



## Coronavirus Bubbles

Bubbles are amazing, they are flexible and round  
And now we are in COVID times, so many to be found.  
Not only in our bubble baths, or soap suds in our hair.  
It seems that there are bubbles all around us everywhere.

We have bubbles in our family groups, and friends we choose to see.  
If a person's in our bubble we can ask them round for tea.  
If they're not inside our bubble we could meet them when outside  
Just remember that the gap between should be two metres wide.

There are bubbles when we go to school, but not the soapy sort.  
These are special ones to keep us safe and sound whilst we are taught.  
They are a special group of people we spend time with every day  
And it means that it will help to keep those COVID germs away.

I wonder what that bubble looks like, pictured in your head  
Is it shiny purple? Pink or blue? Or something else instead?  
No matter what the colour, it will keep you safe from harm  
But imagine if your bubble also helped you to feel calm.

When you're feeling sad or worried, there's a thing that you could do  
You could make a magic bubble to completely cover YOU!  
You can close your eyes and picture it, how does it look and feel  
As you pull it down right over you, and make it seem so real?

You see bubbles are amazing, they can help us to feel strong  
So, if you notice you're uncomfortable, then know there's nothing wrong  
With pulling down your bubble, take a moment, breathe in deep  
Watch the world go by and daydream, feel as safe as when you sleep.

Right now, bubbles are protection, they will keep us safe from harm  
They remind us to be careful, and they help us to feel calm.  
So next time when you wash your hands, your body, face or hair  
Be grateful for those bubbles all around us everywhere.

By Karen Li