

# MI Staar Gyal a Yu

Hou piknii kyan fait  
KOVID-19!



**IASC**  
Inter-Agency Standing Committee

## Hou "Mi Staar Gyal a Yu" kom

Da buk a wahn wok wa di *Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings* (IASC MHPSS RG) du. Plenti a di biga hehd dem fram aal oova di worl, an aal oova di konchrii wa mek op di IASC MHPSS RG kom tugged fu du da wok. Moda an faada, plos ada piipl wa doz tek keer a piknii, plos tiicha, an piknii from 104 konchrii doz help tu. Dem put tugged wahn set a kweshtan in Arabik, Ingglis, Italiyan, French an Spanish fu fain out if dem piknii main doz wok gud an if eniiting rang wid dem, kaaz a di KOVID-19 siknis. Dem yuuz di ansa wa dem get from di kweshtan dem fu kom op wid wahn lis a ting fu taak bout in di stoorii. Dem bin sheer di stoorii in di buk tu piknii in nof difran konchrii wa ga KOVID-19 siknis. Bees pon wa di piknii dem, an dem moda an faada, an dem ada piipl wa doz luk aafta piknii se, dem go bak an fiks op di stoorii.

Moor dan 1,700 piknii, dem moda an faada, aal dem piipl wa doz luk aafta piknii, an tiicha fram aal oova di worl tek di taim fu tel awii hou dem a diil wid di KOVID-19 siknis. Nof tangks tu dem piknii, dem moda an faada, ada piipl wa doz luk aafta dem, an dem tiicha dem fu ansa aal awii kweshtan dem an help mek di stoorii kom. Dis a wahn stoorii wa aal dem piknii mek op fu dem matii aal oova di worl.

Da IASC MHPSS RG tangk Helen Patuck fu rait di stoorii an fu jraa di picha dem wa in di buk.

A Tamirand Nnena De Lisser an Colleen Fraser chransileet am.

A Ian Robertson an Charlene Wilkinson chek am fu mek shoor evriiting aarait.

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## Bout di buk

"Mi Staar Gyal a Yu" a wahn buk wa rait fu piknii aal oova di worl wa KOVID-19 siknis a bada.

Moda ar faada, ar ada piipl wa luk aafta piknii, ar tiicha fu riid "Mi Staar Gyal a Yu" wid wahn piknii ar wahn lil gruup a piknii. Awii na reeli waahn piknii fu riid a buk bai deself widout dem moda ar faada, ar piipl wa a tek keer a dem, ar dem tiicha a help dem. Anada buk wa neem "Tingz wa Staar Gyal fu du" (wa go kom out leeta) go help awii fu fain a wee fu diil wid KOVID-19, an it kyan help piknii fu konchrool wa dem a tingk an wa dem a fiil, plos am ga ada tingz fu di piknii dem du bees pon wa in di buk.



## Chransileeshan

Di Reference Group self go put tugged a dem oon chransileeshan in Arabik, Chainiiz, French, Roshan, an Spanish. Lingk wid di IASC Reference Group for Mental Health and Psychosocial Support (MHPSS) ([mhpss.refgroup@gmail.com](mailto:mhpss.refgroup@gmail.com)) fu put tugged a chransileeshan in ada langgwij. Aal chransileeshan wa don go get put op pon di IASC Reference Group websait.

If ayo mek ayo oon chransileeshan ar cheenj op di buk, mek shoor ayo noo se:

- Ayo kyaahn put ayo oon maak (ar di maak a di piipl wa a pee fu am) pon di buk.
- If ayo cheenj eniiting (laik cheenj di stoorii ar di picha dem), ayo kyaahn yuuz di IASC maak. Na mata wa ayo yuuz di buk fu du, ayo kyaahn mek am luk laik se IASC a bak op na kaina bizniz, nar na gudz wa ayo mek, nar notn wa ayo du.
- Ayo mos laisn ayo chransileeshan ar di cheenj dem wa ayo mek anda di seem *Creative Commons* laisn, ar enii ada kaina laisn wa du di seem ting. Awii hoop ayo kyan yuuz CC BY-NC-SA 4.0 ar 3.0. Dis a wahn set a laisn wa kyan wok: <https://creativecommons.org/share-your-work/licensing-considerations/compatible-licenses>
- Ayo gafu put da nootis in di seem langgwij a di chransileeshan: "A na di *Inter-Agency Standing Committee* (IASC) du da chransileeshan ar cheenj am. Di IASC na fu get na bleem fu wa rait in da chransileeshan, ar if notn na chransileet gud ar na cheenj op rait. Di fos stoorii wa rait in Ingglis "Inter-Agency Standing Committee. My Hero is You: How Kids Can Fight COVID-19!" wa ga di laisn: CC BY-NC-SA 3.0 IGO a go bi di reel wan."



Seera moda a shi Starr Gyal kaaz shi a di bes moda an di bes sayantis in di worl. Bot na iivn Seera moda kyaahn fain wahn remidi fu di koroonavairo.

Seera aks shi moda se, "Wa di koroonavairo luk laik?"

"Di koroonavairo lil lil so awii kyaahn sii am," shi moda ansa shi. "Bot it doz spred wen piipl wa sik kaaf ar sniiz, an wen dem toch piipl an toch eniiting wa de rong dem. Piipl wa sik doz get fiiva an kaaf an dem doz get wahn hard taim fu briid iin an briid out eer."

"So awii kyaahn fait am kaaz awii kyaahn sii am?"  
Seera aks shi moda.

"Awii kyan fait am yes," Seera moda tel shi. "Da wa mek mi waahn yu staan seef, Seera. Di jormz doz chrobl aal kain a badii, an awii kyan help fu fait am. Piknii speshal an dem kyan help tu. Yu gafu staan seef fu awii. Mi waahn yu fu bii mi Starr Gyal."



Da nait Seera lai dong in shi bed bot shi na fil laik na Starr Gyal ataal. Shi fil baad. Shi waahn fu go skuul bot shi skuul klooz. Shi waahn fu sii shi matii dem bot da na seef fu du. Seera waahn di koroonavairus fu stap fraikn piipl aal ova di worl.

"Dem Starr Gyal ga majik pouwa" shi se tu shiself, wen shi shot shi ai dem fu sliip. "Wa mi ga?"

Seem taim shi heer wahn lil saaf vais kaal shi neem iizii iizii in di blak a di nait.

"Huu de de?" Seera ansa bak iizii tu.

Di vais aks shi "A wa yu gafu get if yu waahn fu bi wahn Starr Gyal, Seera?

"Mi waahn wahn wee fu tel aal di piknii dem in di worl hou fu tek keer a deself so dat dem kyan kiip evriibadii els seef..." Seera se.

"So a wa yu waahn mi fu bi? di vais aks shi.

"Mi waahn wahn ting wa kyan flai... ting wid wahn loud mout... an ting wa kyan help awii!"

Wid wahn wush kaina song, wahn fansii ting kom out in di muunlait...





Seera hool shi bret an den shi se, "Yu a wa?

"Mi a Ariyo," di ting se.

"Mi neva eva sii wahn Ariyo in mi laif," Seera se.

"Wel, mi bin de hee aal di taim," Ariyo se.  
"Mi kom fram insaida yu hart."

"If mi ga yu... den mi kyan tel aal di piknii dem in  
di worl bout di koroonavairo!" Seera se. "Mi kyan  
bi wahn Staar Gyal! Bot heer na, Ariyo, it seef fu  
awi chravl wid di koroonavairo aal rong?"

"Laangz yu de wid mii, Seera," Ariyo se. "Notn  
kyaan chrobl yu wen awii de tugeda."





So Seera jomp pon Ariyo bak an di tuu a dem flai out shi bejruum winda, in di blak a di nait.  
Dem flai op tu di star dem an tel di muun hai.

Wen di son staart kom op, dem lan in wahn  
nais jrai plees wid nof san. De ga som big big  
bildin we aal di said dem liin tu di midl an Jain  
op in wahn paint a di tap. Wahn lil bit a piknii  
bin de de a plee. Di piknii dem kaal out pon  
Seera an Ariyo hapii hapii, an weev dem han tu  
dem.

"Awii glaad ayo kom, mi neem Seelem!" wan  
a di bai dem kaal out. "Wa ayo a du hee? Sari,  
awii kyaahn staan op tuu neer ayo, awii gafu  
staan moo dan chrii fut fram ayo!"

"Da a wa mek awii kom hee!" Seera ansa bak.  
"Mi neem Seera an da a Ariyo. Ayo noo se  
piknii kyan kiip dem neeba dem, dem matii  
dem, dem moda an faada an dem gramaa an  
grampaa seef, mek koroonavairoos kyaahn kech  
dem? Awii gafu..."

"Wash awii han wid soop an waatal!" Seelem  
se, a skin hii tiit. "Awii noo da, Seera. Awii doz  
put awii mout in awii elboo an kaaf if awii sik  
– an awii doz weev tu piipl bot awii naa sheek  
dem han. Awii doz chrai hard fu staan a hous,  
bot da tong we awii liv ga nof nof piipl ... na  
aal badii a staan hoom."

"Mmh, meebii mi kyan help ayo wid da," Ariyo  
se. "Dem kyaahn sii di koroonavairoos, bot...  
dem kyan sii mii! Jomp op, bot mek shuor ayo  
sidong pon aal tuu said a mi wing dem – mi  
wing dem bout chrii fut fram wananaada.



Ariyo flai op in di skai wid Seelem  
an Seera pon aal tuu a hii wing  
dem. Hii flai kraas di tong an staat  
mek som loud naiz laik laiyan, an  
hii staat sing! Seelem hala out hard  
tu di piknii dem in di rood, se:

"Ayo galang go tel ayo faamalii  
da it beta fu ayo staan a ayo hous!  
Awii kyan tek keer a wanana da  
beta laangz awii staan a awii hous!"

Di piipl dem lef wid dem mout  
oopn wen dem sii da. Dem weev  
an go in dem hous.





Ariyo flai faar op in di skai.  
Seelem baal out laik hii hapii  
hapii. A di tap a di kloud  
wahn pleen flai paas dem,  
an di piipl dem luk pon dem  
wid dem jaa jrap kaaz dem  
neva sii notn laik da.

"Jos nou piipl go gafu stap  
chravl, at liis fu nou nou,"  
Seelem se. "Aal di konchrii  
dem in di worl a klooz dong  
dem barda, so awii mos  
staan we awii de wid di piipl  
dem wa awii lov."

"It luk laik nof ting cheenj op," Seera se.  
"Somtaim mi doz get fraikn."

"Wen tingz a cheenj, it kyan fiil laik nof ting a hapn seem taim,  
an dat kyan fraikn ayo baad," Ariyo se. "Wen mi fiil fraikn, mi doz  
briid iin an briid out eer sloo sloo – an briid out faiya!"

Ariyo bloo out wahn big baal a faiya!

"Wa ayo doz du fu kaam dong ayoself wen ayo fraikn?" Ariyo aks  
dem.

"Mi laik fu put mi main pon di piipl dem wa doz mek mi fiil seef," Seera se.

"Mi tu, mi doz put mi main pon aal di piipl dem wa doz mek mi fiil seef, laik mi gramaa an mi grampaa," Seelem se. "Mi mis dem. Mi kyaahn hog op dem kaaz mi kud paas aan di koroonavairois if mi get am. Awii doz sii dem evrii wiiken, bot na nou, kaaz awii gafu kiip dem seef."

"Yu kyaahn kaal dem pon di foon?" Seera aks shi matii dem.

"Ye bodee!" Seelem se. "Dem doz kaal mi evrii dee an mi doz tel dem bout aal di ting dem wa awii a du in awii hous.

It doz mek mi fiil beta, an it doz mek dem fiil beta tu."

"Da a naarmal ting fu mis di piipl dem wa awii lov, huu awii kyaahn sii rait nou," Ariyo se. "Da shoo hou moch awii keer bout dem. Ayo tingk ayo wuda fiil beta if ayo miit op wid som ada Staar Bai an Staar Gyal?"

"Ye bodee!" Seera an Seelem baal out.

"Gud, mi matii Sasha ga wahn speshal majik pouwa," Ariyo se. "Le awii go!"





So nou dem flai dong pon ort an lan in wahn lil vilij.  
Wahn gyal piknii bin de out a shi hous a pik flouwa. Shi  
laaf wen shi sii Ariyo an di piknii dem pon hii wing.

"Ariyo!" shi kaal out. "Wii gafu staan moor dan chrii  
fut fram ayo, so mi a go staan op hee an fling wahn  
hog gi ayo! Wa ayo a du hee?"

"Mi fiil yu hog wen yu tel mi da Sasha," Ariyo ansa shi  
se. "Mi lov hou awii kyan yuuz word fu shoo hou awii  
keer, an wa awii du kyan shoo da awii keer tu. Mi bin  
waahn mi matii dem fu larn bout yu majik pouwa."

"Wa a mi majik pouwa?" Sasha aks hii.

"Laik hou sombadii in yu faamalii get sik, an yu a  
staan a yu hous fu mek shoor yu na paas aan di  
koroonavairois gi nobadii els," Ariyo se.

"Yes, a mi faada, an hii a staan a hii bejruum til hii get  
nof beta an fiil gud gud," Sasha se.



"Bot it na so baad! Awii doz plee, kuk fuud, spen taim in awii gyaardn an nyam fuud tugeda. Mi an mi broda dem doz ben an toch awii too dem, an awii doz daans tu. Awii doz riid buk an mi kyan kiip op wid mi skuul wok, kaaz somtaim mi doz mis skuul baad. Fos, it bin fiil schreenj fu staan a mi hous, bot rait nou it fiil aarait.

"Dat na iizii aal di taim, Sasha," Ariyo se. "Yu a fain aal kain a wee fu enjai yuself an spen taim a yu hous wid di piipl dem wa yu lov. Dat a wa mek yu mi Staar Gyal!"

"Yu eva fait wid yu faamalii dem? Seelem aks.

"Awi doz fait somtaim," Sasha se. "Awii gafu tek taim wid wanana, an chrai andastan wanana, an se sari kwik kwik. Dat a wahn reel majik pouwa, kaaz it kyan mek awii fiil beta an ada piipl tu. Mi waahn lil taim bai miself tu. Mi lov fu daans an sing bai miself! An mi kyan kaal mi matii dem pon di foon somtaim..."

"Bot Ariyo, wa bout di piipl dem wa de far fram dem hous ar na ga nowe fu liv?" Seera aks hii.

"Da a wahn gud kweshtan, Seera," Ariyo se.  
"Le awii go fain out."





So dem tel Sasha babai an gaan ageen. Bai di taim dem lan  
pon wahn ailan wid di sii aal rong, di plees bin staat get lil  
moo hat.



A de dem sii wahn plees ful wid nof piipl. Wahn gyal piknii sii dem an weev shi han tu dem fram rait we shi bin.

"Wa gayin aan Ariyo, mi glad glad fu sii yu ageen!" shi kaal out. "Awii a chrai fu staan moor dan chrii fut fram eniibadii, so mi a chrai taak tu ayo fram rait hee. Bot mi wuda glad fu miit yu matii dem! Mi neem Liila."

"Wa gayin aan Liila! Mi neem Seera, an hii a Seelem," Seera kaal out bak. "It song laik yu a chrai fu kiip yuself seef fram di koroonavairo. Wa els ayo doz du?"

"Awii doz wash awii han dem wid soop an waata!" Liila baal out bak.

"Ayo doz ben ayo han an kaaf in ayo elboo tu?" Seelem aks.

"Yu kyan shoo awii hou fu du da?" Liila ansa bak. So Seelem shoo dem hou fu du am.

"Awii a chrai fu bi breev, bot somting a bada mi", Liila se. "Mi kyan taak wid ayo bout it? Mi heer piipl doz get sik an dehd an dat mek mi fraikn baad. A chruu piipl kyan dehd fram koroonavairo?"



Ariyo bloo out hard an laang, an sidong pon hii big fat bambam.

"Ye, lil Staar Gyal an lil Staar Bai, it schreenj," Ariyo se.  
"Som piipl na fiil sik ataal, bot ada piipl doz get sik sik, an som a dem mait dehd. Da a wa mek awii gafu luk out iivn moo fu di piipl dem wa ool, an di wan dem wa ga ada kain a sikkis, kaaz dem piipl kud get moor an moor sik. Som a di taim wen awii fraikn baad, ar wen awii na fiil seef, it kyan help if awii tingk bout wahn plees wa seef. Ayo waahn chrai du da wid mi?"

Aal a dem se yes, an so Ariyo aks dem fu lak dem ai an tingk bout wahn plees we dem fiil seef.

"Tingk bout wahn taim ar pikcha somting wa ayo memba, wen ayo bin fiil laik notn kudna chrobl ayo," Ariyo se.

Den hii aks dem wa dem kud sii, an wa dem kud fiil, an wa dem kud smel in dem seef plees. Hii aks dem weda dem ga nobadii speshal huu dem bin waahn fu bring in dem seef plees an wa dem kud taak bout tugeda.

"Ayo kyan go in ayo seef plees eniitaim ayo fiil baad ar fiil fraikn," Ariyo se. "Dis a ayo speshal pouwa, an ayo kyan sheer dis wid ayo matii dem an ayo faamalii dem. An memba mi keer bout ayo, an nof moo piipl keer bout ayo. Dat gon help tu.



Liila se "Awii kyan tek keer a wananaada."

"Dat a chruu, Liila," Ariyo se. "Awi kyan tek keer a wananaada, eniwe awii de. Yu waahn fu kom wid awii fu go a di laas plees we awii a go?

Liila mek op shi main fu go wid Ariyo an shi nyuu matii dem. Seera bin glad Liila bina kom wid dem kaaz shi noo dat somtaim awii gafu de de fu wananaada. Dem flai kwaiyat kwaiyat, nobadii na se notn, bot Liila bin noo shi nyuu matii dem bin keer bout shi nof nof.



Dem staart fu sii som mongtin wid snoo pon dem, an Ariyo lan in wahn lil tong. Wahn lil bit a piknii bina plee saida wahn lil kriik.

"Ariyo!" wan a dem kaal out, an weev hii han tu hii.

"Wa gayin aan Kimii," Ariyo se. "Evriibadii, mi waahn ayo fu miit som a mi matii dem huu bin kech di koroonavairo an get beta nou."

"Wa da bin fiil laik?" Seelem aks dem.

"Mi bina kaaf an fiil hat hat hat somtaim. Mi bin tayad baad tu an mi neva waahn fu plee som a di dee dem," Kimii se. "Bot mi sliip nof an mi faamalii tek keer a mi. Som a awii moda an faada dem an awii gramaa an grafaada dem bin gafu go a di hospital. Di nors an di dakta chriet dem reelii nais, an som piipl in awii eerya bin kom an help out a awii hous. Afta a kopl wiik awii ton gud ageen.



"Mi a Kimii matii," wan a di ada piknii dem se. "Jos kaaz Kimii kech di koroonavairos it na stap awii fram bii hii matii – iivn doo mi kudna sii hii. Mi neva stap keer bout hii an awii glad awii kyan plee wid wananaada ageen!"

"Som a di taim, di bes ting awii kyan du fu awii matii dem a fu tek keer a wananaada," Ariyo se. "Iivn if dat miin awii gafu staan wee fram wananaada lil."



"Awii kyan du dem ting fu wanana," Liila se.

"An wan dee, awii kyan plee ageen an go bak a skuul jos laik hou awii yuus tu," Seelem se.

Den a taim fu go bak a dem hous, an taim fu Seera se babai tu shi nyuu matii dem. Dem pramis wanana dat dem naa go faget di plees dem wa dem bin go an di taim wa dem spen tugged.

Seera fiil baad dat meebii dem naa go sii wanana fu jos nou. Bot shi fiil beta wen shi memba wa Kimii matii bin se. Jos kaaz yu kyaahn sii piipl, da na miin yu doz stap lov dem.



Ariyo jrap aaf bak aal a dem a dem hous,  
an weet fu Seera fu jrap asliip bifoor hii  
lef.

"Wi kyan du di seem ting tumaro?"  
Seera aks hii.

"Naa Seera, a taim fu yu staan wid yu  
faamalii nou," Ariyo se. "Memba awii  
stoorii. Yu kyan kiip di piipl dem wa yu  
lov seef if yu wash yu han an staan a yu  
hous. Mi na de far fram yu. Yu kyan bi  
wid mi aal di taim wen yu go in yu seef  
plees."

"Yu a mi Staar Bai," shi tel hii iizii iizii.

"Yu a mi Staar Gyal tu Seera. Yu a wahn  
Staar Gyal fu evriibadii wa lov yu," hii se.



Seera jrap asliip an wen shi week op di neks dee, Ariyo bin gaan. So shi go in shi seef plees fu go taak wid hii, den shi jraa aal a di ting dem wa dem bin sii an wa dem bin larn wen dem bina go aal bout di plees. Shi ron go shoo shi moda wa shi jraa an tel shi di hool stoorii.

"Awii kyan help evriibadii fu staan seef, Maamii," shi se tu shi moda. "Mi miit op wid somoch Staar Gyal and Staar Bai wen mi bin go aal rong di plees!"

"Seera gyal, yu rait bout da!" shi moda se. "Dem ga nof nof Staar Gyal an Staar Bai bout di plees fu kiip di piipl dem seef fram di koroonavairo, laik di nais nais dakta an nors dem. Bot yu mek mi memba se awii kyan bii Staar Gyal an Staar Bai tu, evrii dee, an mi biges Staar Gyal a yu!"

