THE STORY OF THE OYSTER AND THE BUTTERFLY:

THE CORONA VIRUS AND ME

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DO YOU KNOW WHAT OYSTERS DO WHEN SOMETHING THAT BOTHERS AND IRRITATES THEM COMES INTO THEIR LIVES?

THEY USE THEIR SPECIAL POWERS TO COVER THE "BOTHERING" STUFF WITH LAYER AND LAYERS OF "POWERFULL STUFF" UNTIL THEY TURN IT INTO A PEARL!

AND DO YOU KNOW WHAT THE CATERPILLAR DOES WHEN IT HAS TO GO THROUGH TOUGH STUFF AND CHANGES? IT SPENDS TIME WITH ITSELF INSIDE A COCOON AND CHANGES INTO A BUTTERFLY. AT ITS MOST DIFFICULT MOMENTS THE CATERPILLAR IS ACTUALLY BUILDING ITS WINGS!

THE CORONA VIRUS HAS COME INTO OUR LIVES, NOT ONLY FOR YOU, BUT FOR PEOPLE ALL OVER THE WORLD. HOWEVER, WE CAN DO WHAT THE OYSTER DOES AND CREATE A PEARL FROM IT OR WHAT THE CATERPILLAR DOES AND BUILD OUR WINGS.

HAVING TO DEAL WITH "YUCKY" THINGS CAN BRING LOTS OF FEELINGS, THOUGHTS AND SENSATIONS IN OUR BODIES.

WE MAY FEEL LONELY, SCARED, ANGRY OR FRUSTRATED. WE MAY FEEL SAD BECAUSE WE MISS FRIENDS OR FAMILY. WE MAY HAVE MIXED-UP THOUGHTS AND OUR BODIES MAY FEEL REALLY TENSE.

FEELINGS NEED TO COME OUT AND TELL THEIR STORIES. CAN YOU DRAW A PICTURE OF YOUR FEELINGS NOW?

LET'S WRITE OR DRAW PICTURES OF THE THOUGHTS THAT YOU ARE HAVING:

LET'S DRAW A PICTURE OF THE FEELINGS AND SENSATIONS YOU ARE HAVING IN YOUR BODY. DOES YOUR BODY FEEL LIKE A NOODLE OR HARD LIKE A ROCK? DOES IT FEEL LIGHT OR HEAVY? LET'S LISTEN TO WHAT THE BODY IS SAYING!

WHEN WE DON'T' FEEL GOOD WE CAN DO WHAT THE OYSTER DOES!!!! WE CAN USE OUR POWERS AND CREATE OUR OWN PEARLS. LET'S SEE HOW WE CAN USE OUR POWERS!!

POWER # 1: WE CAN USE THE POWERS OF OUR BODIES TO STAY SAFE. WE CAN DO THE THINGS THAT WILL KEEP US FAR AWAY FROM THE CORONA VIRUS.

POWER # 2: WE CAN VISIT OUR FEELINGS TO HEAR WHAT THEIR VOICES ARE SAYING.

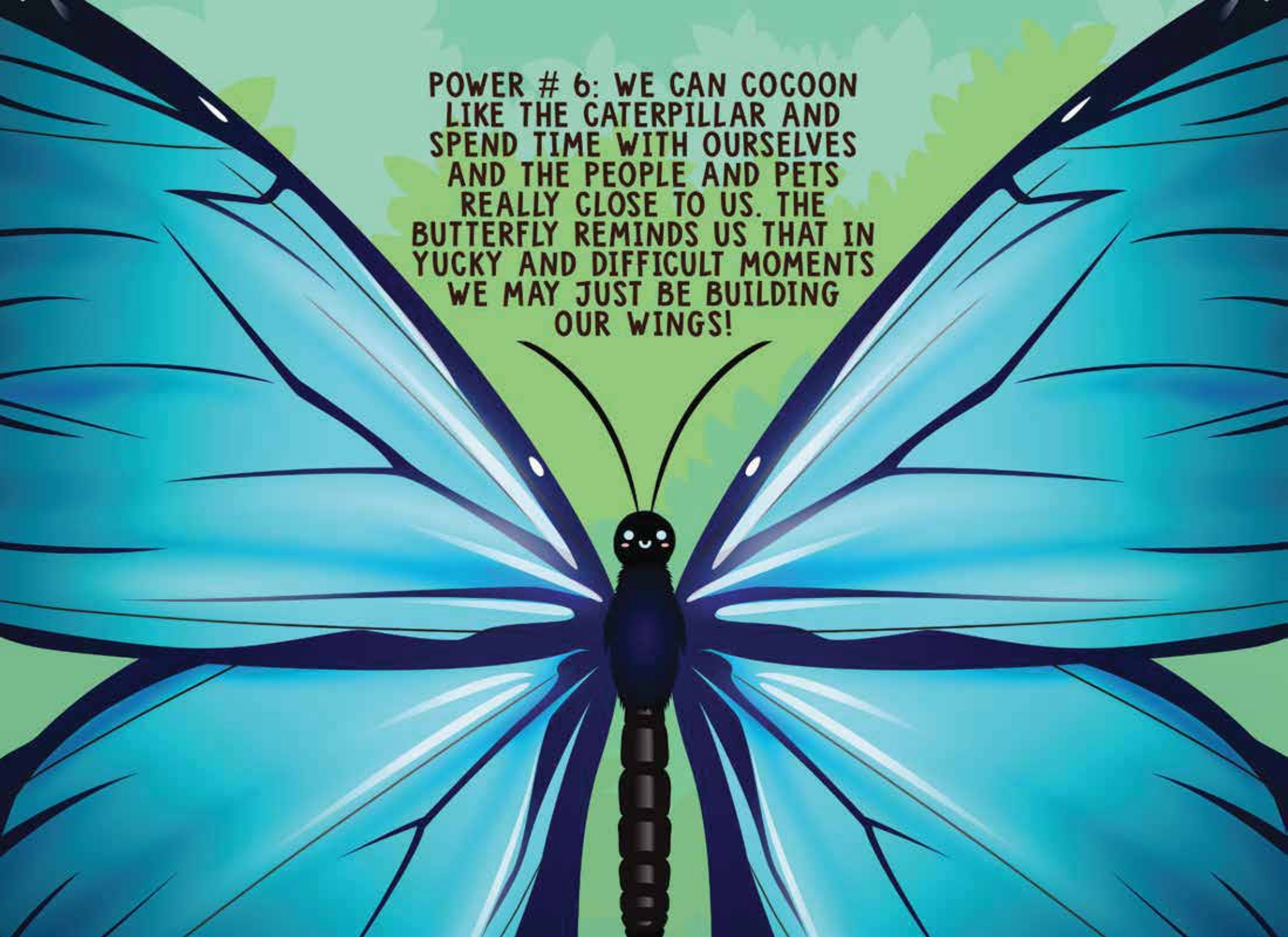
IF OUR FEELINGS ARE GETTING
TOO BIG, TOO HOT, OR TOO COLD,
WE CAN DO THINGS TO COOL THEM
DOWN OR WARM THEM UP.

IGNORING FEELINGS DOES NOT HELP US. REMEMBER, FEELINGS ARE MESSENGERS AND THE MORE WE LISTEN AND TALK ABOUT THEM THE BETTER WE WILL FEEL IN THE LONG RUN!

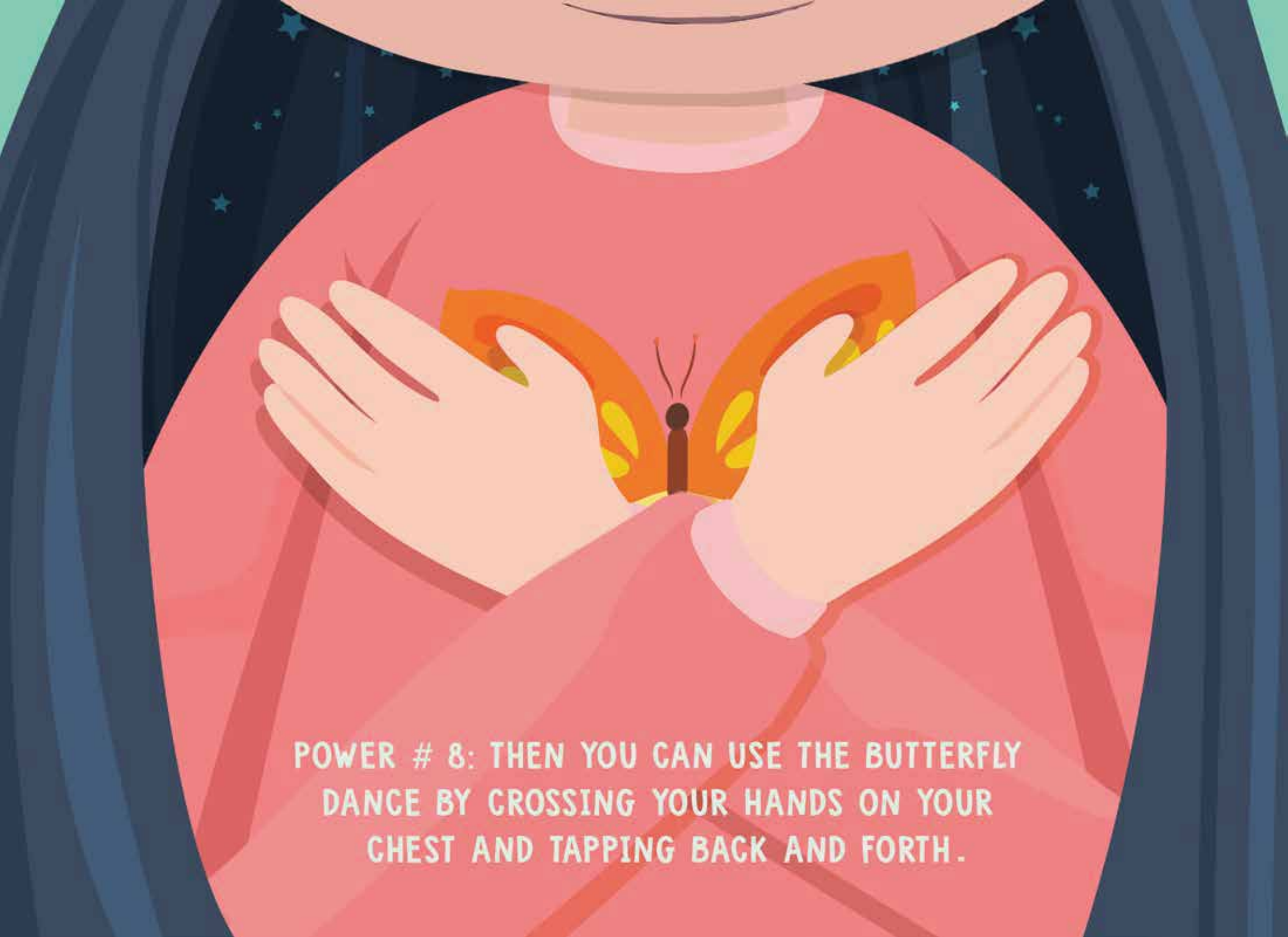
POWER # 3: WE CAN BE KIND AND LOVING TOWARDS OUR FEELINGS AND HAVE COMPASSION FOR THEM.

POWER # 4:WE CAN VISIT OUR NEEDS AND SEE WHAT WILL MAKE US FEEL BETTER: DO WE NEED A HUG? OR SOMEONE TO TELL US THAT THINGS ARE GOING TO BE OK? DO WE NEED TO TALK TO SOMEONE WE TRUST?

POWER # 5:WE CAN USE THE POWER OF BREATHING. BREATHING CAN HELP CALM OUR MINDS, HEARTS AND BODIES.


POWER # 6: WE CAN COCOON LIKE THE CATERPILLAR AND SPEND TIME WITH OURSELVES AND THE PEOPLE AND PETS REALLY CLOSE TO US. THE BUTTERFLY REMINDS US THAT IN YUCKY AND DIFFICULT MOMENTS WE MAY JUST BE BUILDING OUR WINGS!

POWER #7: MAYBE WE CAN FIND SPACE TO CONNECT WITH OUR TEAM OF HELPERS. CAN YOU DRAW OR WRITE WHO YOU WANT TO HAVE ON YOUR TEAM? A PERSON, PET, FRIEND, SUPER HERO OR ANYONE ELSE THAT FEELS SAFE TO HAVE ON YOUR VERY OWN TEAM?


POWER # 8: THEN YOU CAN USE THE BUTTERFLY
DANCE BY CROSSING YOUR HANDS ON YOUR
CHEST AND TAPPING BACK AND FORTH.

POWER # 9: YOU CAN DANCE LIKE A GORILLA WHILE YOU THINK ABOUT A HAPPY MOMENT IN YOUR MIND. LETS TAP THE CHEST BACK AND FORTH.

POWER # 10: YOU CAN ALSO FIND A PLACE WHERE YOU FEEL HAPPY AND SAFE. CAN YOU DRAW THAT PLACE? WHEN YOU HAVE IT, LET'S STOMP OUR FEET AS WE MARCH TOGETHER!

POWER # 11 :WE CAN SING, WE CAN HUMM, WE CAN DANCE OR WE CAN JUMP!

POWER #12: WE CAN CONNECT THROUGH OUR HEARTS.

ALL WE HAVE TO DO IS TO IMAGINE A LONG SPECIAL CORD THAT GOES FROM YOUR HEART ALL THE WAY TO THE HEARTS OF THE PEOPLE THAT WE LOVE.

BECAUSE THE BIGGEST POWER WE HAVE IS THE POWER TO LOVE OURSELVES AND LOVE THE ONES AROUND US. IN MANY PLACES AROUND THE WORLD, WE CAN'T TOUCH EACH OTHER OR BE CLOSE TO OUR FRIENDS AND FAMILY, HOWEVER, WE CAN STILL CARRY THEM AND BE VERY CLOSE TO THEM IN OUR HEARTS.

REMEBER, WE ARE FULL OF SPECIAL POWERS INSIDE!
WE ARE NOT ALONE, WE CAN JOIN IN AND USE ALL OF OUR POWERS AS ONE, BUILD OUR WINGS AND CREATE MANY PEARLS TOGETHER.

Now Let's create the oyster and the butterfly song.
We can invite all of our feelings because even when we are sad and scared, we can still sing together!
Remember you are not alone, we are all in this together!

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This book uses strategies from other authors such as:
Butterfly Hug (Lucina Artigas)
Team of Helpers (Ricky Greenwald)