

# COVID-19: Response

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To: All OM staff and ministry partners  
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## Let's talk with OM kids and teens about COVID-19.

Gabriele Holzle, People Care

Dear OM family,

### Did you know that approximately 1500 kids and teens are part of our worldwide OM family?

As adults, we have been talking about the stress of being in lockdown and the challenges of COVID-19. I wanted to know how our kids experienced the past months, and some of them were willing to tell me. Thanks, OM kids, for your thoughts and time!

### Here are some insights from OM kids:

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#### What has been difficult during the COVID-19 pandemic?

*My best friend and I usually went biking together or played soccer. You can't do that over video chat. I had to play soccer by myself behind our house.*

*School stopped. At first, I was happy because of more free time! But I was not allowed to hang out with my friends. That was really sad.*

*There are no hugs.*

*Youth group stopped. It was very different having church from home.*

*We can't go to the shops as much.*

*I worried that my grandparents would get the virus.*

*I worry that things will shut down again, and we will have to sit home again.*

### **Was there something you liked during this time?**

*I like that we don't have to leave our house to get to school.*

*I did some projects: cleaned up and swapped rooms with my brother and sister, built a new cage for our bunnies. Dad helped.*

*I liked that I got to read e-books.*

*I got to spend more time with my family and do more crafts. I liked playing games with my family and playing Minecraft with my brother. I liked doing paper crafts, drawing and painting.*

*My dad and I built mountain biking tracks in the woods behind our home.*

*I Skyped with my best friend.*

### **What helped you most?**

*Our mom. She made the system of getting up and motivated us to do homework and helped us with it.*

*In the morning, we do homework, then lunch, then homework. We have a rhythm of schoolwork, free time and family time.*

*Talking with my friends over media. Talking about how we are doing. Playing video games with friends.*

## What advice would you give another kid?

*Make a structure for your day. Chat with 1-2 friends once a week. Find a project, even if it is cleaning up your room. You have so much time, so use it, instead of being bored. If you're struggling with worries, talk with someone or even journal; write down your thoughts: that can help.*

*Don't stress out about the coronavirus unless you have it. Try to keep yourself educated and up to date with coronavirus info. Keep things at a relaxed pace.*

*Always have craft supplies nearby, as you never know when you might need them. Always wear a mask when you are going outside of your home. Pretend there is a 1-metre pole between you and other people so that you keep some distance. Trust in the Lord with all your heart and don't lean on your own understanding.*

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Thank you, OM kids and teens, for sharing your experience and such excellent advice!

Dear OM adult, if you have an OM kid at home or on your team, why not ask them a couple of questions about their experiences? I learned a lot!

Journeying with you,

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