

The Stay Home Superheroes

Credit: Sophie Louise Play Therapist

Once upon a time there was a big, busy world. In this big, busy world there lived a little boy called William. William loved going to school to play with his friends, going to the park with his mum and going swimming with his dad.

But one day, everything started to change. William heard on the news that there was a Big Problem. This problem was so big that it started to spread over the whole world. All the grownups were talking about it. All the children were talking about it. In fact, every single person in the whole world was talking about it. Everyone started to feel worried and scared about the Big Problem.

Soon, the Big Problem caused some big changes. At first mummy stopped going to work, then daddy stopped taking him swimming, then he found out that school was cancelled and day by day the big, busy world he lived in got quieter and quieter.

William was confused. He felt scared too. He had so many questions. What was going on? Would it be OK? How could they stop the Big Problem?

He went to ask his mummy all of his big questions. "It's OK to be scared and worried, lots of other children feel the same way, even adults feel scared too sometimes," she told him, giving him a big hug.

"But all of the very best, cleverest people in the whole world are working hard to fix the Big Problem right now," she explained.

This made him feel a little bit better. Surely the cleverest people in the world could find a way to fix it. But it was such a Big Problem, and he was still scared. He had to do something.

Mummy explained that there were lots and lots of special helpers working hard to save the world and stop the problem.

"Like superheroes?" said William.

"Just like superheroes," said mummy smiling.

William wanted to be a superhero too. This was his chance! Super William to the rescue! He jumped up, ready to run outside and join the other superheroes to fight off the Big Problem and save the world, but his mummy stopped him and locked the door.

"HEY! How can I help fight the Big Problem if I'm stuck inside?" he asked.

"Well we DO need you to help. Everyone is going to help solve this Big Problem. And YOU are going to have a very special job indeed. You are going to have to become a Stay Home Superhero!"

William had never heard of THAT kind of superhero before. Mummy told him that Stay Home Superheroes could help fight off the Big Problem by using their Stay Home Superpowers. But what were they? He tried so hard, but he didn't have super strength or super speed either. In fact, he felt exactly the same as before.

"The Big Problem can't be solved with super strength, or super speed. The Big Problem will only stop growing if all the new Superheroes use their Stay Home Superpower to stay home. In fact, if all the new Stay Home Superheroes work together, the Big Problem will get smaller, and smaller and smaller every single day, until it goes away!" mummy explained.

"But staying at home is a boring superpower!" said William in a grump.

"Boring? No way! You have the superpower to make this fun! And staying home is how YOU can help save the whole world - there's nothing more powerful than that!"

Just staying home and having fun could save the whole world? And he would be a real-life superhero? William started to feel excited. He started to feel powerful too! He couldn't wait to tell his friends that they could turn into Stay Home Superheroes just like him!

William got to work quickly, using his Superhero creativity to think of the fun things he could do at home. He made a long list with his mum and dad: pillow houses and cooking and games and dancing and puppet shows and singing and movies and MORE! Even better, William found out he could still play in the garden and go outside too, as long as he stayed away from all the superheroes who lived in different houses. They could wave at each other and wink, because they all knew the special job they were doing!

William did miss playing with his friends and going swimming and to the park. But then he remembered how important his new Superhero job was. He was helping to save the whole world and that made him feel good inside. He was very proud of himself. Then he fired up his superpowers ready to find something fun to do. William the Stay Home Superhero and all his superhero friends worked hard together to help save the world, all without leaving their homes. And now you know, you can be a superhero too!