



BOBBY BABOON & the
invisible Buggies!

Written by Kitty N. Wong with Daniel Levia with a foreword by Rachel Winston.
Illustrations by Kitty N. Wong. Commissioned by Hong Kong Free Press.

*Kitty
N. Wong.*
ILLUSTRATION



**Written by Kitty N. Wong with Daniel Levia and a foreword by Rachel Winston.
Illustrations by Kitty N. Wong. Commissioned by Hong Kong Free Press.**



CC-BY-NC-SA: Attribution-Non Commercial-Share Alike (2020)

This license lets others remix, adapt, and build upon “Bobby Baboon and the Invisible Buggy” non-commercially, as long as you credit us – as above - and license any new creations under the identical terms.

Letter to Parents

When going through difficult times, parents often wonder and worry, “What will be the impact of this on my child? How can I stop them from being traumatised?”

Kitty N. Wong sought to produce a simple child friendly book to help reduce the traumatic impact of the recent pandemic upon children. Together with the experienced teacher and author Daniel Levia, we set out to make this happen.

While the personal impact of the Covid-19 pandemic will vary, there is a common thread we are all experiencing; uncertainty. When we feel uncertain for prolonged periods of time it can set off feelings of fear and helplessness. It is hard for us to stay grounded but if we are lucky we may have learnt our own strategies for coping from the past that we can now draw upon. With limited life experience, and brains that are still developing, children depend upon us (their network of safe people) to lean upon. You are your child’s most important resource!

Two very useful strategies for building your child’s resilience are storytelling and fostering personal connection. Stories help children to make sense of their experiences and help them to recognise their own feelings, as well as the feelings of others. Feeling connected to our significant others is so important for regulating big emotions and having space to problem solve challenges in our daily lives. Snuggling up with your child to read this book ticks both of these resilience building boxes!

“Bobby Baboon and the Invisible Buggies” is a heartfelt, hopeful and empowering story set in Asia. Bobby’s story aims to help your child make sense of the pandemic and of the many feelings that may have come up as a result.

Bobby goes on an educational journey with Owl, releases his feelings and comes into a more empowered position. With the use of the reminder phrase PASS (Paws, Arms, Snouts & Spirits) helping your child to feel more empowered too.

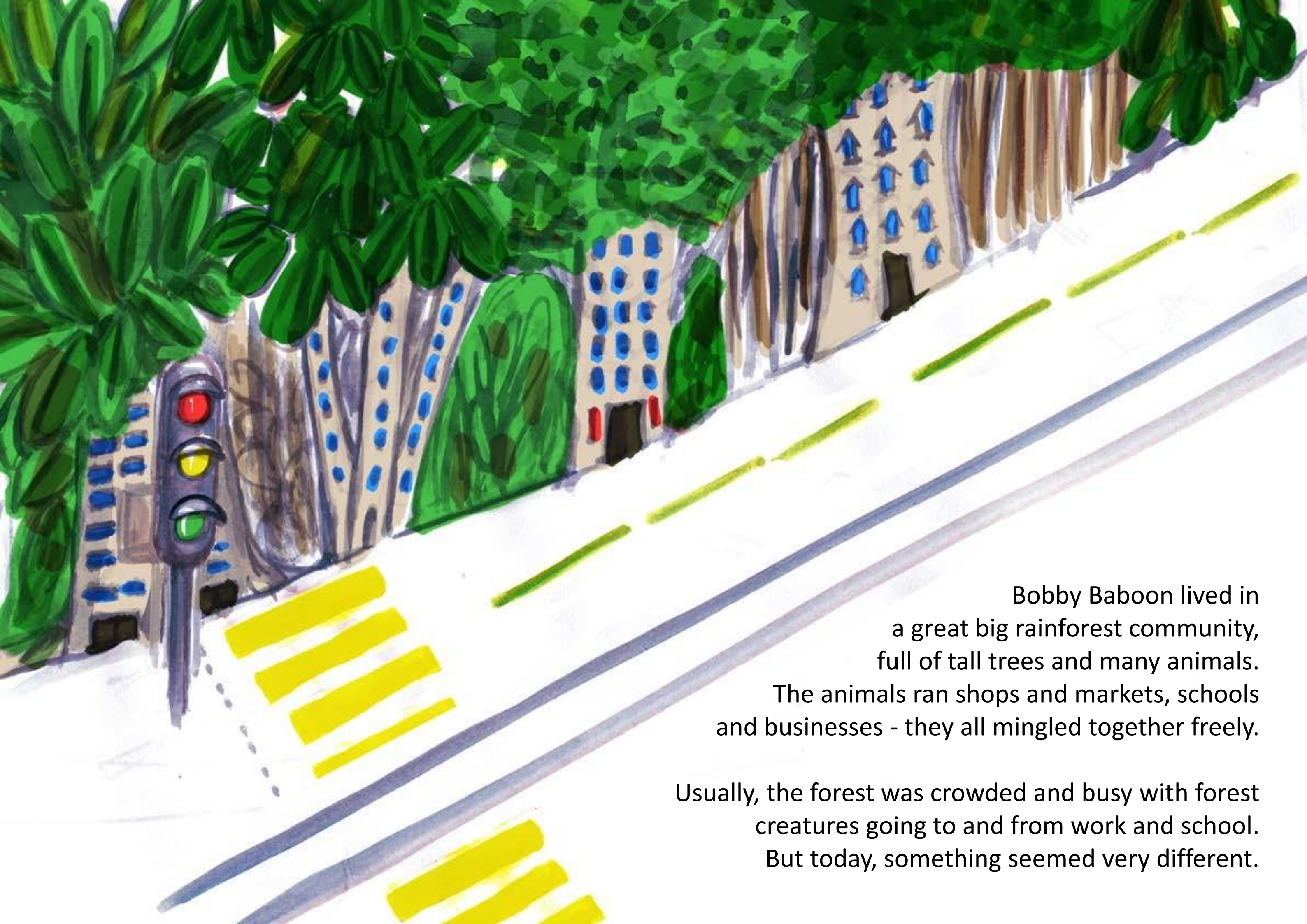
Lastly, Owl holds a hopeful picture of the future while acknowledging the current challenges and difficult emotions. May we all try to embody this wise owl and hold the space for our children’s emotions (however imperfectly). Of course this is not always possible and we too as adults need to seek out our own support systems at those times.

Bobby’s story is an inspirational tale of how he was able to turn around his feelings of despair into hope. Through connection and with support he innovates new ways to play with and feel closer to his friends.

We hope that this book provides an opportunity for emotional connection for your child, as well as acting as a springboard for you as parents to have meaningful and productive conversations about this health crisis.

Rachel Winston

Registered Play & Creative Arts Therapist in Hong Kong
fullcupplaytherapy.com



Bobby Baboon lived in a great big rainforest community, full of tall trees and many animals.

The animals ran shops and markets, schools and businesses - they all mingled together freely.

Usually, the forest was crowded and busy with forest creatures going to and from work and school. But today, something seemed very different.

Bobby Baboon slid down the tree trunk to his friend Polly Porcupine's house and asked if she wanted to play.

But Polly just scurried away, until only her fluffy brown tail could be seen. She said, "not today! My mama said I can't!"

"I brought banana bubble tea!" said Bobby, but Polly only pricked up her quills.





Feeling left out, Bobby Baboon went to Mama Baboon and asked if they could walk to school together like they usually did.

But Mama Baboon explained to him that a new **invisible buggy** had been discovered in the rainforest, and if it landed on your nose or mouth it could make you very sick, and you could cough and feel terrible and awfully hot.

So that's why, to be safe, most of the animals had to stay inside.

"Hmm, things certainly feel different!" thought Bobby Baboon, and he did **NOT** like the change. He felt confused and frustrated. He felt angry and restless, and most of all – **SO VERY BORED.**

It went on like this for days and then weeks. Some days, Bobby felt lucky to be resting in his family's beautiful tree, but other days he felt trapped and helpless. One day, he started to cry.

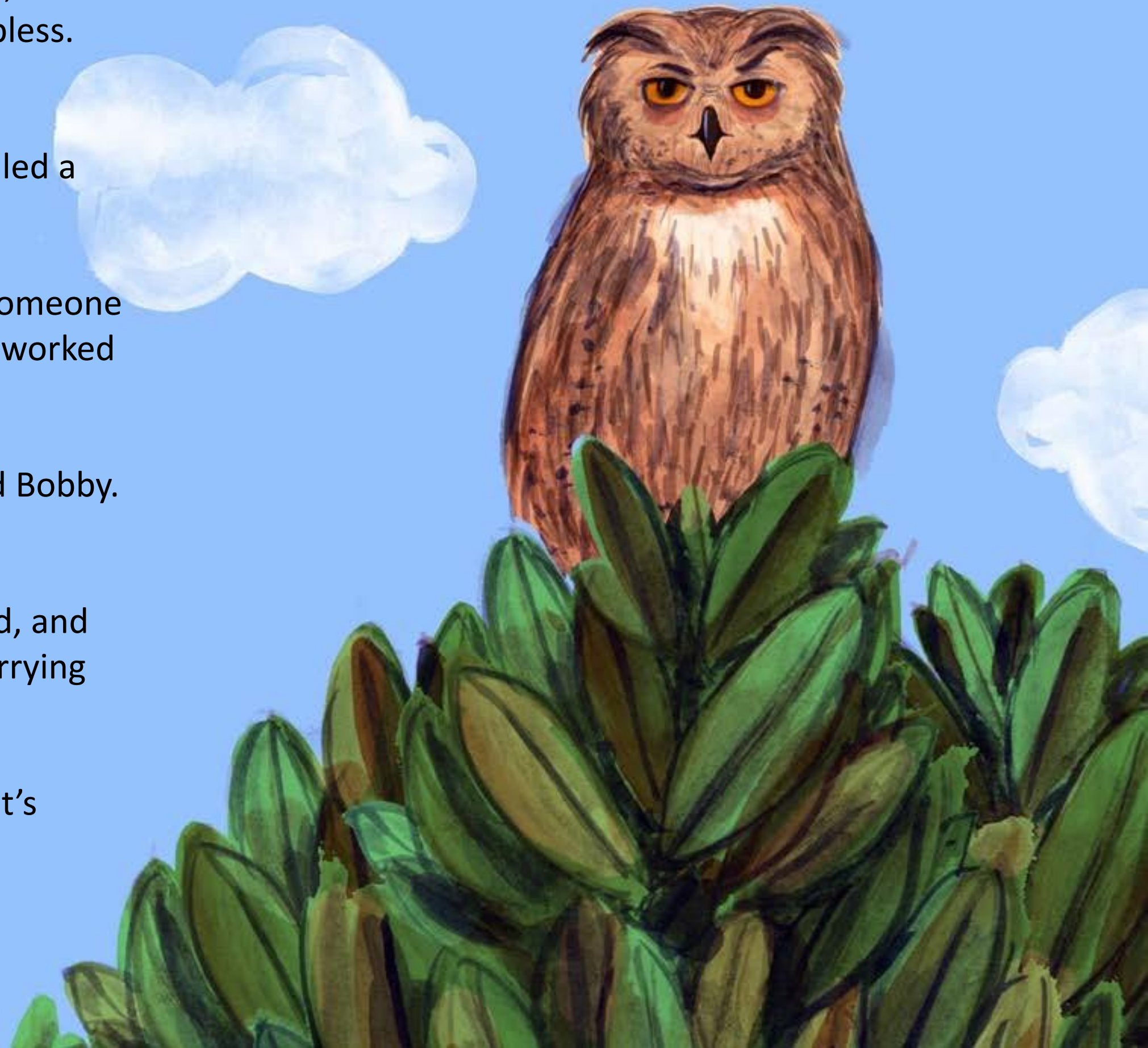
"WHO's making all that noise?" called a voice from above.

Oh! He had forgotten! There was someone else living in his tree, the bird who worked the night shift, named Old Owl.

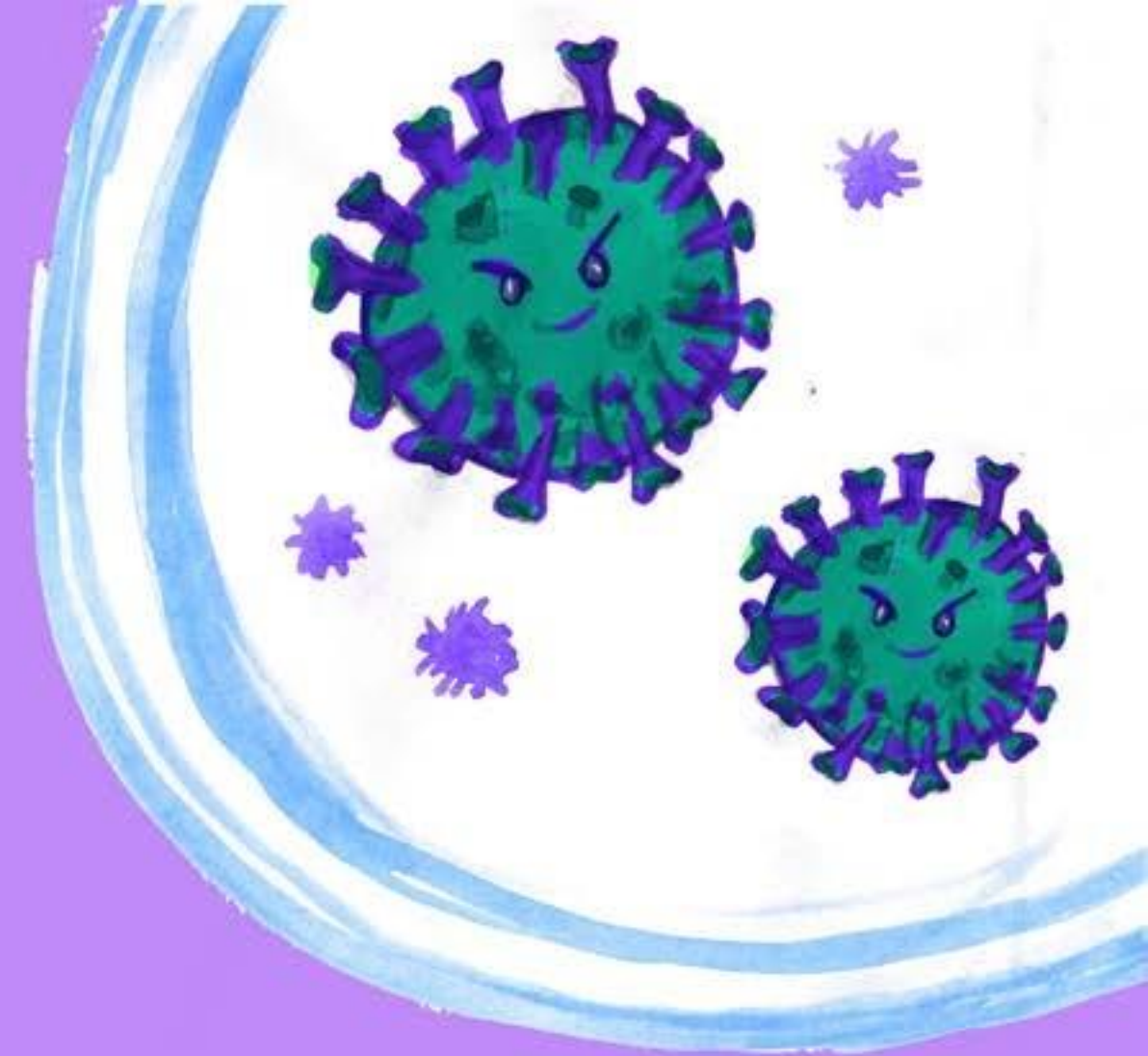
"I'm sorry I disturbed you!" sniffled Bobby.
"I just felt SO sad."

Old Owl was a kind and patient bird, and asked Bobby Baboon what was worrying him.

"It's these new invisible buggies... It's pretty scary."



“Hmm... Maybe you wouldn’t feel as scared if you knew what it looked like.” said Old Owl, and he led Bobby Baboon inside the tree to show him a strange little contraption.



“This is called a microscope. It lets us look at tiny things we couldn’t otherwise see” he explained. The two of them squinted down the long glass lens and saw something purple wriggling inside.

“Wha!” yelled Bobby, jumping back.

“That’s the buggy there, it sure is small but it’s been causing a lot of trouble in our rainforest, and beyond!” said Old Owl.



“But if that’s the buggy, and it’s too small to even see, how am I going to stay safe and keep it away?” cried Bobby.

“It’s ok to feel worried and scared,” replied Owl. “We can’t completely stop the buggies, but there ARE some things we can do to keep ourselves safe. If you can remember **Paws, Arms, Snouts,** and **Spirits,** then the virus will likely **PASS** you by.

“First, **Paws!** Did you know the buggies absolutely detest clean little paws? They can’t hang out on them for long, so you should always make sure to wash your paws with soap and water for at least 20 seconds.

You can sing a song if that’s more fun! And especially remember to wash them before eating, after going to the toilet, or coming home.”

“I think I’ll sing *Happy Banana To Me!*” said Bobby.

“Haha! That’s a good one!” Owl continued.

“And next is **Arms**. If you must go out into the busy forest, make sure to stay one metre away from other animals.”

“How can you tell? Well, if you stretch out your arms holding a banana leaf and you can use it to tickle your nearby friend, then you’re probably standing too close!”



“Ohhh, so that’s why Polly Porcupine ran away earlier,” said Bobby. “Not because she didn’t want to play with me; - she was just being safe.”

“Yes, I think that’s it,” said Owl.

“Third is **Snouts!** Now, I know it’s the hot and rainy season, but if you must be around others, make sure to wear a mask on your little snout,” Owl said.

“If everyone does that, it’ll make it very hard for the buggies to jump between animals. Remember to press the wire above your nose and pull it down under your chin. And after you’ve put it on nice and snug, don’t fiddle with it too much”



“And last is **Spirits,**” continued Owl. “Little baboons need to keep in good spirits, and that means staying happy and healthy by eating your fruits and veggies, getting exercise, and getting enough sleep.”

“Which reminds me— *YAWN!* It’s time for me to get back to bed.”



“But wait,” said Bobby. “What if I do get sick?”

★ “If you feel unwell, coughy or sneezy or fevery, the doctors and nurses of the forest will take good care of you.”

“And what about if I get bored?” sighed Bobby.

★ “Bored!?” replied Owl and looked truly in shock.

★ “BORED!?” But there are so many things you can still do: Make a fruit salad! Draw the biggest tree in the forest! Call a friend on your bananaphone! You can make a list of all the wonderful things you wouldn’t usually have time for and do those now!” ★

★ “Listen, I know it’s tough when the sun is shining and there are so many trees to climb, but you have to stay inside until your family says it’s safe. Good luck Bobby. And good night!” ★

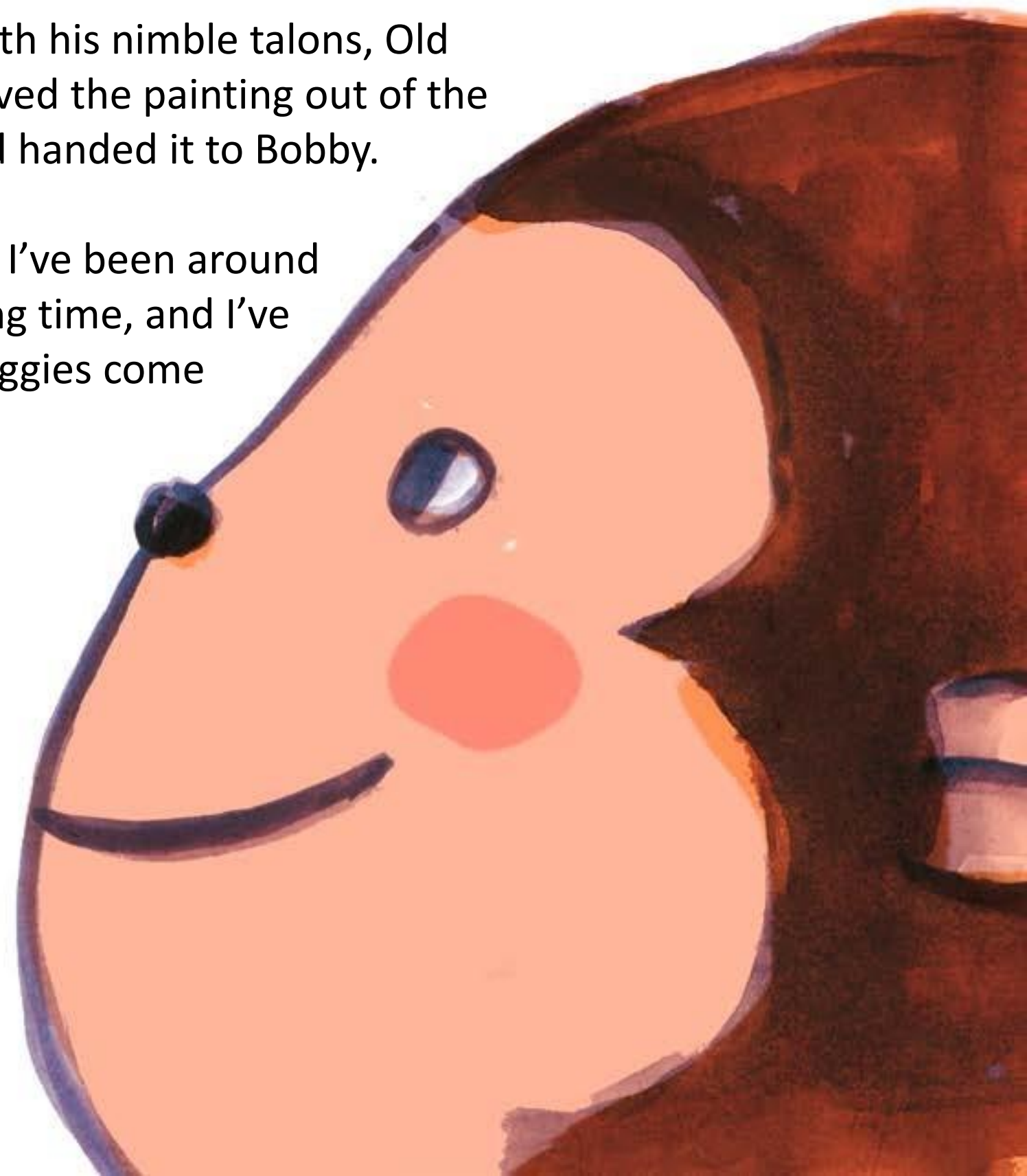
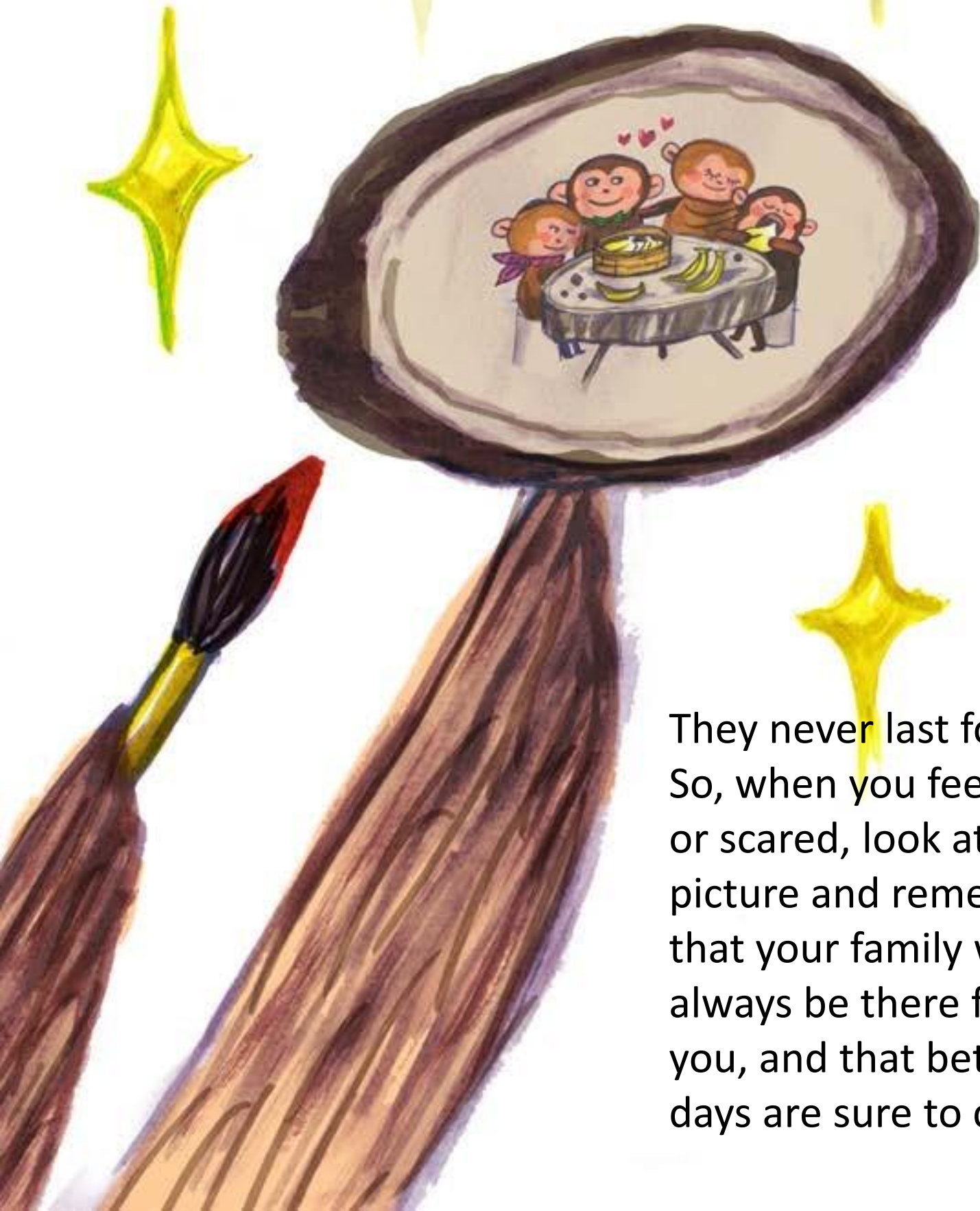
“Wait! But what if it’s not safe for a long time?” hesitated Bobby.

Old Owl picked up a brush and started painting on the tree, he drew Bobby, his mama and his papa, and all his animal friends together. They were laughing and having a jolly time.

Then with his nimble talons, Old Owl carved the painting out of the wall and handed it to Bobby.

“Bobby, I’ve been around for a long time, and I’ve seen buggies come and go.

They never last forever. So, when you feel sad or scared, look at this picture and remember that your family will always be there for you, and that better days are sure to come.”



And with that, Old Owl went back into his hollow and back to sleep.

Soon after, Auntie Baboon climbed back into their tree laden with treats from the market. She had bought all of Bobby's favourite snacks! There were fresh colourful fruits, steamed buns and cake (all banana flavour, of course).





The little Baboon family shared the food together and had a little party, just the four of them. Bobby Baboon told Mama and Papa and Auntie Baboon all that he'd learned, and he didn't feel so afraid anymore.