

## The Stay Home Superheroes Go Outside

Once upon a time there was a little boy called William. William had a very important new job; he was a Stay Home Superhero. Ever since he found out about his new job, he wanted to do everything he could to save the world and to make sure everyone stayed safe. He took being a Stay Home Superhero very, very seriously. In fact, William took his new Stay Home Superhero job SO seriously that he stopped going outside at all.

William closed all the doors and all the windows and decided he would stay safe at home until it was all over. He thought that was the very best Superhero thing he could do.

“William, let’s go out for a walk!” said mummy.

“NO! We have to stay home.” He replied.

“William, let’s go for a bike ride!” said his sister.

“NO! We have to stay home!” He said, stamping his foot.

“Hey William, shall we go to the shops, we could get your favourite sweets?” asked daddy.

“NO! WE HAVE TO STAY HOME!” He shouted back.

William was determined to stay home and save the world. But as the days went by he felt less and less like a superhero. He felt worried and tired and grumpy. Every time someone wanted him to go out for a walk, or open a window, or go to the shops, his heart would beat really fast and his tummy felt funny.

He was feeling worried. This worry grew and grew and grew until it was so big that he couldn’t even THINK about going outside without feeling scared. What if it made the Big Problem get even bigger?

One day William saw his dad putting on his shoes by the front door.

“Daddy...are you going outside? Isn’t it dangerous out there? Don’t we have to stay home?” he asked.

“Oh William, I know it’s confusing. We do need to stay home *most* of the time. But even Stay Home Superheroes need fresh air, and sunshine and good food from the shops to keep their superpowers strong! Going outside is one way to help us charge up our superpowers,” daddy explained.

“But doesn’t going outside make the Big Problem get bigger?” he asked.

“Well, that’s what our Superhero forcefields are for!” said daddy with a wink.

“Superhero forcefields?!”

“Yes! All the Stay Home Superheroes have got special, invisible forcefields to keep them safe when they need to go outside. That’s why we can’t get too close to other people from different superhero houses. If we all stay in our own forcefields, everyone stays safe and the problem can’t grow any bigger.”

William thought about this. He imagined his own forcefield like a big bubble all around his body keeping him safe. He couldn’t see it, but he was sure he could feel it. William decided to be brave and to try going outside with his big protective forcefield all around him.

So William and his family put on their shoes and coats, ready to go outside. William was nervous, but he was excited too.

William loved being out in the sunshine, seeing the trees and feeling the wind on his face. He had missed being outside. When he saw the other Stay Home Superheroes they smiled and waved to each other, staying safe inside their own forcefields.

He could feel his superpowers getting stronger as he breathed in the lovely fresh air and exercised his superhero legs. He could run and jump and hop and skip... and it felt GREAT!

William still stayed inside most of the time, but now he understood how everyone could stay safe when they left their homes. He knew that going outside would keep his superpowers charged up- and that was very important. William the Stay Home Superhero loved his invisible forcefield, and now you know, you can go outside and use yours too!