We are the bears Cody and Coby and we are going to help you to get ready to go back out into the big wide world again.
We have heard that you have been staying at home to protect yourselves from a terrible virus called Covid-19. You’re doing great!

We stay at home each winter to keep warm. This is called hibernating. Do you know any other animals that hibernate?

Go to this page for more information
We have heard that human children are going to be allowed to go outside as of 26th April.

We are also getting ready to go out now that the warm spring has arrived.
How do you feel?

The first time we go out after a long winter we feel many different series of emotions...

- HAPPY
- ANGRY
- CALM
- SAD
- WORRIED
- NERVOUS
- SCARED
- EXCITED
When we go out we will go little by little, first for just an hour.

And we have to respect some special rules so that the virus doesn't catch us.
1. When adults tell us it is hometime we have to go home straight away so that the virus can’t find us.

2. We have to stay with the adult at all times.

3. If we see our friends we can say “hello” from afar but we can’t go near them yet.

4. If you have a mask put it on. You will be like the nurses and doctors that we applaud every night at 20:00.
5. We can take our favourite toys out to play (balls, bikes, scooters, bears, dolls...) but we can't play on the swings and slides or have a teddy bear's picnic with all our friends.

6. And when we get home we must wash and disinfect our hands immediately.

Can you wash your hands like baby shark?