

High Rise High Five

COLOURING BOOK



Contents

The COVID-19 pandemic has impacted how we live our everyday lives. To keep each other safe we have to change how we behave with each other. This book will share some tips that we can all do together. They are fun and easy - take a look!



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We acknowledge the traditional custodians of the land on which we live, learn and play. We pay our respects to Elder's past and present. This always was and always will be Aboriginal land!

How to keep your hands clean



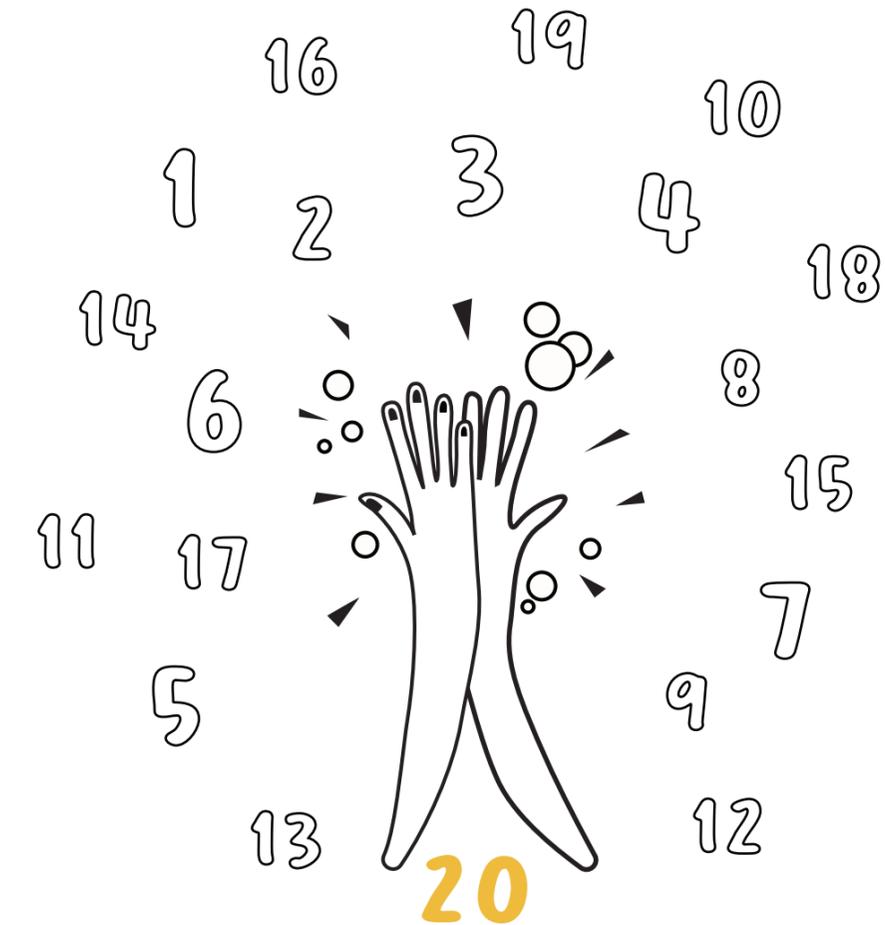
Remember to wash your hands after your activities.

Wash or sanitise



Wash them with soap and water or use hand sanitiser.

Count 1 to 20!



Always remember to count from 1 to 20!



WASH
YOUR
HANDS

WASH
YOUR
HANDS





Keep your hands busy



It's better to draw, play or paint. If you feel like touching your face remember to wash your hands first.

Let's find new ways to say hi!



Germs like to live on hands. So if you touch other hands, germs will start living on your hands too!

Can you think of a new way?





Social distancing



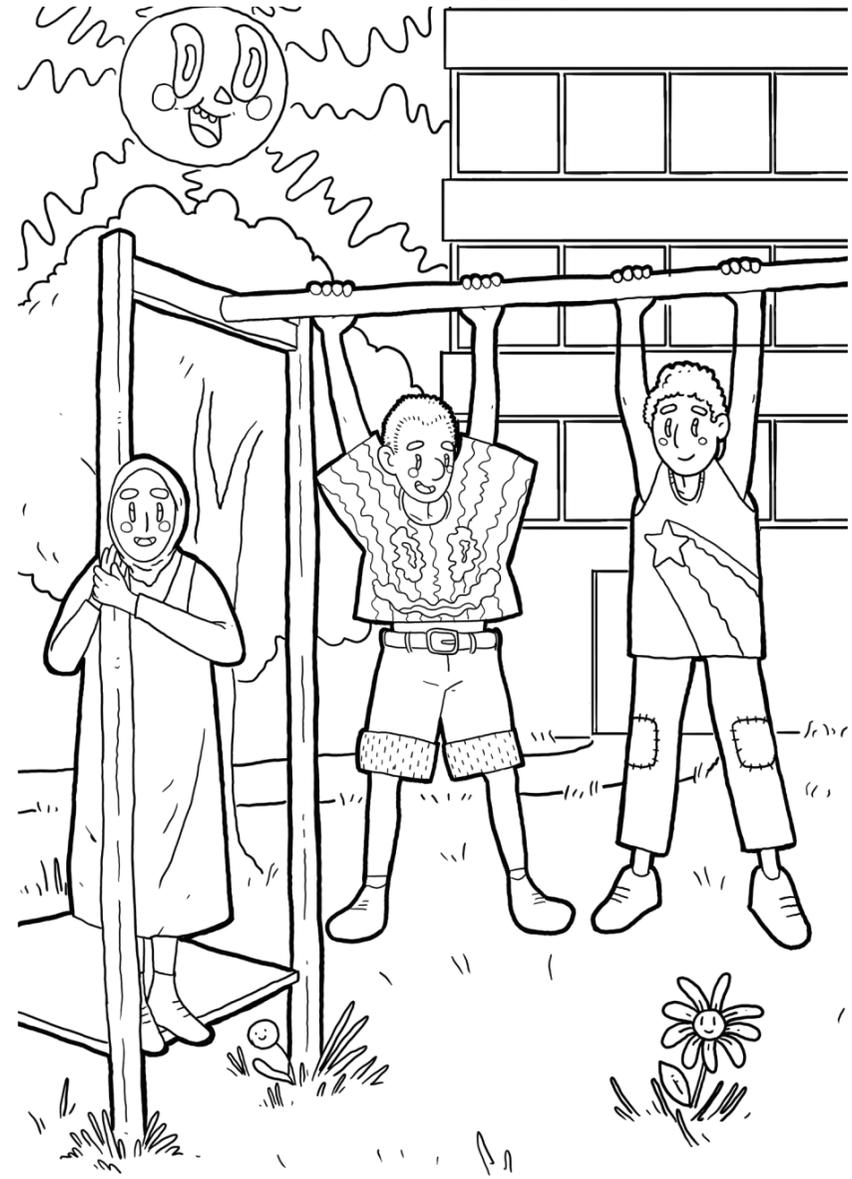
Keep yourself healthy!



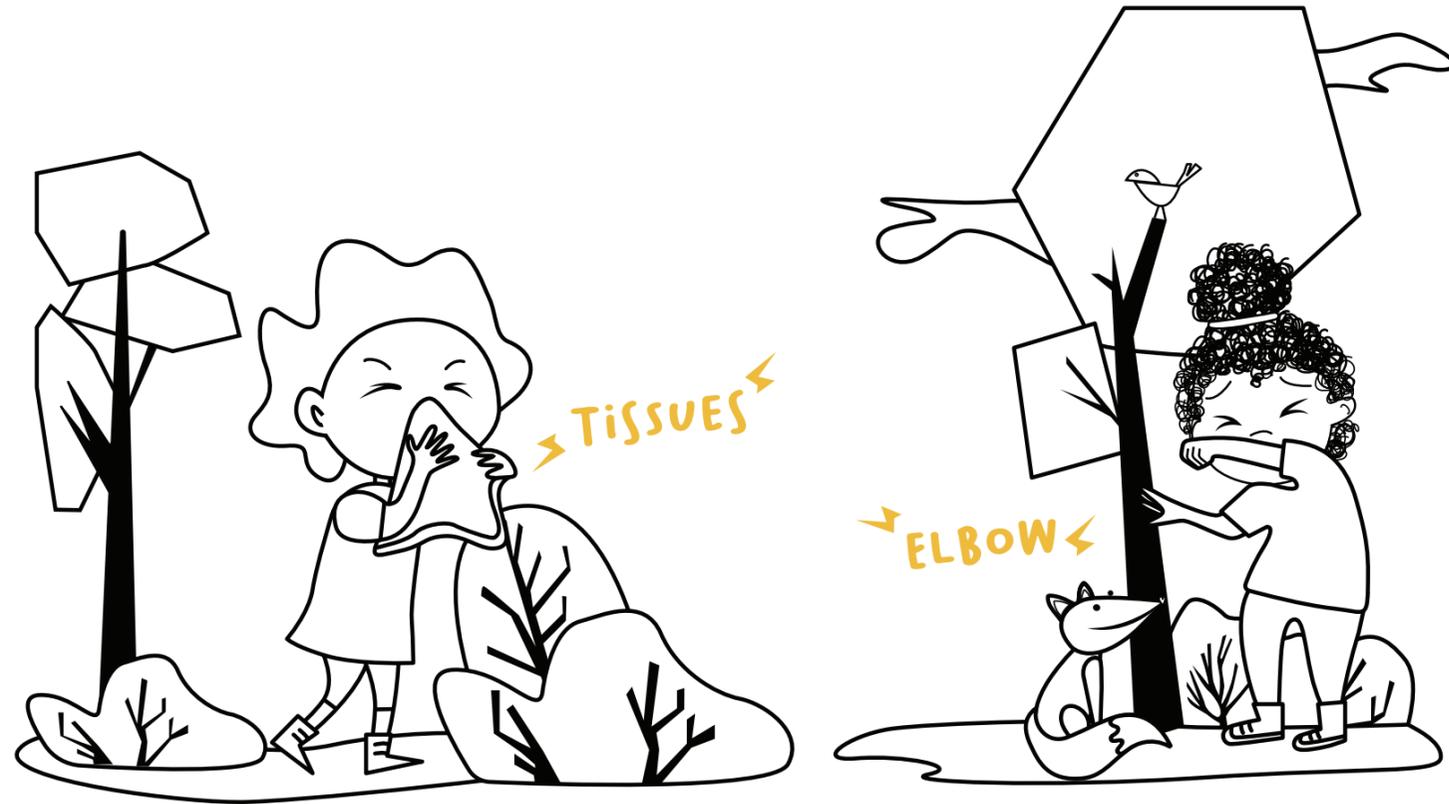
To have a strong body, you need 4 things.



Sleep, good food, exercise and water.

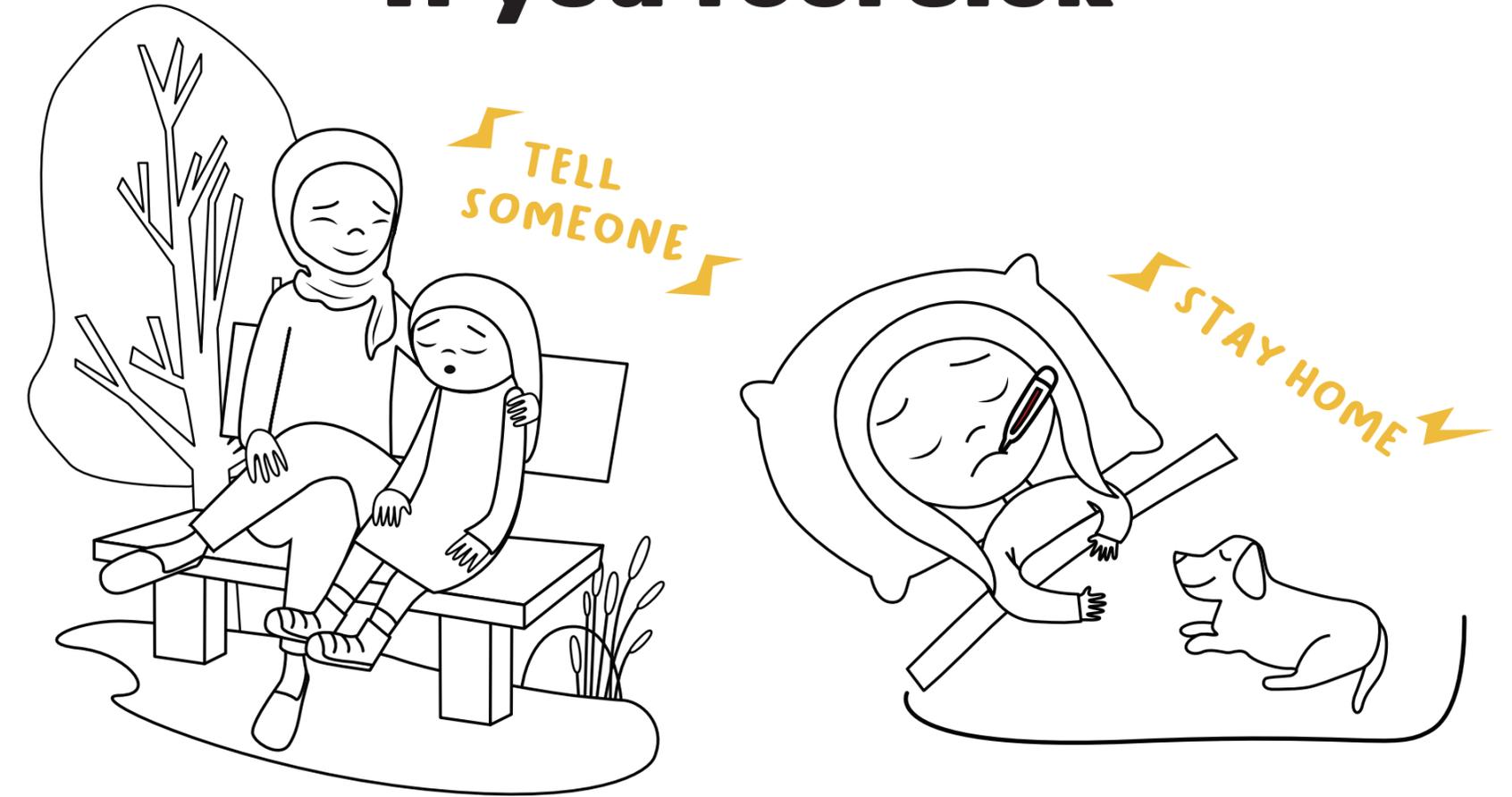


Feel like sneezing or coughing?



Cough or sneeze into a tissue, then throw it in a bin and wash your hands. If you don't have a tissue, use the inside of your elbow to cover your mouth.

If you feel sick



Tell your parents or someone in your family. It is better to stay home. If you go out, other people might get sick too!



Symptoms

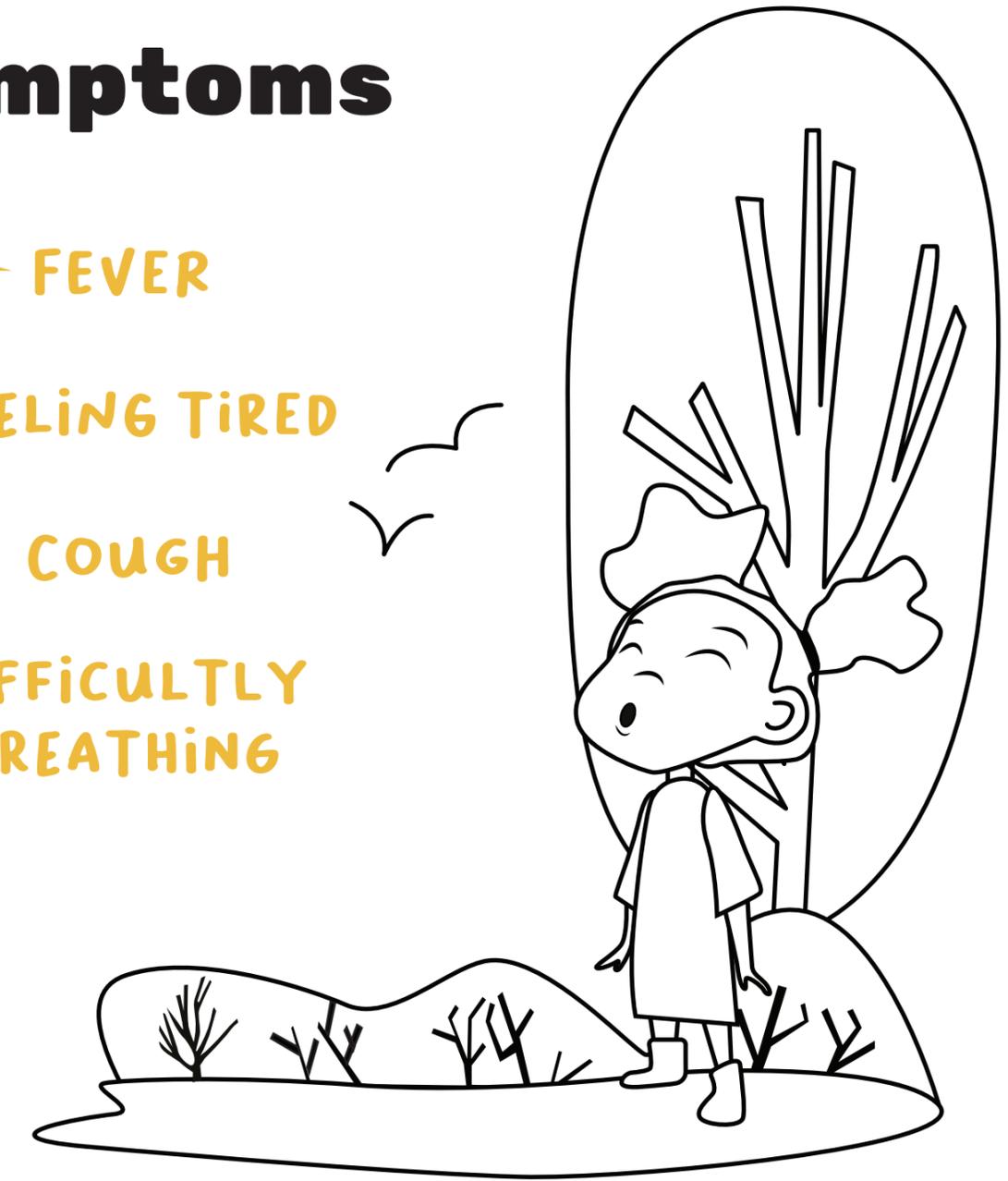


▶ FEVER

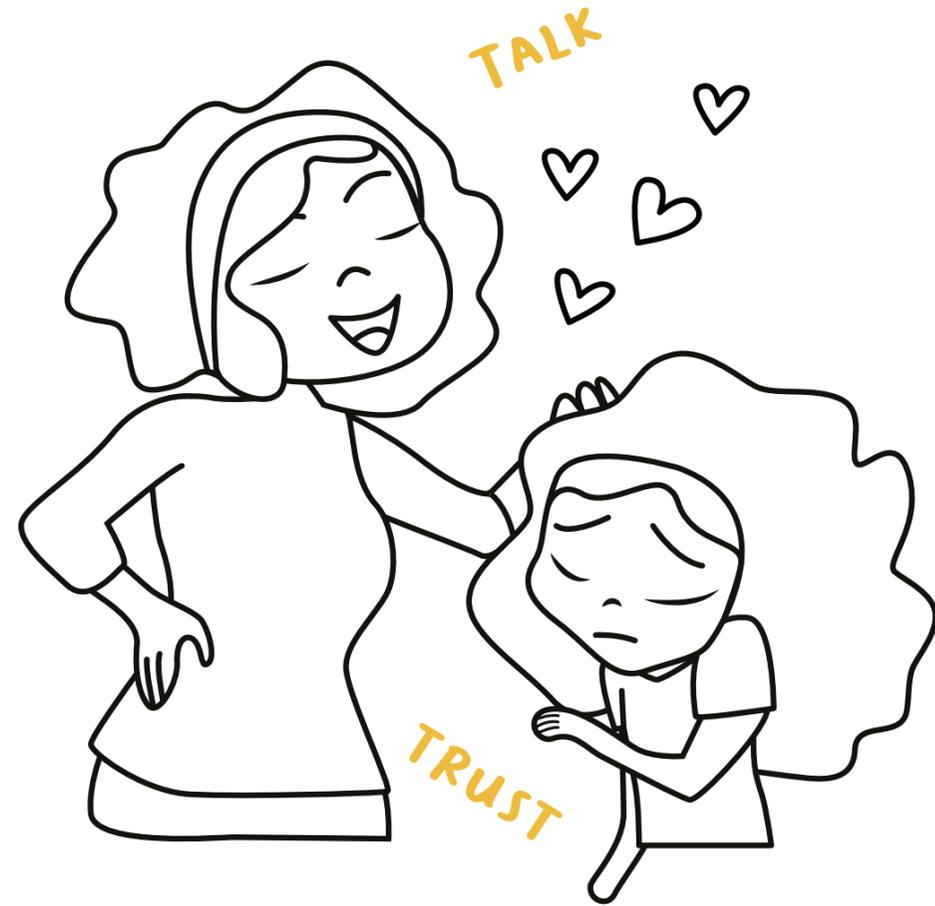
▶ FEELING TIRED

▶ COUGH

▶ DIFFICULTLY BREATHING



You are not alone



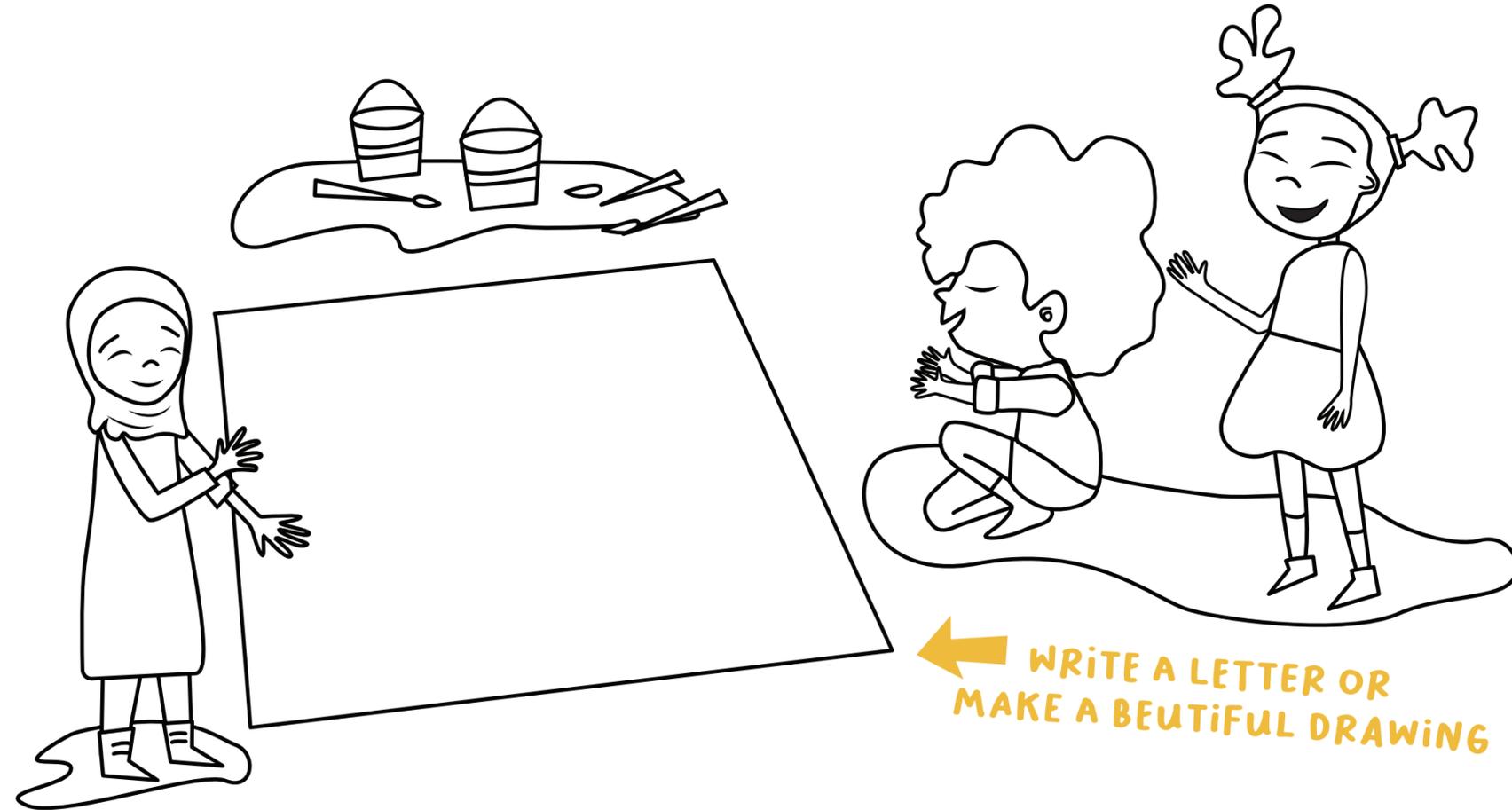
We all get sick sometimes. Remember you can always talk with someone you trust.

Communicate



Communication is important when you feel sad, worried or angry.

We are all doing our best

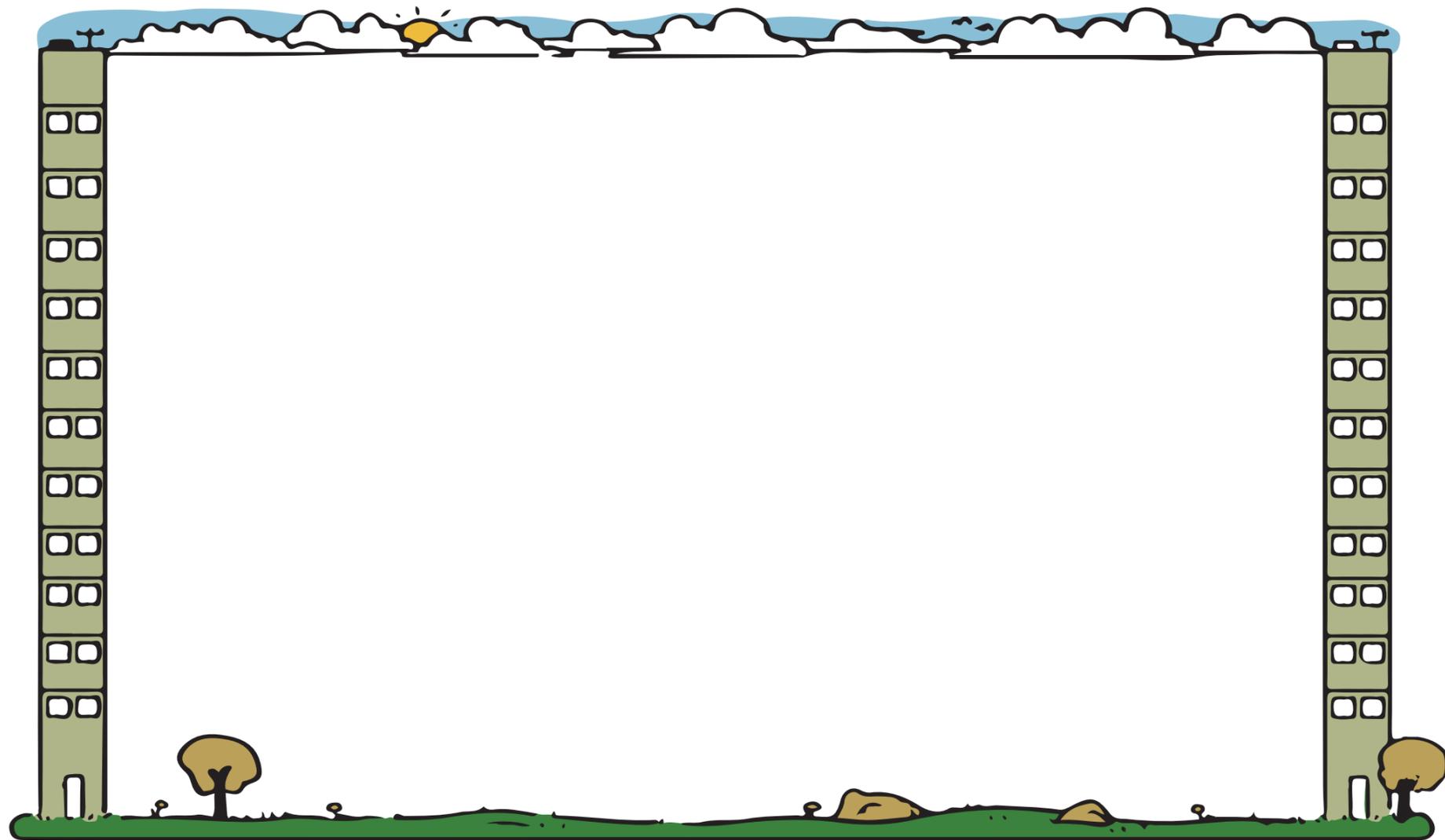


← WRITE A LETTER OR
MAKE A BEAUTIFUL DRAWING

If your friend gets sick, be kind to them. Writing a letter or making a beautiful drawing can make them feel much better!



Draw yourself being COVID-19 safe



To the public housing community in Melbourne

We adore your multiculturalism

We adore your resilience

We adore your love and acceptance

We adore your walls, windows and pigeons

And for your existence, this book is a gift for you

– **Poro Bibi**

Thanks to all contributors to this book:

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cohealth
care for all

