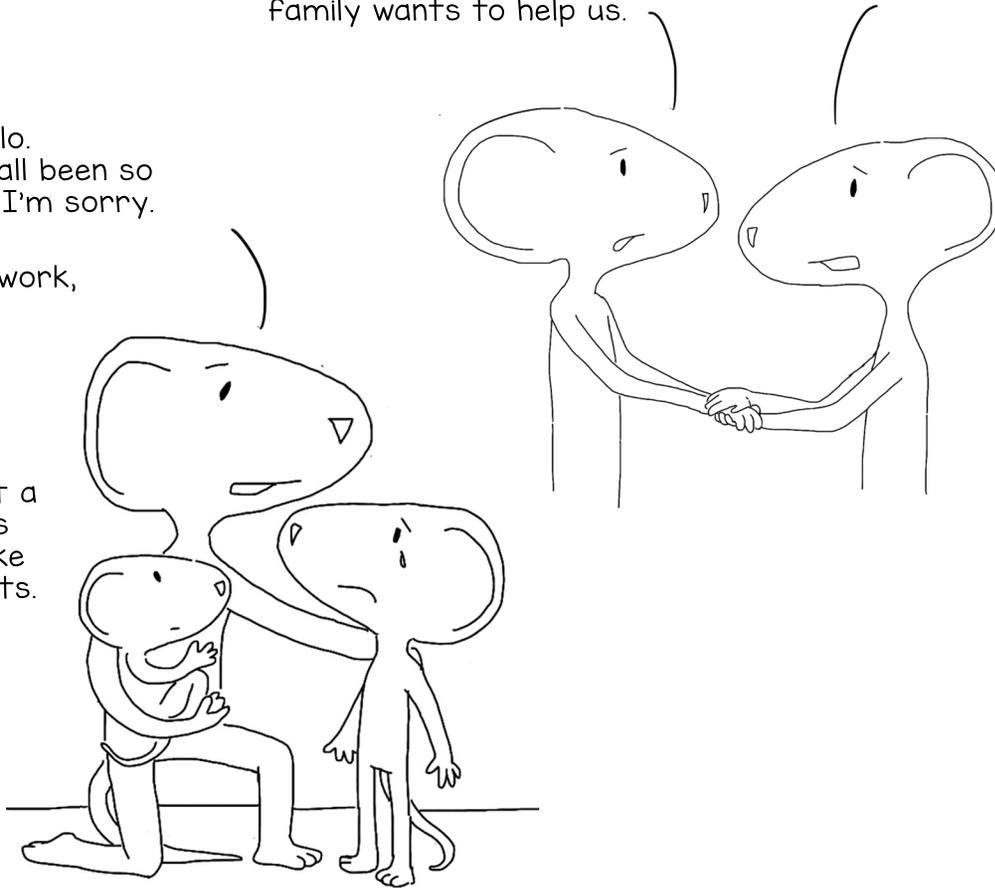
I know we don't like to ask for help, but Sam's family wants to help us.

I think you're right. We need help.

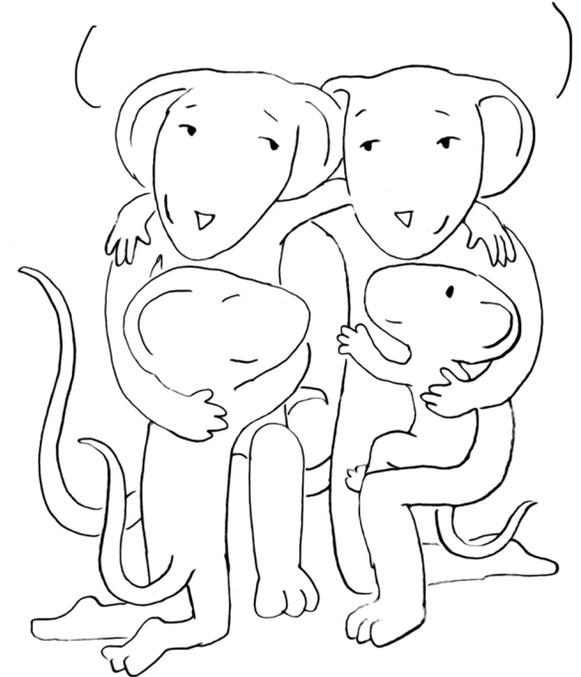
Oh, Piplo. We've all been so upset. I'm sorry.

We can't work, so we're worried about money.

We can't get a lot of things right now, like special treats.

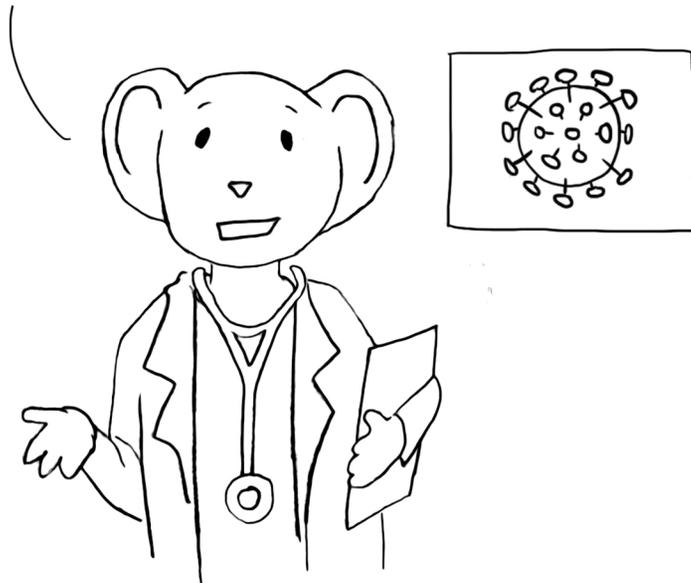


Things are hard right now, and we're here for you. We love you so much!!



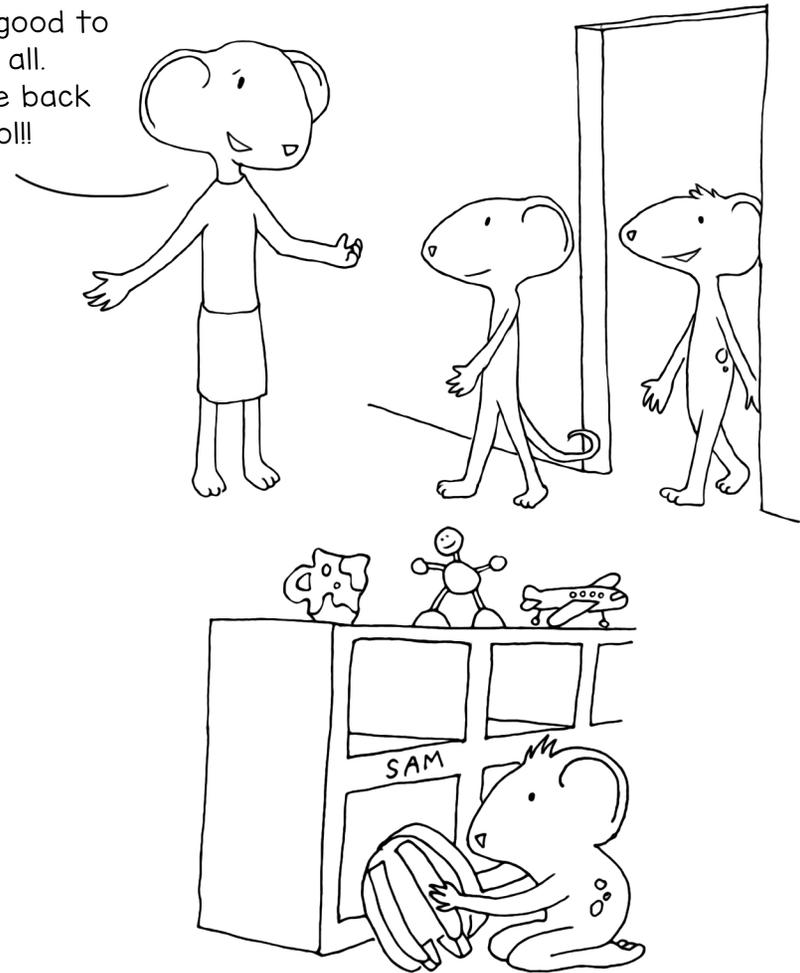
They were also grateful for the many people who stayed at home and couldn't work. Piplo's family was worried about their jobs and having enough money for rent and food, yet, they stayed in to keep Littletown safe, to make sure the hospitals didn't have too many sick people and the virus couldn't spread too fast. They were also heroes.

Thanks to a partnership of scientists from all around the world, we've made progress developing treatments for coronavirus.

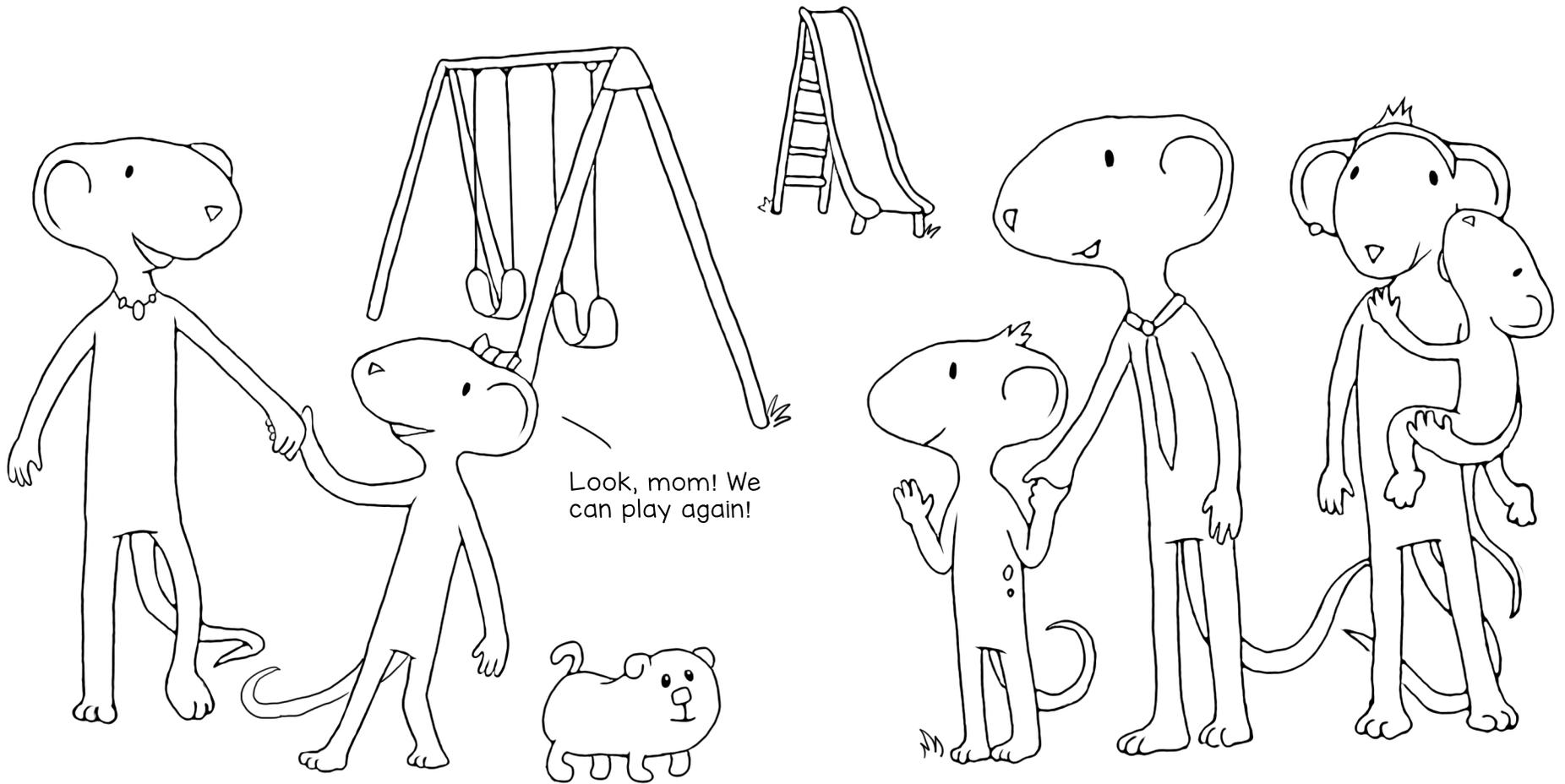


Little by little things started getting better. Scientists found ways to test for the virus. They developed treatments.

It's so good to see you all. Welcome back to school!!!

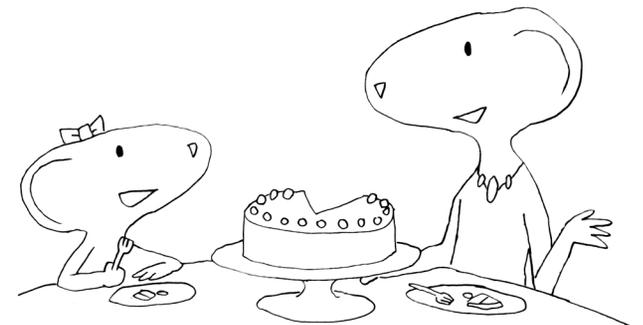
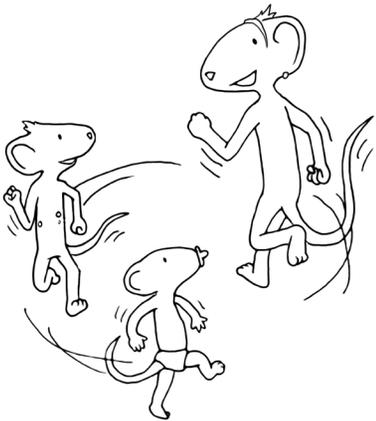


Kids went back to school. Parents went back to work. They followed the new rules for staying safe and worked together to fight the virus.



It would take a while. They would have times when they would need to listen carefully and follow the rules to keep everyone safe from the virus. There would be many changes, but eventually, they would all go out to play.

Good Things My Family Is Doing



Helpers We Are Grateful For

