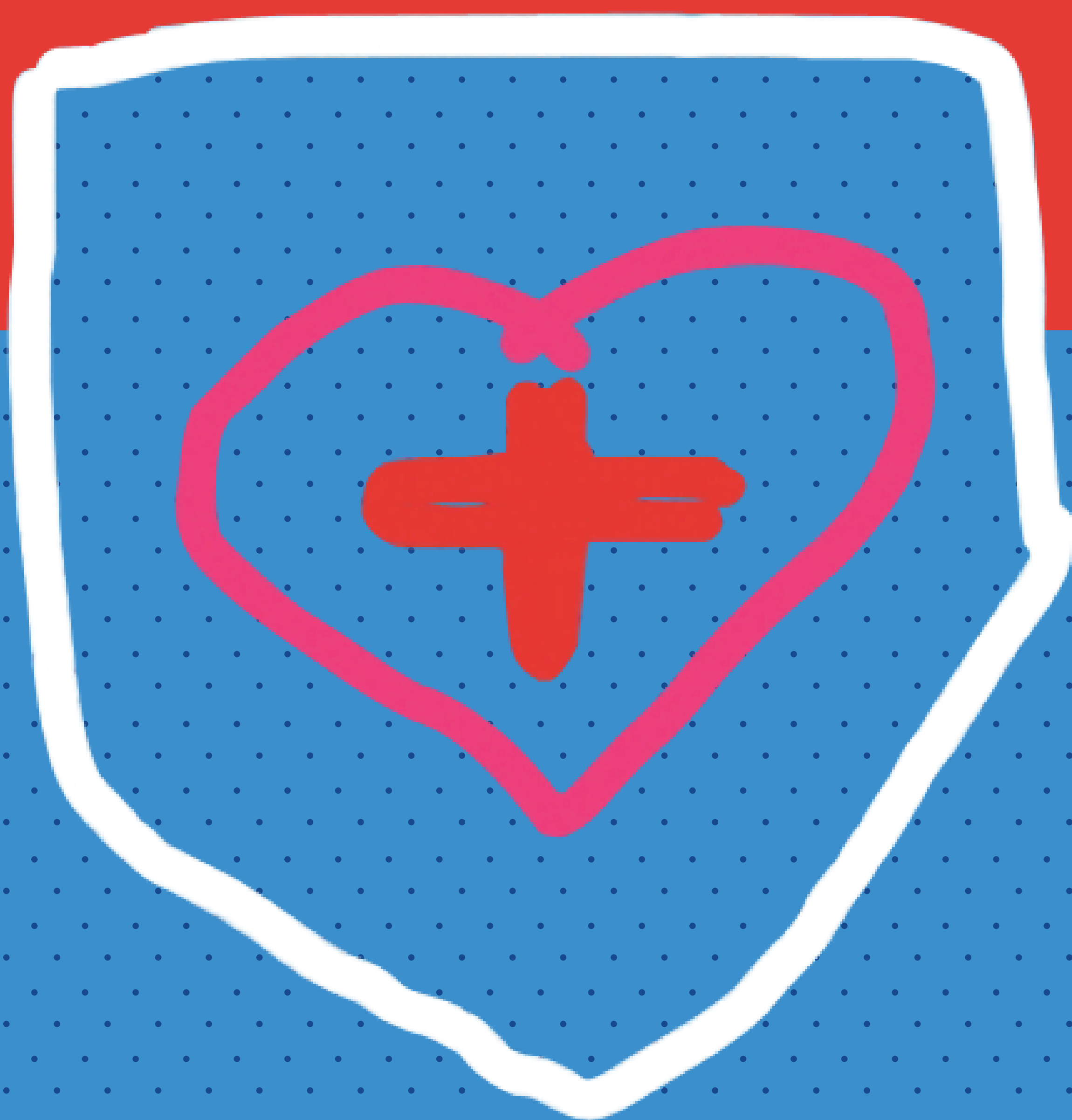


# HEROES AND HEROINES OF SÃO JOÃO DE MERITI

.... FIGHTING AGAINST COVID – 19 ....



sesc

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# PREFACE

Throughout these months of physical distancing that directly impacted how we relate, we were united by a greater objective: take care of our health and, especially, of our emotional health - staff, families, children. We took many decisions. Certainly, the most important one was to keep in touch, to strengthen our bonds. This attitude made the journey possible so far. We encourage participation so that our children and families are connected with good values, with humankind. We cast light on people and on their knowledge.

This approach brought many opportunities. Therefore, today we can be enchanted with a book produced and mediated by teachers concerned with feelings and senses, with knowledge that surpasses the mere content acquisition. A book entirely made through exchanges via WhatsApp. A viable and accessible solution for the groups that are part of the Sesc + Infância project at São João de Meriti branch.

We heard in the most sensitive way their need to deal with imagination and to overcome this disease that affects the world. The Heroes and Heroines defeat COVID-19 and share many wishes for a better world!

# INTRODUCTION

Heroes and heroines from São João de Meriti fighting against covid-19.

In 2017, the heroes and heroines from São João de Meriti came together to save the city. Today, in 2020, in this moment of physical distancing, they are reunited to save the world from a real villain:

Coronavirus. This time, each hero and heroine needs to use their superpowers from where they are.

Spread throughout Brazil, but with the purpose of saving the world, the group revealed other villains, besides Coronavirus: Ratopinado, who operates in the dirt, Ballerina Rata, his friend and companion of filth. Exe, a man made entirely of garbage, Mr.

Hungry, who shows up in the houses bringing hunger and Sacron, who brought back the Measles virus. Will our heroes be able to fight these villains? Stay tuned! On each page we will find stories full of action and hope for better days.

Los Héroes y Heroínas - Peleando en contra la COVID -19

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# CAPÍTULO I

# SUPER GELINA AGAINST THE CORONAVIRUS



Once upon a time, there was a young researcher named Amanda, she loved going to college where she did a lot of research in the laboratory, but her routine changed with the arrival of a virus called Corona. Because of the virus people could not leave their houses otherwise they would get sick.

Amanda was very sad about the news on TV. One day, walking in the backyard she looked at the sky and thought about a way to end this virus.

Suddenly, a meteorite fell very close to her and she was startled. When she got close to the meteorite, she saw that it was a small pink stone coming straight from space. Amanda saw that it was a sign from the sky, she took the stone and through a laboratory experience she transformed that stone into a gel-like liquid.

Amanda took a shower using the liquid and went to sleep. When she woke up, she realized that she had Superpowers; she could fly, see microscopic things and also had a Super Ray of Pink Gel. She didn't know what the Super Ray could do, but she was very happy and waited until nightfall so she could go out on the streets and test her powers. She went flying and suddenly found a mountain of coronavirus and she got very scared. So she used her Super Ray of Pink Gel and that mountain of coronavirus disappeared.

# A PINK UNIFORM...

Amanda realized that she had the power to stop the virus and went out into the streets of Costa Barros neighborhood destroying all the coronavirus she found.

She started wearing a pink uniform, changed her name to SuperGelina and went on to defeat the disease in several places.

In a short time, SuperGelina had wiped out all the coronavirus in the world. People were able to leave home and children from Sesc de São João de Meriti were able to do activities there again.

SuperGelina visited them and she signed autographs for everyone.

With the end of the coronavirus pandemic Amanda could return to her activities. Whenever a boring virus appears, she wears her uniform and goes out fighting it with her superpowers.

The end

”





AUTHOR AND ILLUSTRATOR:  
AMANDA, 8 YEARS OLD

## CAPÍTULO 2

# SUPER CAPTAIN MATHEUS IN: DESTROYING CORONAVIRUS

# CALLED HIM MET...



Once upon a time, there was an ordinary boy who was walking along the street with his friends, his name was Matheus De Lima Oliveira, but everyone called him Met.

One day he went out to buy sweets and the square of his shirt, which he liked very much, turned into lightning... He kept walking and went to the candy store to buy a box of chocolate and when he opened the box he got so sleepy that he passed out.



# ZOOOOM...

When he woke up, he spun, spun and disappeared, "poof". When he returned, he realized it was already 1 am... The box of chocolate was still there, he opened the box and found a watch with a button. By pressing the button: "Zoooom", he had superpowers.

Met had a super magnetic force field that could control people's mind and could make plants gigantic. The next day, he shared his powers with his friends. Then, a week later, a virus called "Coronavirus" appeared.



# MAGNETIC FIELD...

Now it was time for the Captain's League to act and fight this virus. They prepared and waged a world war, starting in Pavuna and the war spread around the world. The virus was almost winning when they had to use the magnetic field to protect themselves, and they soon had an idea, which was to share the magnetic field with all of humanity and so they beat the virus.

Life went back to normal and he bought a new watch because his was broken and Matheus's league kept saving the world from other viruses that appeared.

”



AUTHOR AND ILLUSTRATOR:  
MATHEUS, 8 YEARS OLD



## CAPÍTULO 3

# COMBATANT DOCTOR

# CREATED CLOTHES...



Once upon a time, there was a doctor who helped people in Rio de Janeiro's communities.

One fine day he woke up with the news that RJ state had many people infected with the new coronavirus, and, as he always helped everyone, he couldn't stay put at that moment. Soon he was taking the main measures: he created clothes that protected him from the virus, filled a gallon with sanitizing gel and created more than 1000 masks to give out to the population. Once there, he faced another reality, (in addition to many infected) people were being affected by the power of another villain: “Mr. Hungry” who made people go hungry, because they had no way to go to work, so he needed to call in reinforcements from his team...



# COMBATANT DOCTOR...

When reinforcement arrived, Combatant Doctor had an idea: he campaigned with supermarkets and restaurants to distribute food and hot meals to people who were starving. The traders liked the idea and started helping the team by offering the necessary food.

While collecting the food, Combatant Doctor was hit by a special sanitizing gel, which instead of making him sick gave him the superpower of speed.

RESTAURANTE



# SUPERPOWER ...

He and his team distributed food from door to door and people were grateful for the help. During delivery, they encountered other problems that already happened before the virus arrival. They did not have easy access to water or basic sanitation.

So he used his new superpower and brought water to all the families and with his money he hired a company that brought basic sanitation to the communities.

”



AUTHOR AND ILLUSTRATOR:  
MIGUEL ÂNGELO, 10 YEARS OLD

## CAPÍTULO 4

# DOCTOR C AND MEDICAL ES AGAINST THE VIRUS



# NAMED DOCTOR C...



Once upon a time, there was a superhero named Doctor C. He worked in a laboratory that created medicines to save people from disease and the most powerful and feared villain named Coronavirus.



# FROM SÃO PAULO...

## FAMOUS HERO

Doctor C realized he needed help and called the heroes and heroines from other cities and states. At the meeting, he met Doctor Medicales, a famous hero from São Paulo, who healed people quickly. When the virus arrived in São Paulo, people who had no means had to look for shelters and hiding places.



# LET'S STRIKE HARD...

Thus, the heroes climbed the highest mountain in the city and began to fight against the Coronavirus's henchmen, who were once normal people, but became zombies when they were infected. The fight begins, the henchmen are in large number because the virus is easily spread and they have already become many.

The heroes are frightened by so many viruses in the city. Medicales says:

- Now the war will begin. Let's strike hard. In the fight, they realized they were losing and had the idea of making a potion that contained the effective ingredients to regenerate all the henchmen.



# THE VACCINE ...

After regenerating the henchmen, Doctor C and Doctor Medicales teamed up to destroy the great villain, and then they went to the laboratory and discovered the vaccine to end coronavirus.

So, with their team, they carried out the vaccination campaign and were able to take the vaccine to the entire population of planet Earth.

”

# Vamos Desinfetar!



AUTHORS AND ILLUSTRATORS:  
GUILHERME, 11 YEARS OLD AND ÍTALO, 11 YEARS OLD



## CAPÍTULO 5

# THE SUPER HEROINE ELENA AND HER FRIEND SUPER MASK

# SUPER HEROINE...



Elenia was a special super heroine. One day she was walking around the city of Santa Catarina when she saw a villain named "Ratopinado" who also transmits other viruses along with his friend Corona. This villain likes dirty places and transmits many diseases through his dirt.

Elenia called her friend Super Mask to help her. They started fighting these two villains and fought for many days, until they had no strength left.

# THE CHILD'S LESSON...

The Heroines realized that the fight was not showing results, but they had an idea to help the population protect themselves from the virus, that way it would get weaker. They started to distribute masks to the population. But, even with the masks on, the virus kept running through the city. The heroines discovered that the only thing that killed Coronavirus was sanitizing gel and that what killed Ratopinado was cleaning the streets. So they brought the whole team together to beat the virus. A child came close to the heroines and said: -You will make it!! Because of that, they were confident and won the fight.

So they went into battle, poured sanitizing gel on the entire population and cleaned up all the streets with Elenia's super-speed power. The two heroines saved the entire population.

Moral of the story: listen to the child's lesson, because it will always be good!

”



AUTHORS: HELEN, 8 YEARS OLD AND EMANUELLY, 7 YEARS OLD  
ILLUSTRATOR: EMANUELLY, 7 YEARS OLD

## CAPÍTULO 6

# THE WORLD AGAINST COVID-19

# JOÃO DE MERITI...

“

A big monster called Coronavirus / Covid-19 took over João de Meriti and everyone else. The monster of unemployment grew with isolation and the fear of misery grew.

Doctor Frank, a super heroine, is sent on a mission to help sick people with this disease that has been increasing.

She uses her Love and Dedication powers to convince everyone to stay home with their families and joins the government to distribute food.

With everyone together the monster was destroyed and everyone got stronger and better and happily ever after.

”



AUTHOR AND ILLUSTRATOR:  
SARAH, 8 YEARS OLD

## CAPÍTULO 7

# THE SCIENTIST MATHIAS



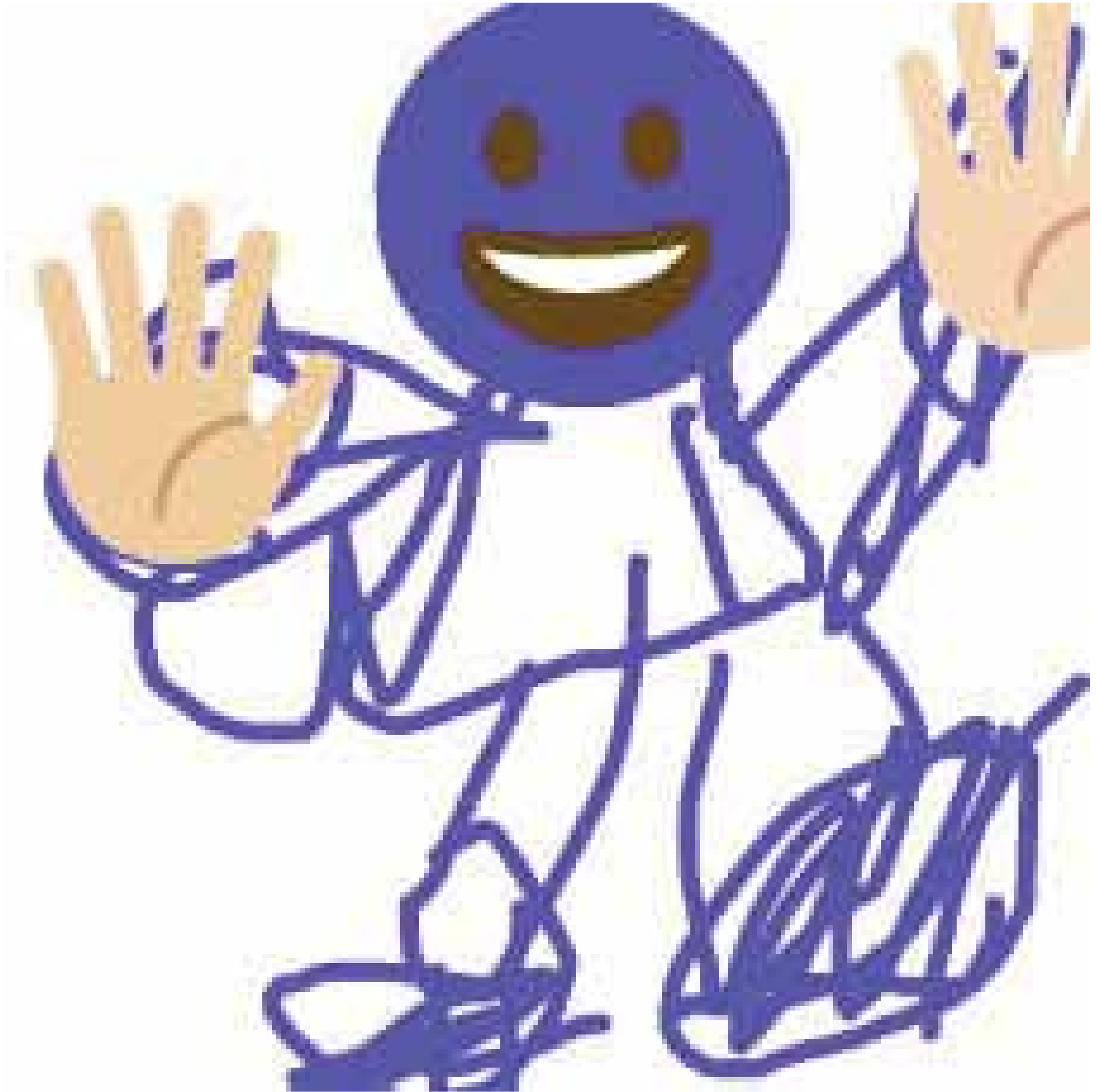
# THE SCIENTIST...

## MATHIAS



Mathias, the Scientist, worked experimenting with blood tests. He was researching the cure for some diseases, but after an accident in the middle of the research, he was infected and gained supernatural powers. He discovered with his experiments a lemon tea with chamomile that together with his powers and very hot water could help people who were hospitalized with some diseases.

However, the scientist was surprised, when he left the hospital to look for the cure; he realized that there were other villains outside trying to infect people who were still well.



# GEL AND DETERGENT...

He met Fireman, who ignites with webs of fire, leaving people homeless and without food. He also discovered that measles and the new Coronavirus are united, struggling to make everyone in the world sick.

While looking for a cure for these diseases, he discovered another villain: "Exe", a man made of garbage that releases toxic waste and pollutes water to infect people, also discovered Ballerina Rata, who releases pink bombs, dynamite bubbles and scratches people , infecting their wounds.

When the scientist realized that he was surrounded by many villains and that if he didn't act quickly people would die, he remembered that all these villains had something in common: They don't like cleanliness!!! Then, he had the incredible idea of throwing sanitizing gel and detergent on all the villains, with that mixture, he killed one by one with his extreme cleaning superpower.

”



AUTHOR AND ILLUSTRATOR:  
MATHIAS, 8 YEARS OLD

## CAPÍTULO 8

# SUPER SANITIZING GEL AGAINST CORONAVIRUS

LIVED IN RIO

DE JANEIRO...

“

A boy who lived in Rio de Janeiro, called Edu, was at home using sanitizing gel when he received a lightning bolt and now he has the power to discharge sanitizing gel. This sanitizing gel was able to eliminate the virus. One day, after he discovered his powers, he learned that there was a virus running through the city, which would not let people out on the street. Then, he had an idea: to distribute sanitizing gel to all people, in order to fight the virus.

”



AUTHOR AND ILLUSTRATOR:  
EDUARDO VIANNA, 7 YEARS OLD

## CAPÍTULO 9

# QUICKNESS IN THE FIGHT AGAINST CORONAVIRUS



“

Superhero Quickness decided to use his teleportation, speed and invisibility superpowers to fight the new and feared villain Coronavirus. He knew it wouldn't be an easy task, but he was tired of seeing the villain running loose on the street and people staying at home.

Quickness went to an open field and started running in circles. With his speed power, he created a tornado that was able to attract the virus to the middle of it. With the virus trapped inside the tornado, he punched it three times to destabilize it and with his teleportation power, he placed the virus inside a house surrounded and guarded from where he could never leave.

As a result, people were able to leave their house, free of the villain.

”



AUTHOR AND ILLUSTRATOR:  
RAFAEL SIMÕES, 8 YEARS OLD

## CAPÍTULO 10

# MIRAI'S SUPERPOWER

“

Once upon a time, there was a Super Heroine, Mira. She had the power to transform everything around her and pour bleach on everything that was dirty. Mira was used to daily cleaning in public places, helping to keep everything clean.

When the new Coronavirus appeared and infected people, she had the idea of creating pills in the form of teddy bears of many colors. Each teddy bear had its power. The blue bear had the power of hope, the red had the power of love, the white had the power of peace, the yellow had the power of family and the green had the power of strength.

And you are wondering why the pills are teddy bear shaped and colored?

The pills to cure covid-19 taste very bad and have several side effects, so people refused to take them. Then, in addition to transforming these pills she added feelings so people could choose what they wanted for a better world.

”



AUTHOR AND ILLUSTRATOR:  
ISABELLE, 9 ANOS

CAPÍTULO II

CORONAVIRUS

THE FINAL ATTACK

# SESC + INFÂNCIA...

“

After acting isolatedly, each Hero and Heroine managed to defeat the villains and create the vaccine to fight the virus, but they had to think of a way to distribute the vaccine to the entire population quickly and safely. So, they met at Sesc + Infância in São João de Meriti and stored the healing liquid in powerful little bags that could be safely distributed to the entire population.

By doing that, all the Heroes and Heroines, distributed the vaccine and managed to extinguish the virus. With the vaccine distribution, they were able to return to their activities and Sesc + Infância was once again a place of amusement, laughter and great fun.

”



AUTHORS: COLLECTIVE TEXT WRITTEN VIA CHILDREN'S  
INSTANT MESSAGING APP AUDIO TRANSCRIPTION.  
ILLUSTRATION: GUILHERME OLIVEIRA,



The logo for Sesc, featuring the word "sesc" in a bold, lowercase, sans-serif font. A white, curved line arches over the letters, starting from the top of the 's' and ending at the top of the 'c'.

**sesc**