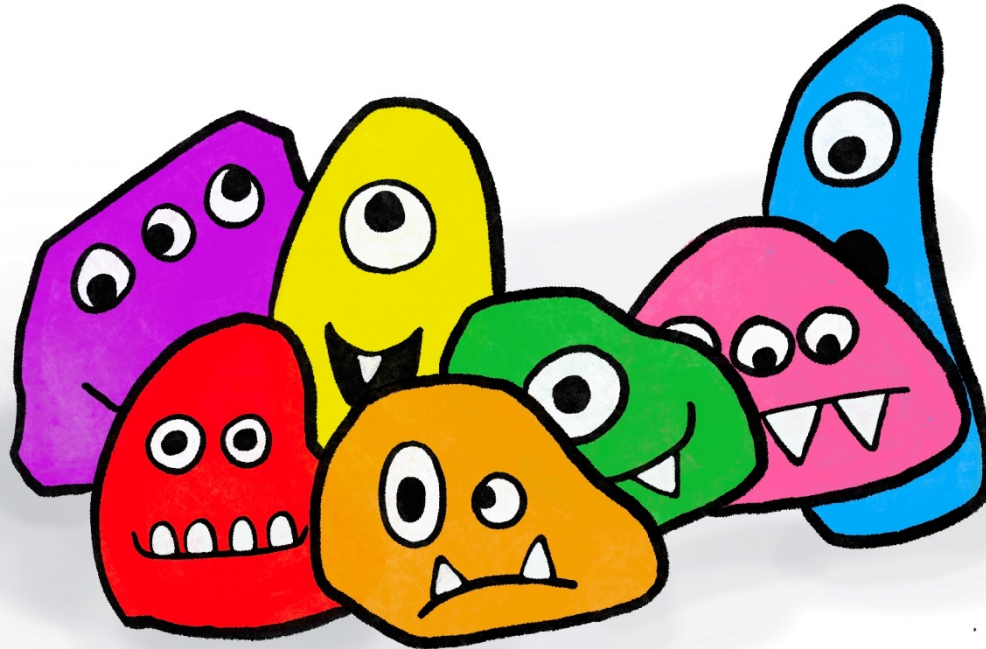


# ROCK MONSTERS

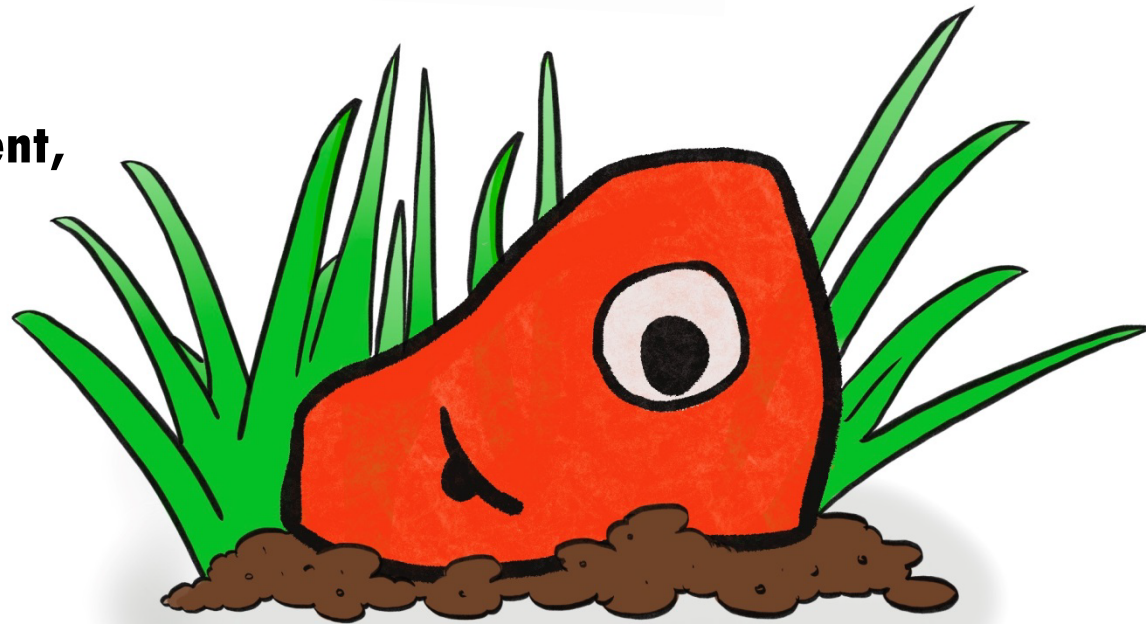


**You may have heard of monsters,  
You might think they are scary**

**Crazy eyes and big sharp teeth,  
Some are even hairy**

**But rock monsters are different,  
They're really very nice**

**So if you see one, listen,  
They offer us advice**





**There is a virus out there,  
It's called Covid-19**

**Though it can make you sick,  
It's too small to be seen**

**And so we must stay close to home,  
We can't go many places**

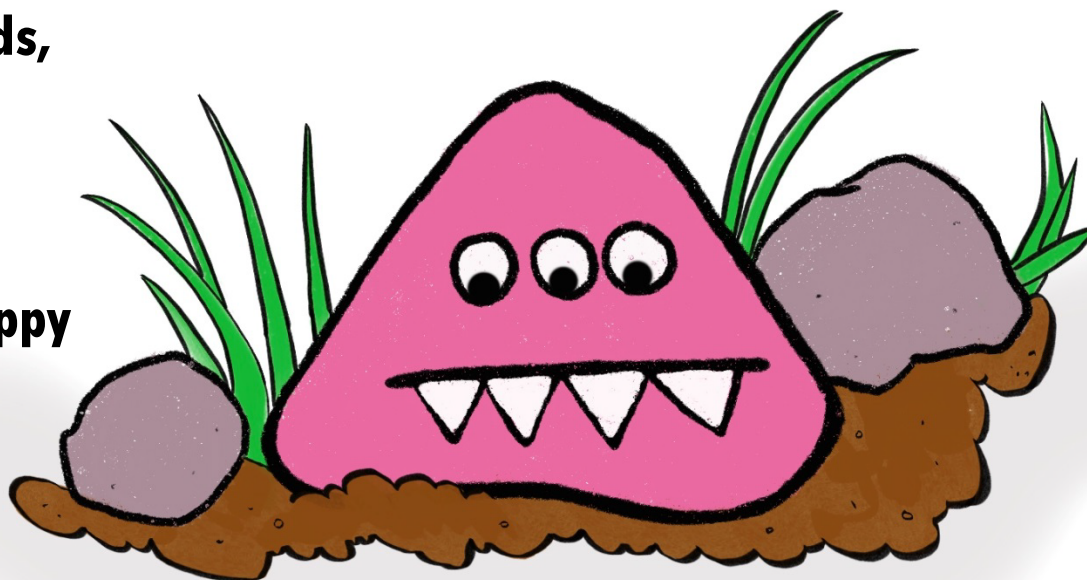
**We will miss our families  
And favourite friendly faces**

**So when you walk along the street  
With eyes open wide**

**Look for little monster friends,  
They really like to hide**

**They're there to make us happy  
And remind us, too**

**Of how to love each other  
And some important things to do**

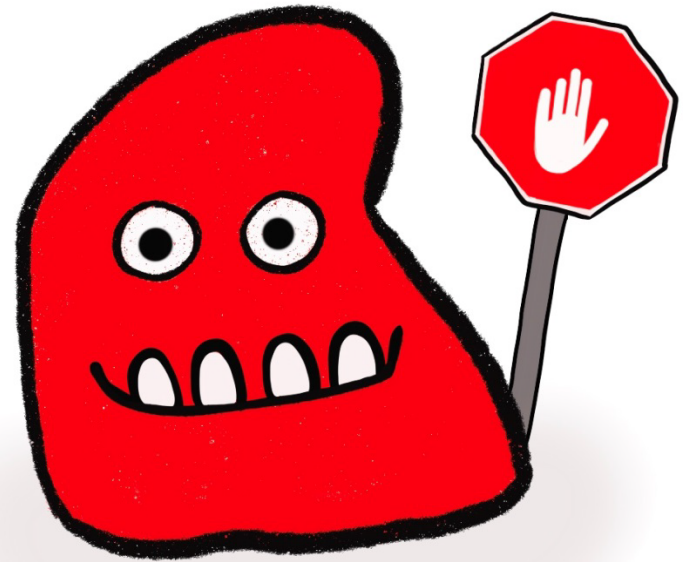


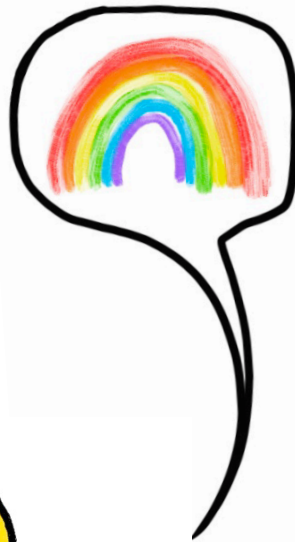
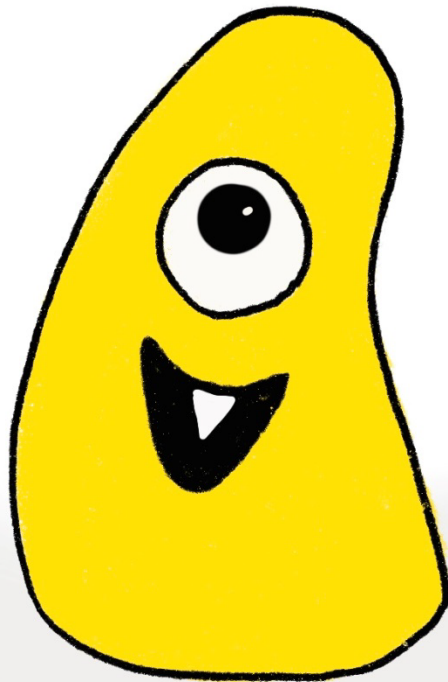
**Red monsters, they make sure  
Everybody understands**

**That we must stay very clean  
And wash wash WASH our hands**

**So when you see a red one STOP!  
And ask yourself this question:**

**“Are my hands clean?!” and if not, WASH,  
Its more than a suggestion!**





**Yellow rocks are happy,  
Under trees they hide**

**They want us to remember to  
Look at the brighter side**

**We may feel lonely, missing friends,  
Parks, stores and schools**

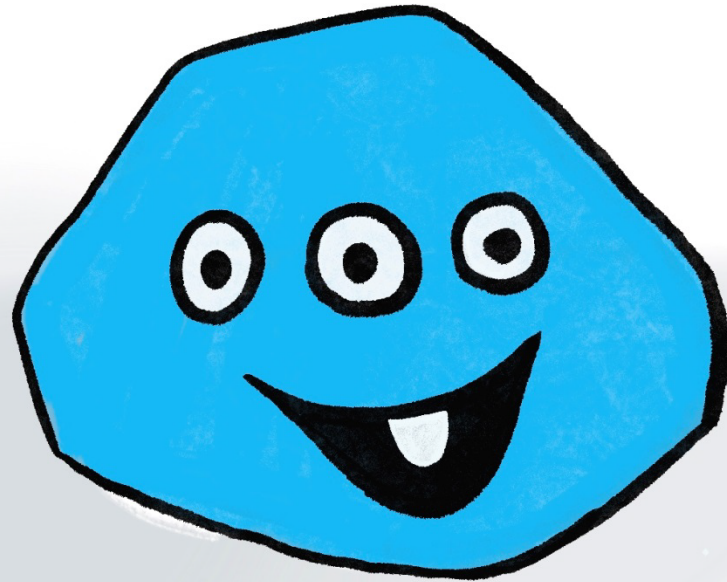
**But we can call our loved ones  
Which is following the rules**

**Blue rocks are there to tell us  
That we need to stop and say**

**Thanks to those who risk their lives  
Each and every day**

**Doctors, nurses, drivers,  
Grocers, scientists and more**

**Working hard to keep us healthy,  
There is lots to thank them for!**



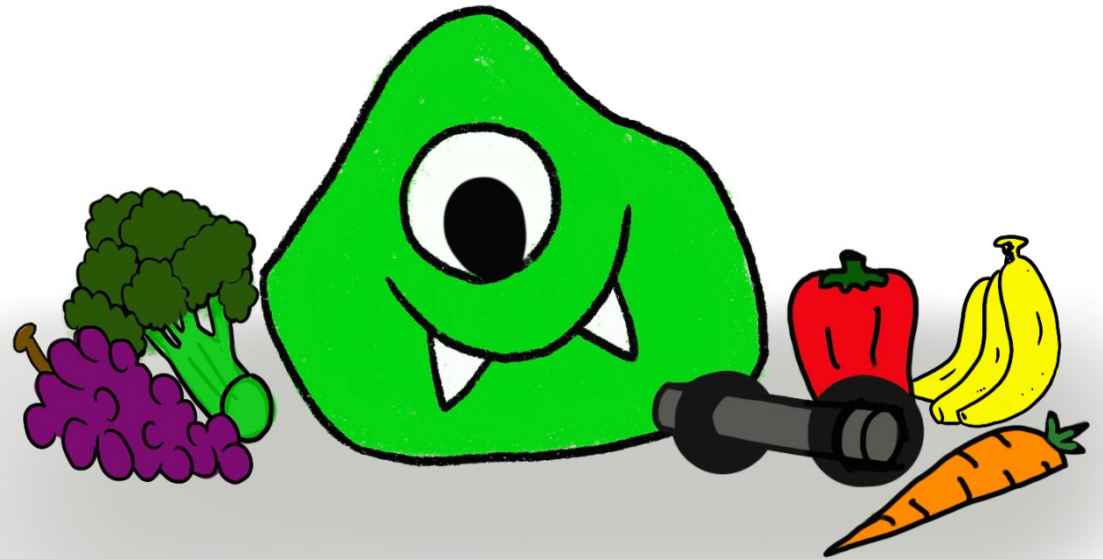


**Green rock monsters tell us  
To keep our bodies strong**

**Move your body- dance, run, jump,  
You cannot do it wrong**

**Eat the healthy food you can,  
Veggies and fruits are best**

**So you can fight the viruses  
That may put you to the test**



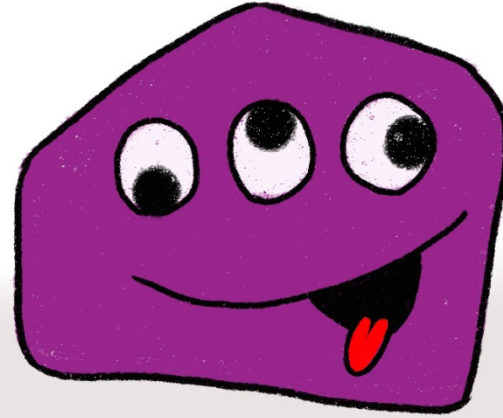
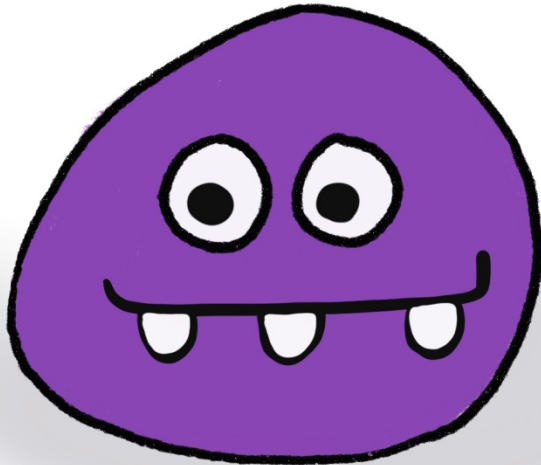


**Purple monsters tell us  
In case we just forgot**

**There are adults who take care of us,  
An easy job, it's not**

**They're working hard to keep you safe,  
They really really love you**

**They give you food and clothes and fun,  
They keep a roof above you**



**These adult jobs are hard right now,  
It's tough being home all day**

**They have lots they need to do,  
They can't just sit and play**

**So if you can be a helper,  
Be kind, cooperate**

**Purple monsters would be proud,  
They think that you're just great!**

**Pink and white and brown rocks,  
Orange, silver and gold**

**Remind us all of something big,  
The biggest, I am told**

**There are so many people  
On this big, huge, giant earth**

**And though we are all different  
Every one of us has worth**

**We are all so connected  
Even if we feel apart**

**So send out love to everyone  
From the bottom of your heart**



**Stay away from people  
For a while, if you can**

**Talk with adults who love you  
And formulate a plan**

**To reach as many people  
In a positive, caring way**

**Call a friend or loved one  
To brighten up their day**



**Make your own rock monsters  
To hide around your hood**

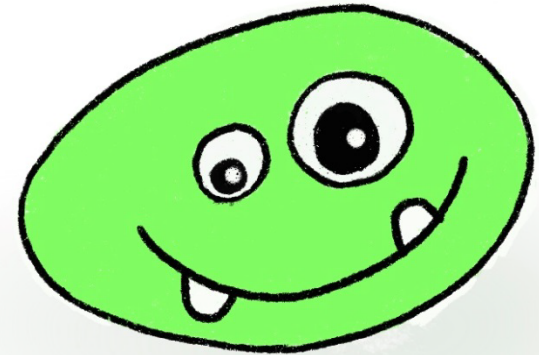
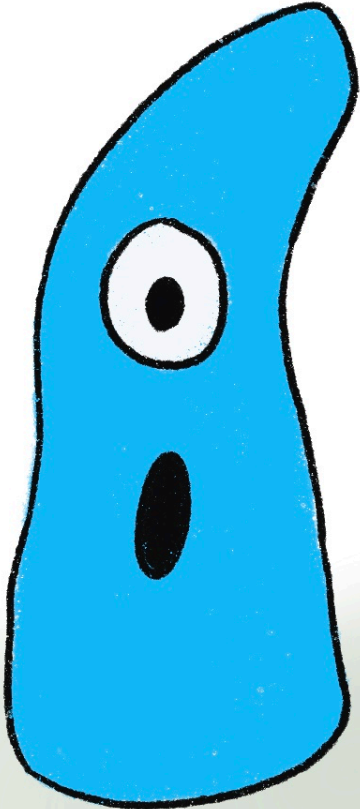
**They say to those who see them  
We are doing what we should**

**Washing up and staying home,  
Sending love from afar**

**To those out there who struggle  
And aren't as lucky as we are**

**So when you look for monsters  
If you see a neighbour or friend**

**Give a wave and say hello,  
We're in this together, til' the end**



# **THE END**

**Instagram: @rockmonsterfriends  
#rockmonsterfriends**

**Email: [marshallamandak@gmail.com](mailto:marshallamandak@gmail.com)**