


# Why Can't I go Outside?



By Emily Merrifield  
Illustrated by Ciara Long





**This book is dedicated to the key workers  
who are working hard to keeping this country  
running during the Coronavirus outbreak.**

**A special dedication to the children, parents  
and staff of Atelier Nursery.**

**‘Why Can’t I Go Outside?’**

**First self published as an E-Book in 2020  
by Emily Merrifield and Ciara Long.**

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**Illustrations ©Ciara Long 2020**

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**I look outside my window;  
It's a very sunny day.  
I wonder why mum and dad  
won't let me out to play.**






**I ask my mum politely,  
“Why must we all hide?  
Is there a fearsome dragon  
scaring everyone inside?”**





**“Or a great big greedy monster,  
who stuffs food into his gut?**

**Is that why all the restaurants  
around the world are shut?”**







“Perhaps a giant dinosaur  
is in hospital, feeling grey!  
Is that why daddy & his friends,  
work hard every single day?”








**“Suppose a group of jewel thieves**

**needed a disguise.**

**Is that why lots of people  
are wearing masks outside?”**






**“Or maybe...” I tell mum,  
“a great, gigantic troll  
had a ‘little’ accident  
and took all the toilet roll!”**







\* "I think a very bossy alien,  
\* who can't stand any sort of grime,  
\* is the reason that we wash our hands  
\* for twenty seconds at a time!" \*








**Mum smiles, and she says,**

**“It’s not quite like that.”**

**Then, she sits me on her knee**

**and we have a little chat.**





**"We wash our hands a lot,  
to keep us safe from a virus.  
This helps to stop the germs  
that want to get inside us."**





**"People are buying lots of things  
because they are feeling scared.**



**But we can help by sharing,  
and showing them we care."**





The background is a warm orange color. It features stylized brown leaves and white stars. Several hands are shown in various positions: some are clapping, some are reaching out, and some are holding each other. The hands are of different skin tones (light, medium, and dark brown). One hand is wearing a red sleeve, another a blue patterned sleeve, and another a green striped sleeve. There are also small white double lines scattered around, suggesting motion or sound.


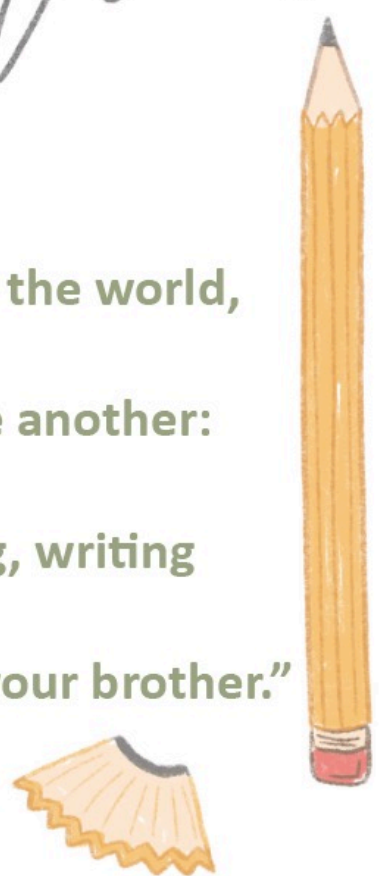

"Daddy and his friends are working hard

to help people get well.

Then to say thank you,

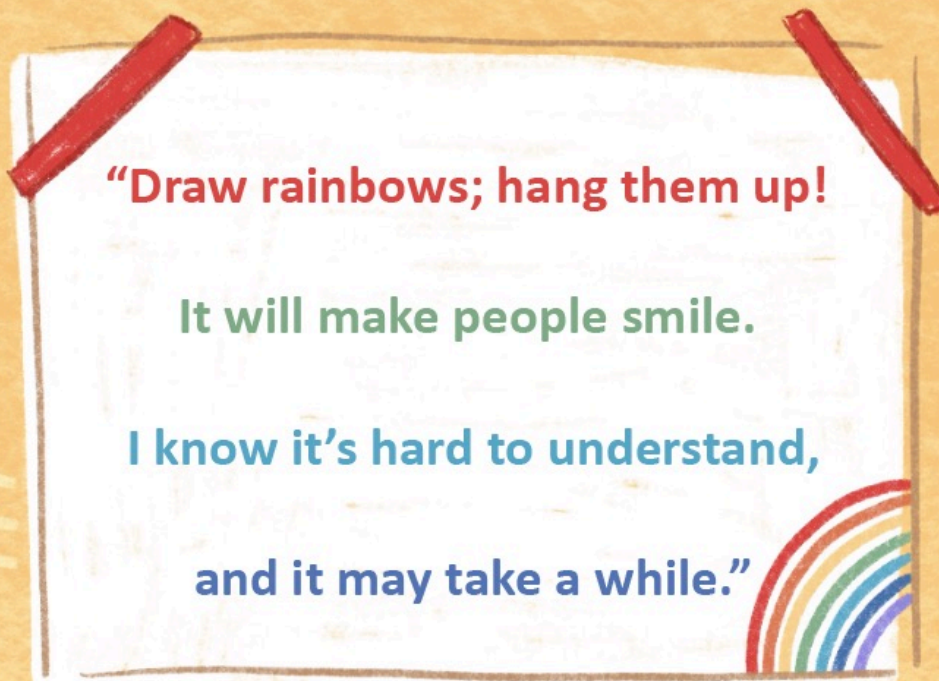
on Thursdays, we clap and yell!"





**“We can help save the world,  
by supporting one another:  
drawing, painting, writing  
with your sister and your brother.”**







The background is a lush, green garden filled with various plants. There are large, dark green leaves, some with prominent veins. Interspersed among the foliage are several types of flowers: bright red ones with multiple petals, small white ones with thin stems, and clusters of small blue and yellow flowers. A light-colored, dashed line winds its way through the garden, suggesting a path or a race track. The overall style is whimsical and hand-drawn.

“But we’ll be together again,

in our favourite place.

Until then we can use the garden

to have a relay race!”





**"So, wash your hands and stay indoors;**

**this will not last forever.**

**This virus will go away,  
and we will beat it together."**



This E-book is available to download for FREE.  
A donation to either one or two of the charities we have chosen to support at this time would be very much appreciated. Refuge, who help support women, men and children escaping domestic violence, and UNICEF, who have been working with the World Health Organisation (WHO) to help limit the spread of COVID-19 by providing essential supplies to healthworkers. A QR code to Refuge and UNICEF can be found below.

### REFUGE



### UNICEF



Just open up the camera on your smart phone and point it at the QR code for the charity you'd like to donate to and it'll take you directly to the page. You can either save, screenshot, photograph, and send your QR code to family and friends on WhatsApp, text or email. It couldn't be easier.

Want more from us?

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