

My Hero is You 2021: How kids can hope with COVID-19

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This book is developed by the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings ([IASC MHPSS RG\(https://interagencystandingcommittee.org/iasc-reference-group-on-mental-health-and-psychosocial-support-in-emergency-settings\)](https://interagencystandingcommittee.org/iasc-reference-group-on-mental-health-and-psychosocial-support-in-emergency-settings)).

The story-book, a sequel to the immensely successful 'My Hero is You: How kids can fight COVID-19!', is being released in the second year of the COVID-19 pandemic. The new story, aimed primarily at children aged 6-11 years, sees the return of Ario, a fantasy creature who travels the world helping children find hope in the future and joy in simple pleasures. Together with old and new friends, Ario addresses the fears, frustrations and concerns faced by children during this phase of the pandemic and explores with them the various coping mechanisms that they can use when faced with difficult emotions like fear, grief, anger and sadness. Through the voices of the children that Ario meets on his travels, the book provides a vivid illustration of the impact of COVID-19 on the mental health and well-being of children.

The content of the book drew from survey responses from more than 5000 children, parents, caregivers and teachers from around the world on the challenges they continue to face in the second year of the pandemic.

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Translations, accessible formats and adaptations

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File(s)

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Product Category

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