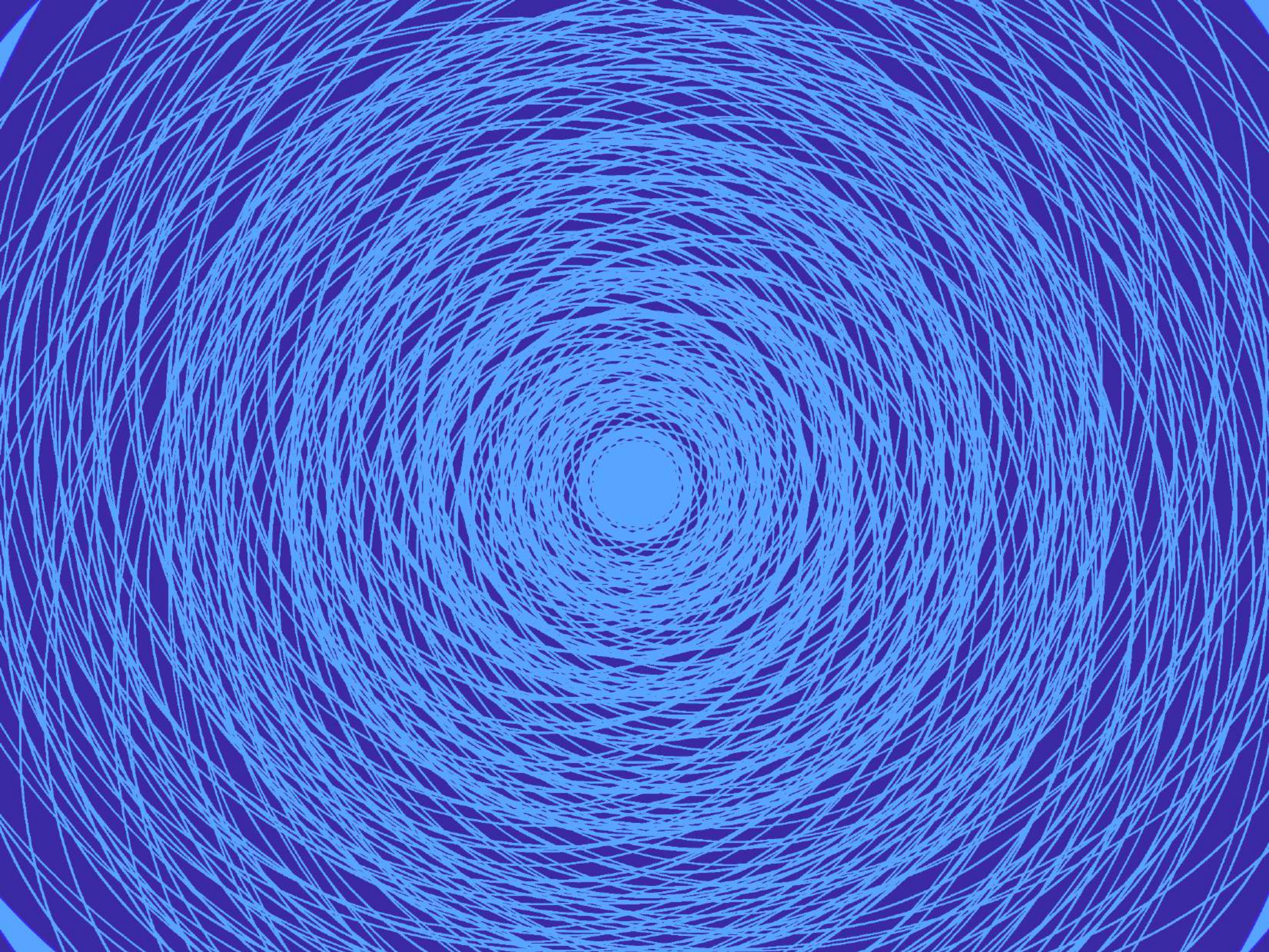




# THE AT HOME HERO

WRITTEN & ILLUSTRATED BY  
SAM M. RAIFE







# **The At Home Hero**

**Written and Illustrated by**

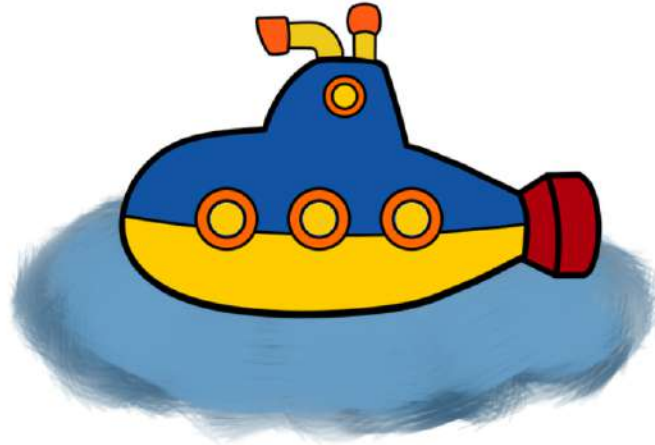
**Sam Raife**

**Photography by**

**Katy Raife**

**For his Grandparents and Great-Grandparents.**

***For everyone staying home.***



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At Home Hero

Written and Illustrated by Sam M. Raife

Special mention to the team at Jolly Giraffes nursery for inspiration on ideas for activities.

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For further information or requests contact:

Sam Raife

Raife.sam@gmail.com

The book is a work of fiction based on the authors experiences.

Names, characters, places, events and incidents are either products of authors imagination or used in a fictitious manner.

This book is intended as a work of fiction not to provide practical advice or information.

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# The at home Hero



**Written and Illustrated by  
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**Photography by  
Katy Raife**

A young child with light-colored hair is shown in profile, looking out a window. The child's hand is resting on their chin. In the foreground, a vase of flowers, including purple irises and pink tulips, is visible. The background outside the window is a blurred outdoor scene with trees and a building under a clear sky.

Benji is a superhero.

But with no powers. Zero.  
Forced to do nothing but stare out the window.

He doesn't fight crime,  
or huge monsters of slime.  
He doesn't find time to battle Frankenstein,  
in the nighttime,  
and end it with a witty punchline.



Benji can't fly, into the sky, way up high.  
Shouting "Goodbye, Mr Bad Guy",  
whilst swinging a sword like a samurai,  
or shooting an arrow and hitting the bullseye.



But Benji is still a Hero.  
No powers. Zero.  
He just stays home,  
and stares out the window.





Day One was lots of fun,  
hanging out in the garden sun.  
The endless run.  
Benji shooting bubbles from a gun.

Until Mum explained he couldn't play with his chums,  
and that would help protect everyone.



Day Two they live streamed animals at the zoo.

Looking for a panda that does kung fu,  
instead of just sat eating bamboo.

They played peekaboo with a cockatoo,  
and Mum made beef stew,  
whilst Benji watched a kangaroo cause a hullabaloo.

But still Benji was feeling blue,  
and couldn't help but say "A-A-ACHOO".



Day Three Benji wanted to be free.  
So Dad made him a teepee,  
and sang "Let it Be",  
and a song about being "Under-the-sea",  
despite being a little off key.



Day Four was a bore,  
as Dad did a chore,  
and Mum felt pretty poor.  
All Benji wanted to do was explore.



Suddenly,  
Benji heard a

**ROAR!**

A dinosaur.

Running!



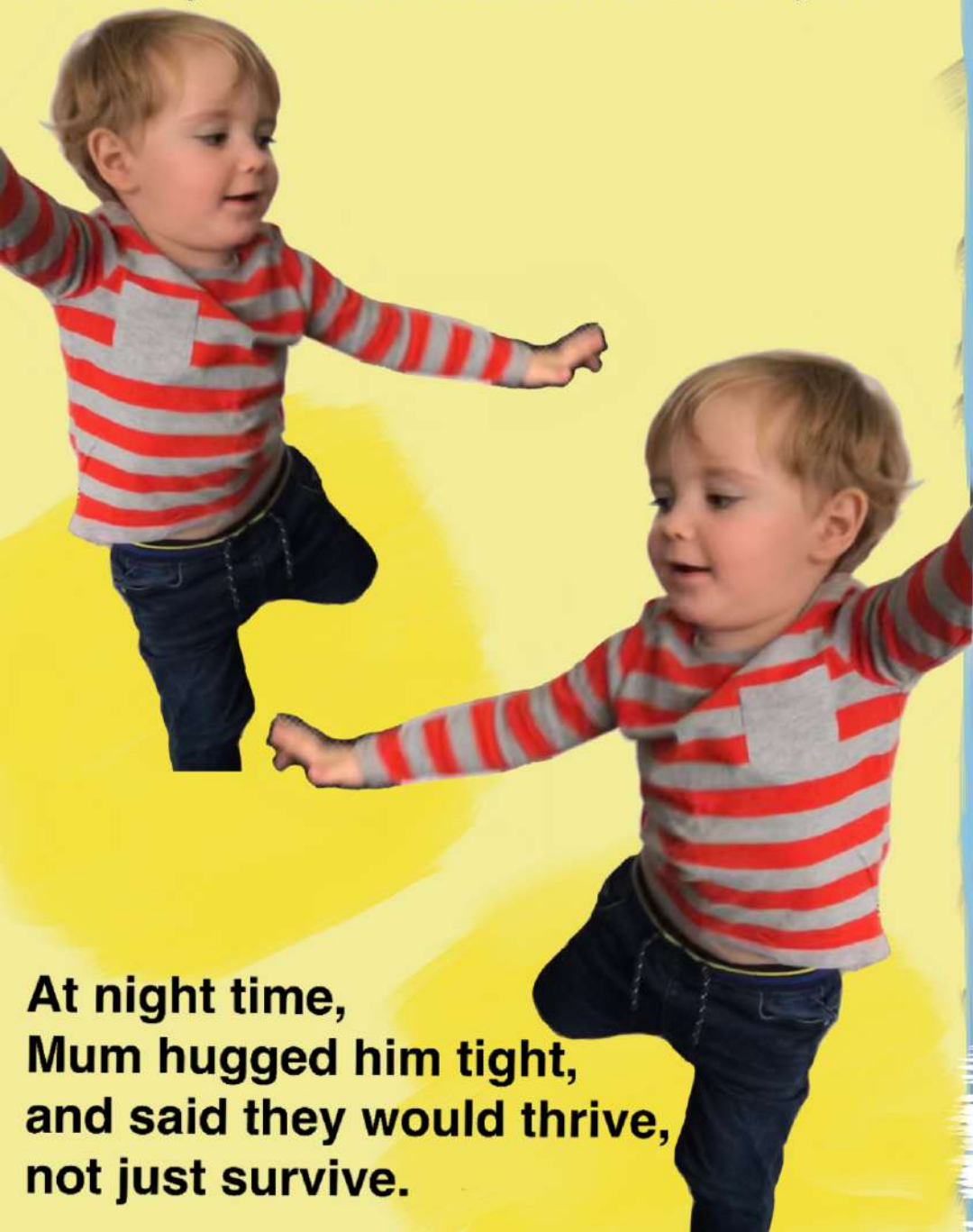
Like a carnivore towards a brontosaur.

Lava became the floor.



So Benji, had to use nothing but parkour, to get from the sofa to the door, and by bed time all he wanted to do, was snore.

**Day Five, Mum came alive.  
She taught him to Jive,  
then they ran round like Bonnie and Clyde.**



**At night time,  
Mum hugged him tight,  
and said they would thrive,  
not just survive.**

**On Day Six, Dad was sick,  
so Mum taught him a few magic tricks.**



**Benji was transfixed,**

**With what could be done,  
with just his hands and some chopsticks.**



**Then he ate cake mix,  
and had a picnic,  
whilst Mum and Dad took in the politics.**

**Seven, they made a rainbow,  
and placed it in the window.**



**Then watched a film with a lot of snow,  
that sang a song to "let it go".**



**In the evening, Benji used a domino,  
to make a fabulous floor show,  
of a spinning tornado,  
that all fell down with a big blow.**

**Day Eight, things were great.  
Mum invited his best mate,  
to a virtual play date.**



**Benji's Dad played Dire Straits,  
and Mum taught him to meditate.**



**The news said "we need to all pull our weight",  
"Stay at home on every estate".  
Mum and Dad made plans to isolate,  
whilst Benji got to stay up late.**



*On Day Nine, the weather wasn't fine.  
Mum had no choice but to resign.*

*Dad decided "it's cinema time,  
the perfect day come rain or shine",  
old movies and clementine.*

*They watched one about stopping crime,  
and another about fixing time.*

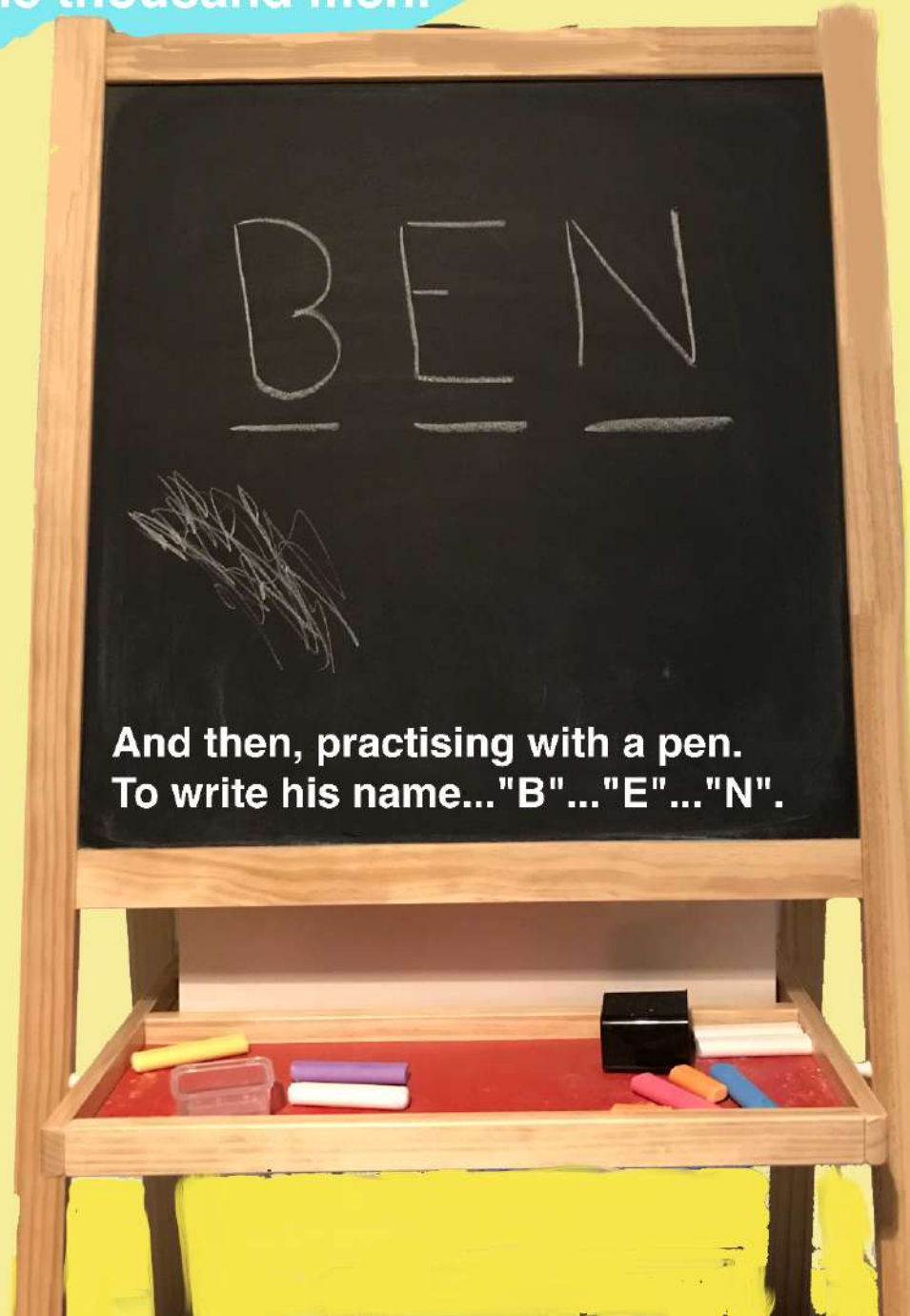
*Then followed up with Christmas time,  
and for mum, one about Valentine.*



Day Ten. Wet Again.

So Mum told Dad to make a den.

A giant pillow fortress, that could hold one thousand men.



And then, practising with a pen.  
To write his name... "B" ... "E" ... "N".

Eleven they made pet rocks.



Painting one to look like a fox.  
It was bright orange with white spots.



Next, Benji helped Dad sort the socks,  
and they raced to find the dots.  
The winner was the first, to tie them into knots.

They ended the day, banging on pots,  
wooden blocks and bottle tops.



But the most amusing sound came,  
from a giant cardboard box.



On day Twelve, the three were elves.  
Magical ones, not sat on shelves.  
They learnt protective spells,  
to keep them safe from harmful cells.



Then they phoned Grandma,  
and Grandad, who said "Stay home."  
"Look after yourselves."



Day Thirteen, was a dream,  
Benji did an online fitness regime.



Then mum whipped up,  
home-made ice-cream.  
Which they ate in a sunbeam,  
donned with sunscreen,  
listening to ~~Springsteen~~

*Dancing Queen*



Followed by garden games involving a wolverine,  
and night time dressed up in Halloween.



**Finally Fourteen.**  
**Last day of Quarantine.**

Dad made special cuisine,  
with an aubergine & mystery protein,  
singing "Come on Eileen,"  
Mum made home-made plasticine,  
making a figurine,  
from a magazine of Lightning McQueen



**No one said isolation would be easy.  
It would take effort to not just be sleepy.  
We care for this cause very deeply.  
Don't spread your germs wide and freely.**

**Benji is a Superhero.  
No powers. But a Hero.  
Because he stays home.**

**Infecting zero.**



**Thanks for reading.  
If you enjoyed this book  
please feel free to share.**

*Keep Safe*

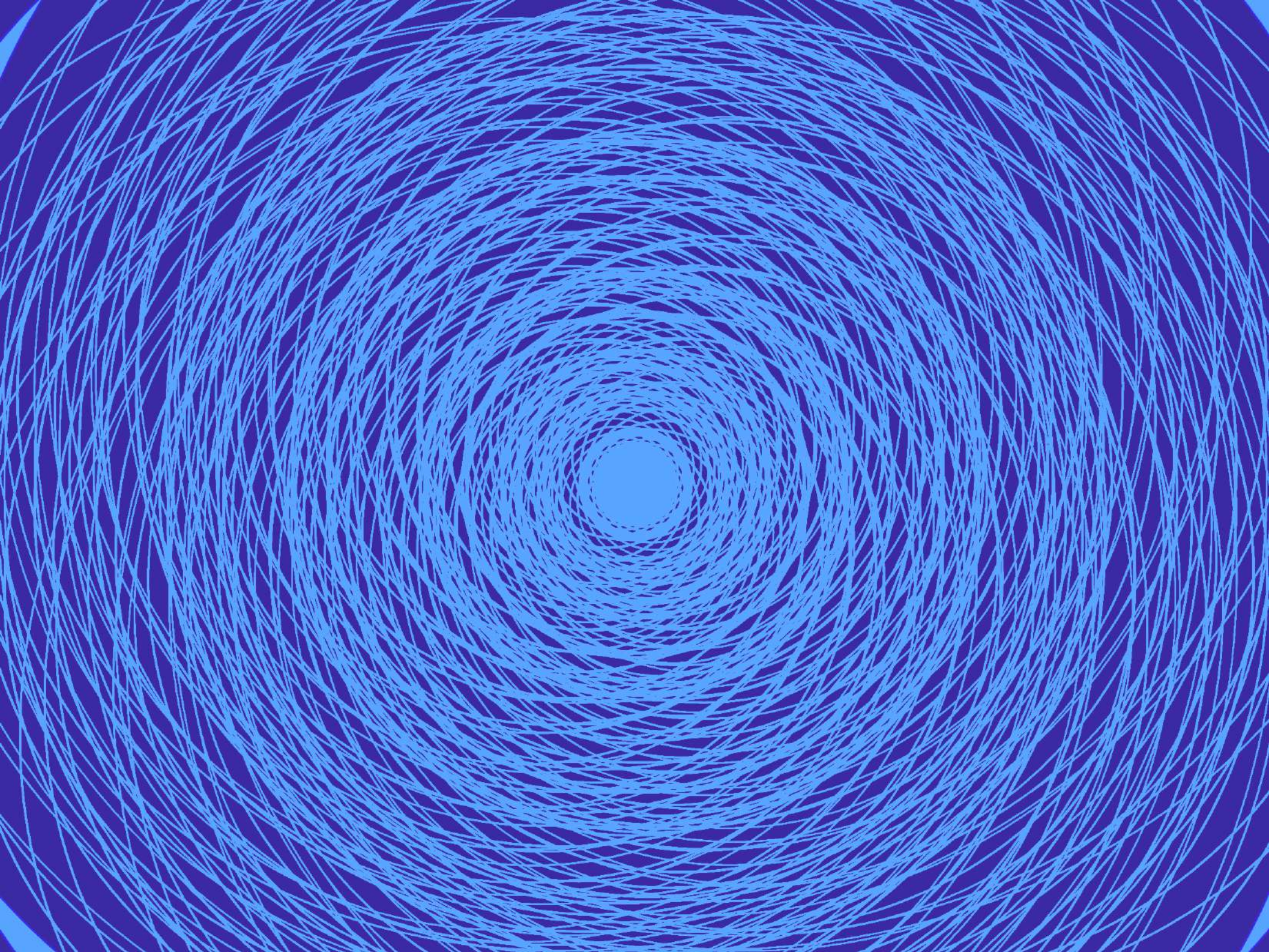


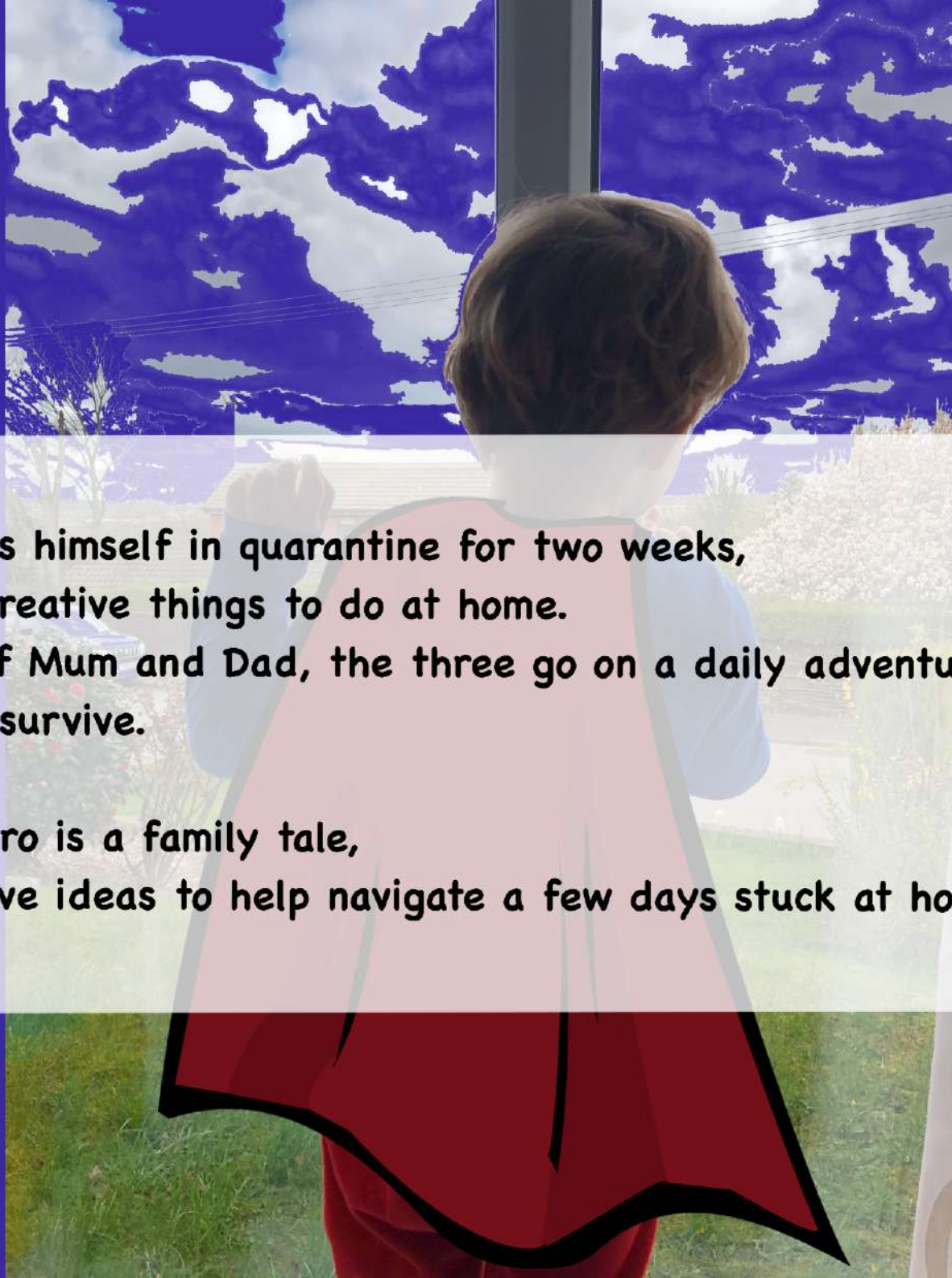


#StayAtHome









**When Benji finds himself in quarantine for two weeks, he has to find creative things to do at home.**

**With the help of Mum and Dad, the three go on a daily adventure to help them thrive, not just survive.**

**The At Home Hero is a family tale, full of imaginative ideas to help navigate a few days stuck at home.**