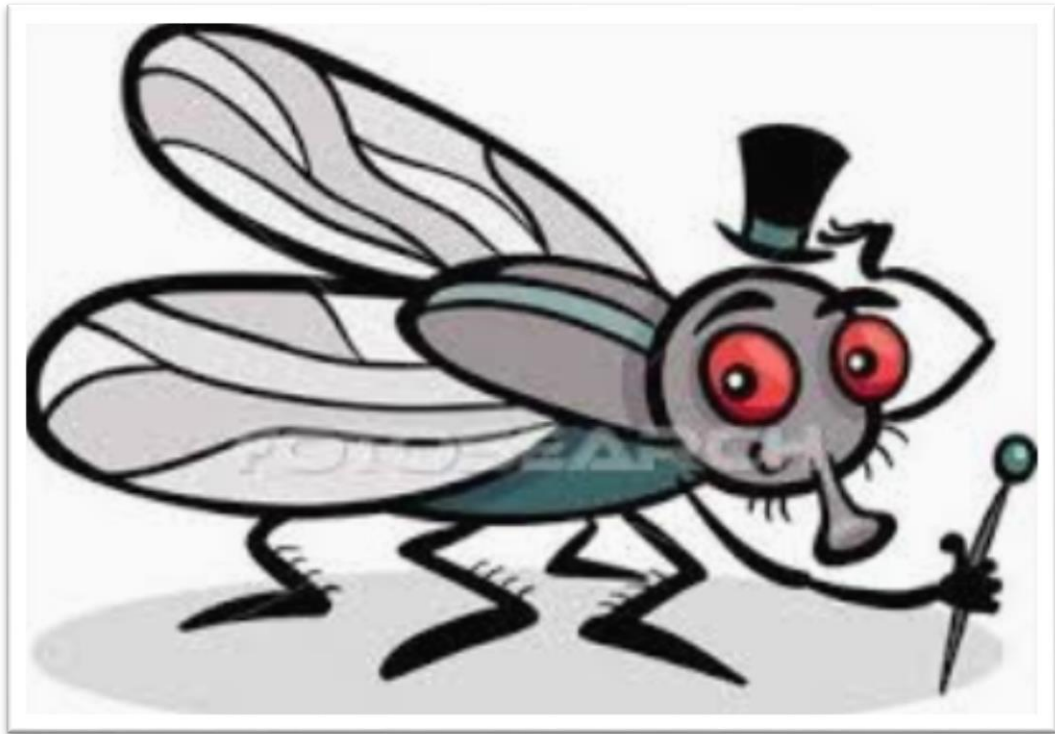


**The COVID fly that
wouldn't die ...**



**A book about being annoyed
and finding your calm**

Mel Churton

Registered Psychologist

April 2020

**There was a fly,
That wouldn't die.
I don't know why,
It made me sigh.**



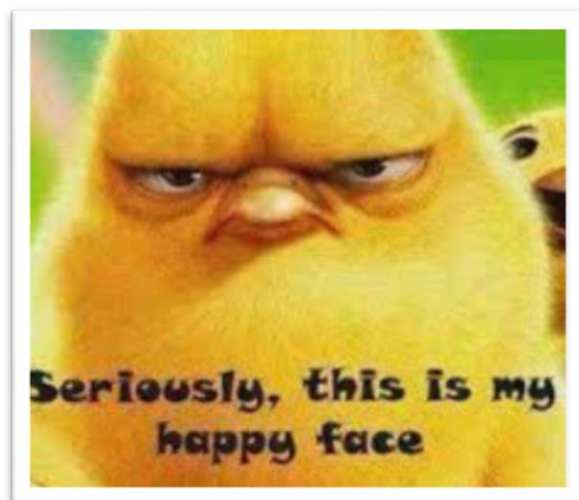
**In it flew,
Off fresh cow poo.
I chased it round,
From work bench to ground.**



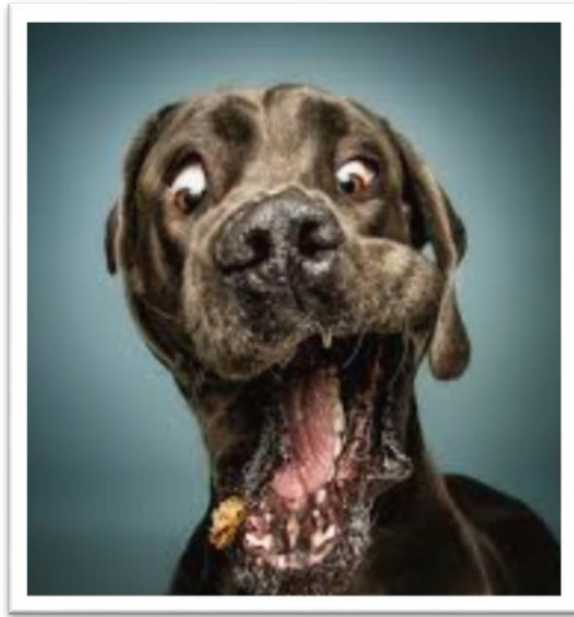
**I splatted here,
I splatted there.
I splatted nearly
Everywhere.**



**I sprayed it with Black Flag,
The fly was a dog.
It keep on living,
I was not forgiving!**



**It buzzed and buzzed,
And flew all over.
It was even too elusive,
For the jaws of Rover.**



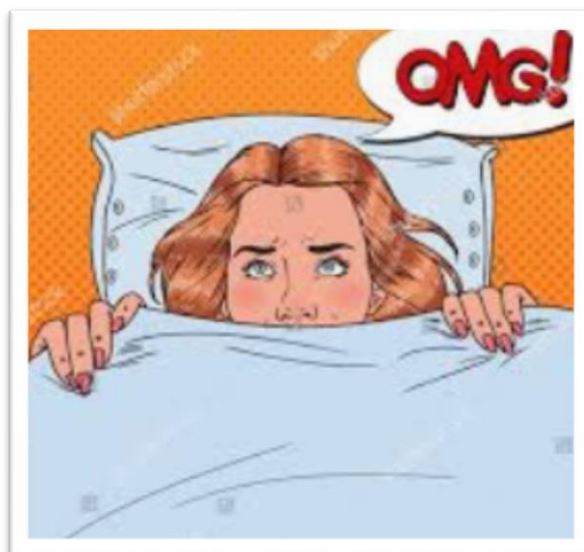
**It rested on the ceiling,
To lie in wait.
Then landed in a way,
I truly hate!**



**In the middle of my screen...
On my shoulder, on my head.
That annoying fly,
Drove me to bed!**



**I hid under the duvet,
With my nose sticking out.
But the wretched thing,
Landed on my snout!**



**The buzzing sound
Drove me round the bend.
Will this fly nightmare ...
Ever end????**



**Then I found some old tape,
And hung it up by the window.
And got some soap,
To carve a voodoo.**



**You know that fly,
Still didn't die.
It joined with a mate,
To double irritate!**



**So instead of one fly,
There were now two.
Quickly joined ..
By their mates from the poo!**



Why won't you die?

Why can't you go?

What's the point of flies?

I don't want to know!

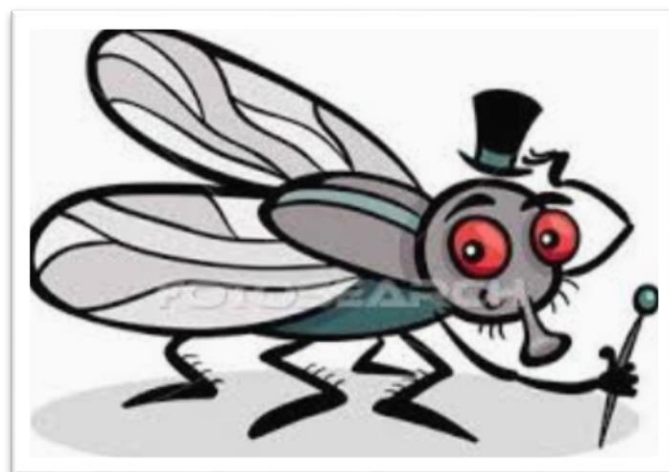


But maybe my fly buddy

Had a message for me...

Somethings you just can't kill

Like human will!



**So we may be locked down,
Lonely, depleted.
But you can't allow yourself ...
To be defeated!**

**DONT GIVE UP.
LIFE CAN GO FROM
ZERO TO 100
REAL QUICK**

**Keep buzzing on through,
Don't let COVID-19 beat you.
The lock down will end and ...
At least 'til then I have a friend!**



Fly Related Activities:

Art

<https://www.wedrawanimals.com/how-to-draw-a-fly-for-kids/>

Music

Sing some karaoke to cheer yourself up:

<https://www.youtube.com/watch?v=gYkACVDFmeg>

Science:

Find out some information about flies:

<https://easyscienceforkids.com/all-about-flies/>

English:

Pick an object or an insect that annoys you. Write your own rhyming story. This rhyming dictionary will help you: <https://www.rhymer.com/>

Popcorn, popcorn,
Now it's getting hot,
Shake it up, shake it up,
Pop, pop, pop!



Rhyme

Technology:

Cows covered in flies spend so much of their energy swinging heads and swishing tails to get rid of the pests that they neglect their grazing. One way to control **flies** is pasture management. The **flies** need hosts to thrive and will establish themselves in fields with livestock.



Devise an invention that would keep flies away from COWS: <https://www.beefmagazine.com/blog/5-essential-steps-fly-control-cattle>

Maths/economics/marketing:

- **Do some research on fly spray:**

What does fly spray do to a fly?

What is the best natural fly repellent?

What fly spray is best?

Does fly spray actually work?

<https://www.consumer.org.nz/articles/fly-sprays>



[Fly Repellent Standard](#)
 \$24.95
 Four Flax



Raid Flying Insect Killer
 \$8.63
 Arrow Hygiene



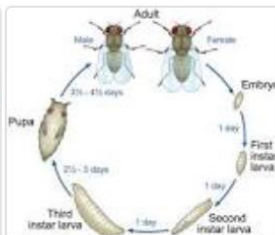
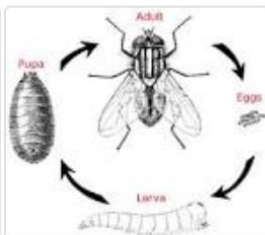
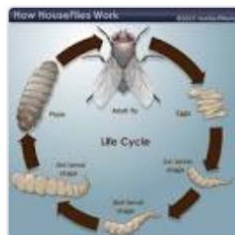
Raid Flying Insect Killer...
 \$14.39
 NZSafety Black..



Victor Fly Magnet M380
 \$30.00
 Easytek New Z...
 Free delivery

- Which fly spray is most cost effective and why?
- What do fly spray firms do to make money when the fly season is over?

You might need to find out something about the life cycle of a fly:



The housefly **life cycle** closely mirrors that of most insects: a basic **cycle** that begins with an egg, then develops through a larva phase, a pupa phase, and finally, into an adult. During a warm summer -- optimal conditions for a housefly -- the **cycle**, from fertilized egg to adult, spans a mere seven to 10 days.

animals.howstuffworks.com > ... > Insects & Arachnids > Insects ▼

[Housefly Life Cycle | HowStuffWorks - Animals | HowStuffWorks](#)

<https://animals.howstuffworks.com/insects/housefly4.htm>

Cooking:



Shoo Fly Biscuits

- **What are shoo fly biscuits?**
- **How did they get their name?**
- **You might like to make some (if you have any flour!)**

<https://www.rachaelraymag.com/recipe/shoo-fly-pie-biscuits-recipe>

- **Or shoo fly pie:**

<http://biscuitsandsuch.com/2015/01/26/shoo-fly-pie/>

Health Education:

Coping with being annoyed-

<https://sesamestreetincommunities.org/activities/breathe-bundle/>

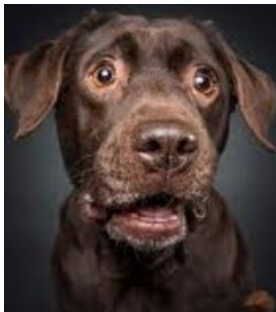
Inclusion and Friendships-

Read this article and use it to make a leaflet or poster to give people ideas on how to manage a situation where they don't like someone

<https://www.independent.co.uk/life-style/8-ways-to-deal-with-people-that-you-dont-like-a7810126.html>

Memory game:

In the story, all these things were mentioned. Look at the page for 10-15 seconds. Cover it and see how many you remember!



Who knew flies were even this interesting 😊