



# THE STORY OF THE OYSTER AND THE BUTTERFLY:


## THE CORONA VIRUS AND ME



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DESIGNED BY SERGIO AGUIRRE



**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 “POWERFUL 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.**

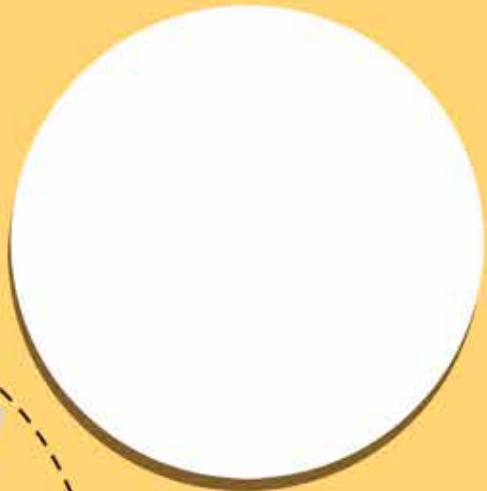
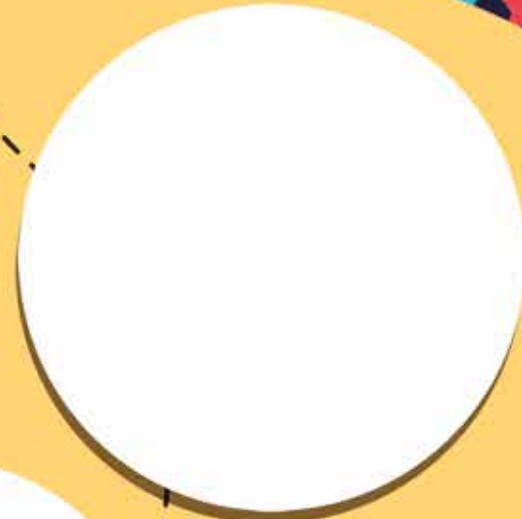
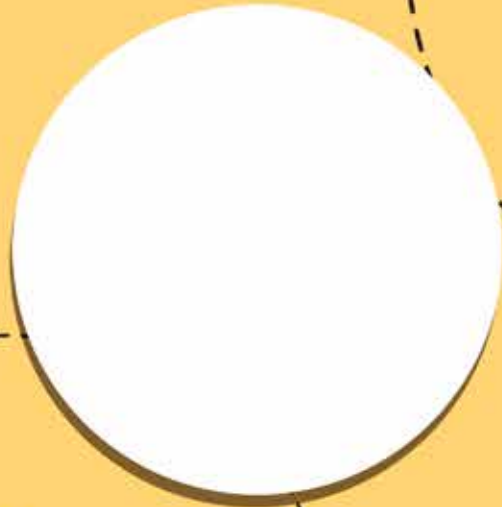
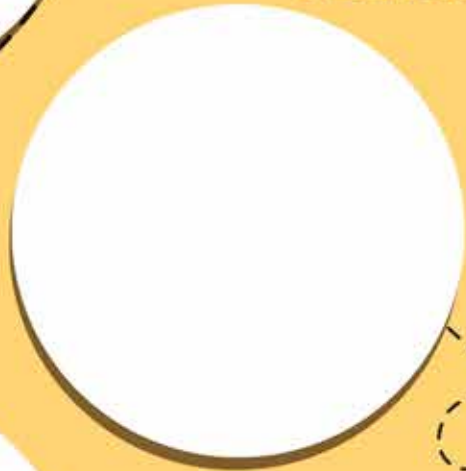
**HAVING TO DEAL WITH  
"YUCKY" THINGS CAN  
BRING LOTS OF  
FEELINGS, THOUGHTS  
AND SENSATIONS IN  
OUR BODIES.**



**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.**





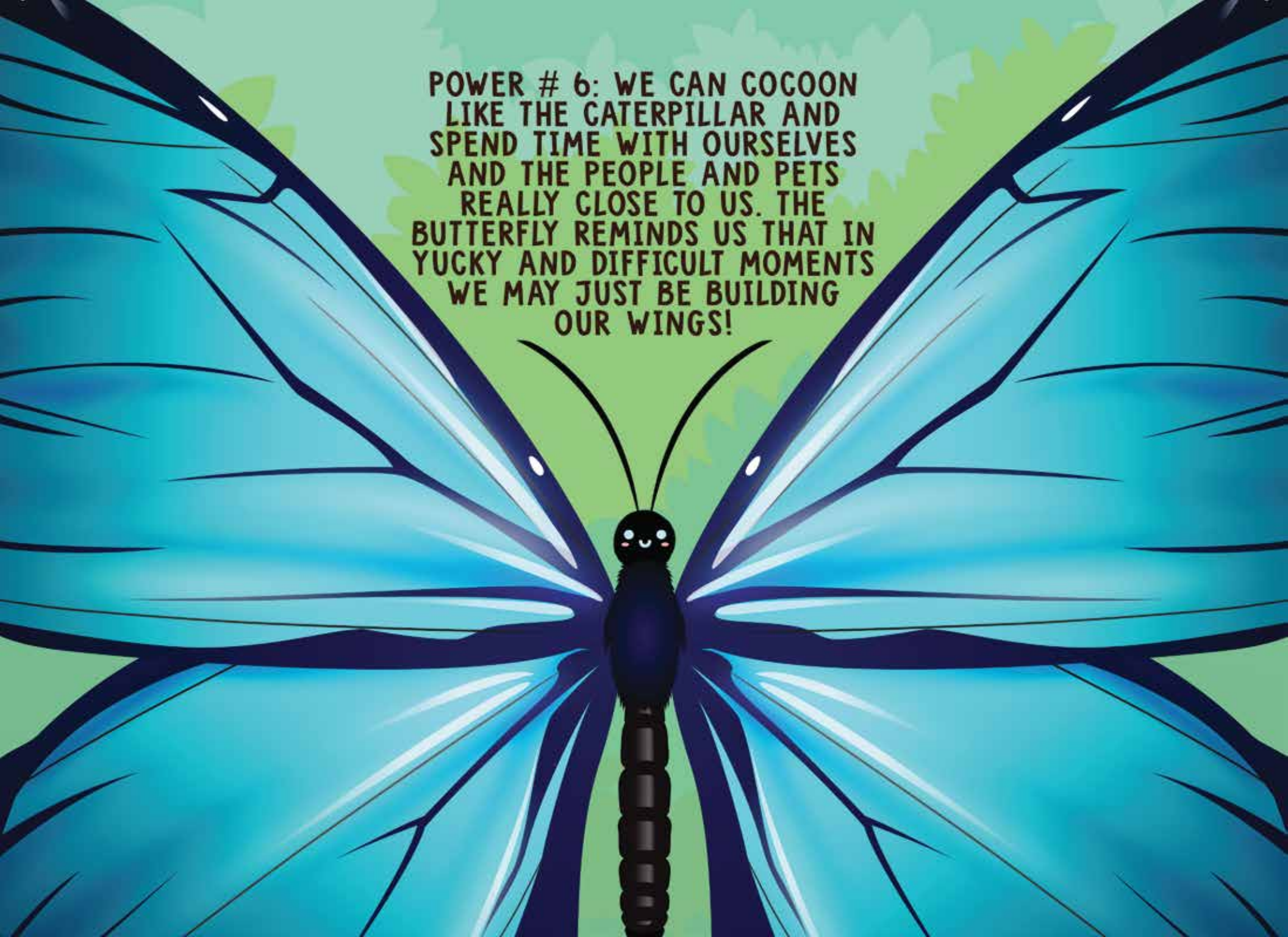
An illustration of a family in a park. A father with blonde hair and a purple long-sleeved shirt stands on the left, hugging a young boy with blonde hair, a red t-shirt, and blue shorts. A mother with blonde hair and a purple t-shirt stands behind the boy, also hugging him. The boy has a slightly sad or thoughtful expression. The background shows green trees and a purple sky. A large white speech bubble on the right contains text.

**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.**

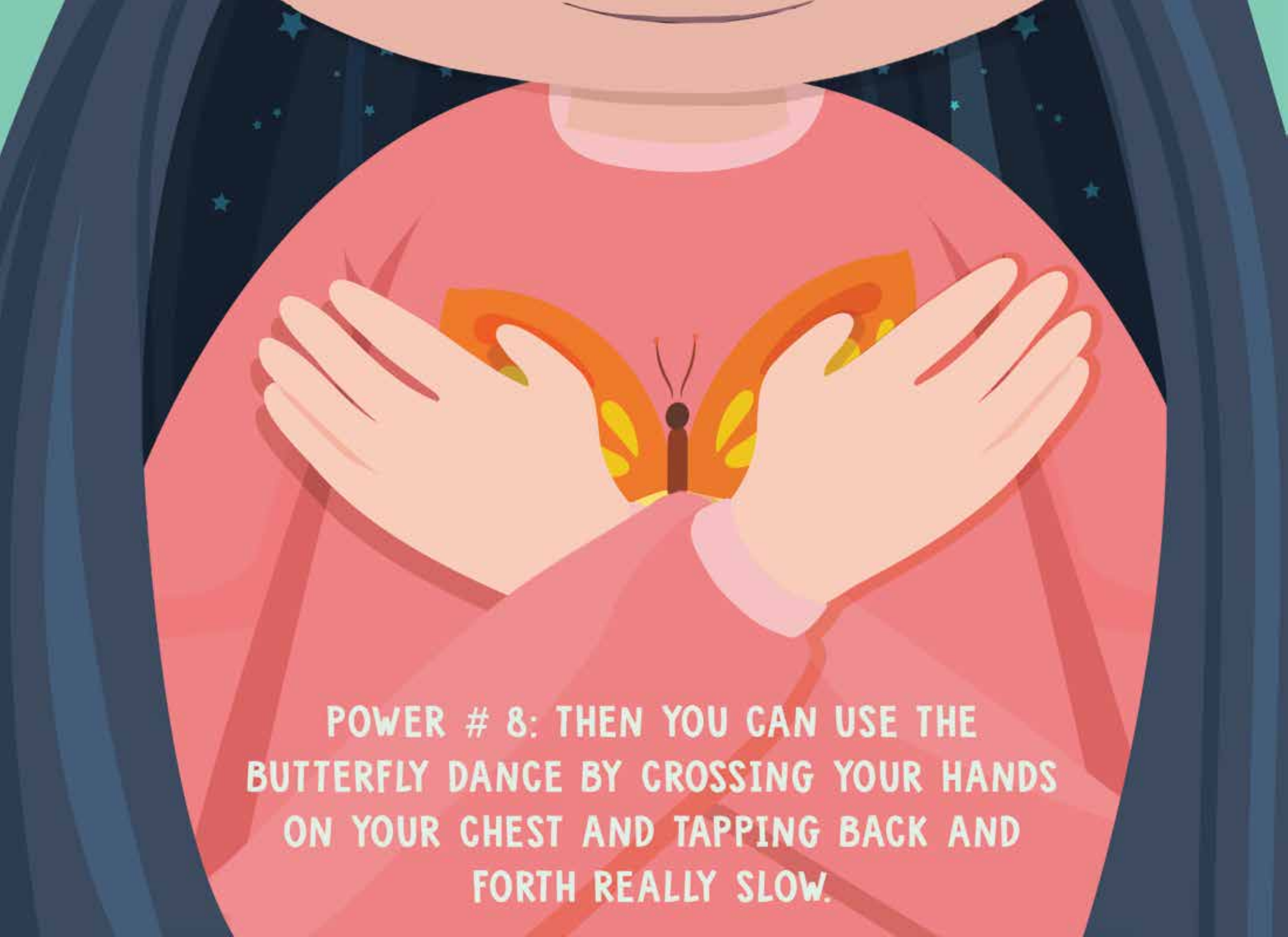


**POWER # 6: WE CAN COCOON  
LIKE THE GATERPILLAR AND  
SPEND TIME WITH OURSELVES  
AND THE PEOPLE AND PETS  
REALLY CLOSE TO US. THE  
BUTTERFLY REMINDS US THAT IN  
YUCKY AND DIFFICULT MOMENTS  
WE MAY JUST BE BUILDING  
OUR WINGS!**

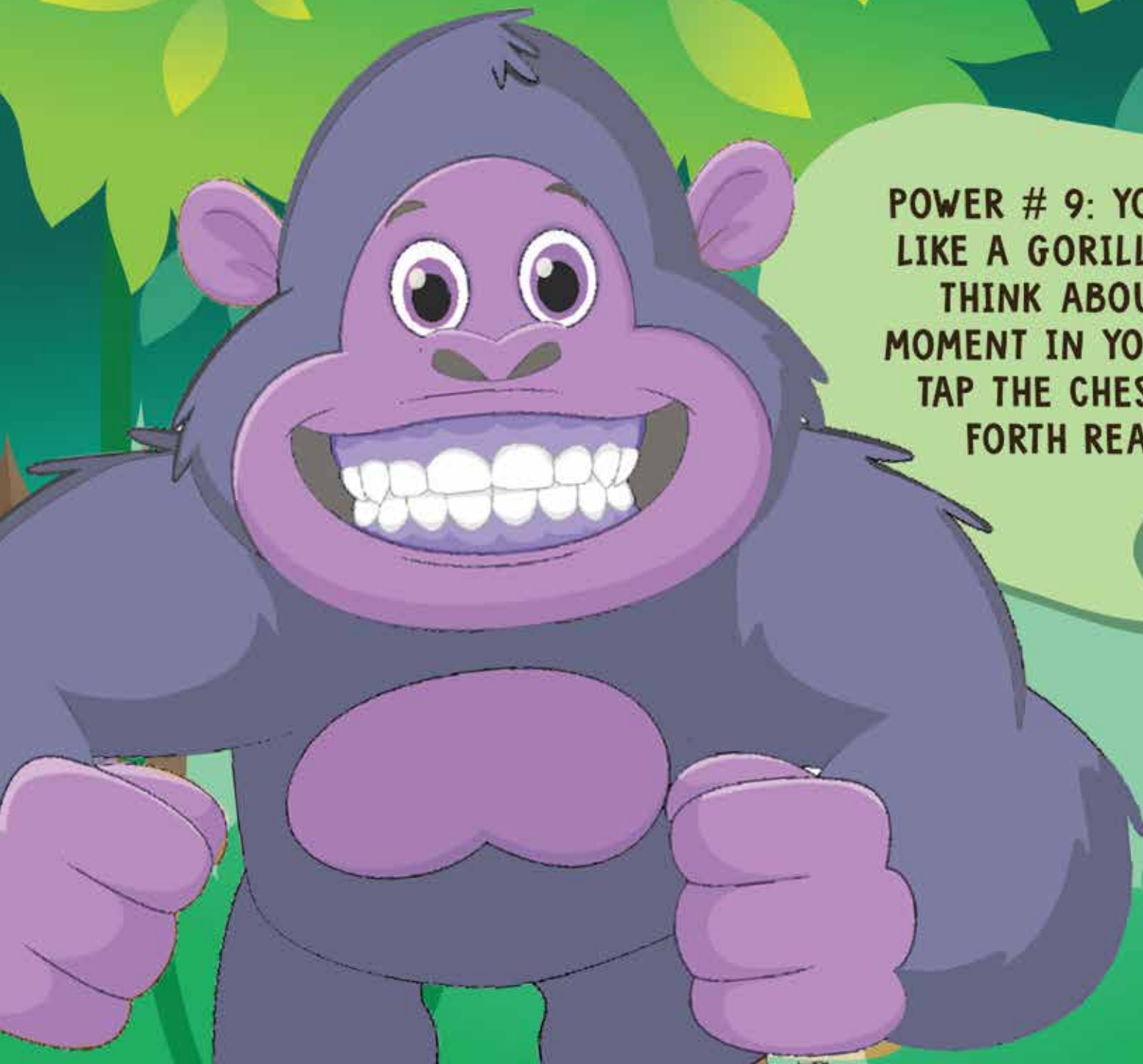


**POWER #7: MAYBE WE CAN FIND SPACE TO CONNECT WITH OUR TEAM OF HELPERS. CAN YOU DRAW OR WRITE WHO YOU WANT TO HAVE ON YOUR TEAM? A PERSON, PET, FRIEND, SUPER HERO OR ANYONE ELSE THAT FEELS SAFE TO HAVE ON YOUR VERY OWN TEAM?**

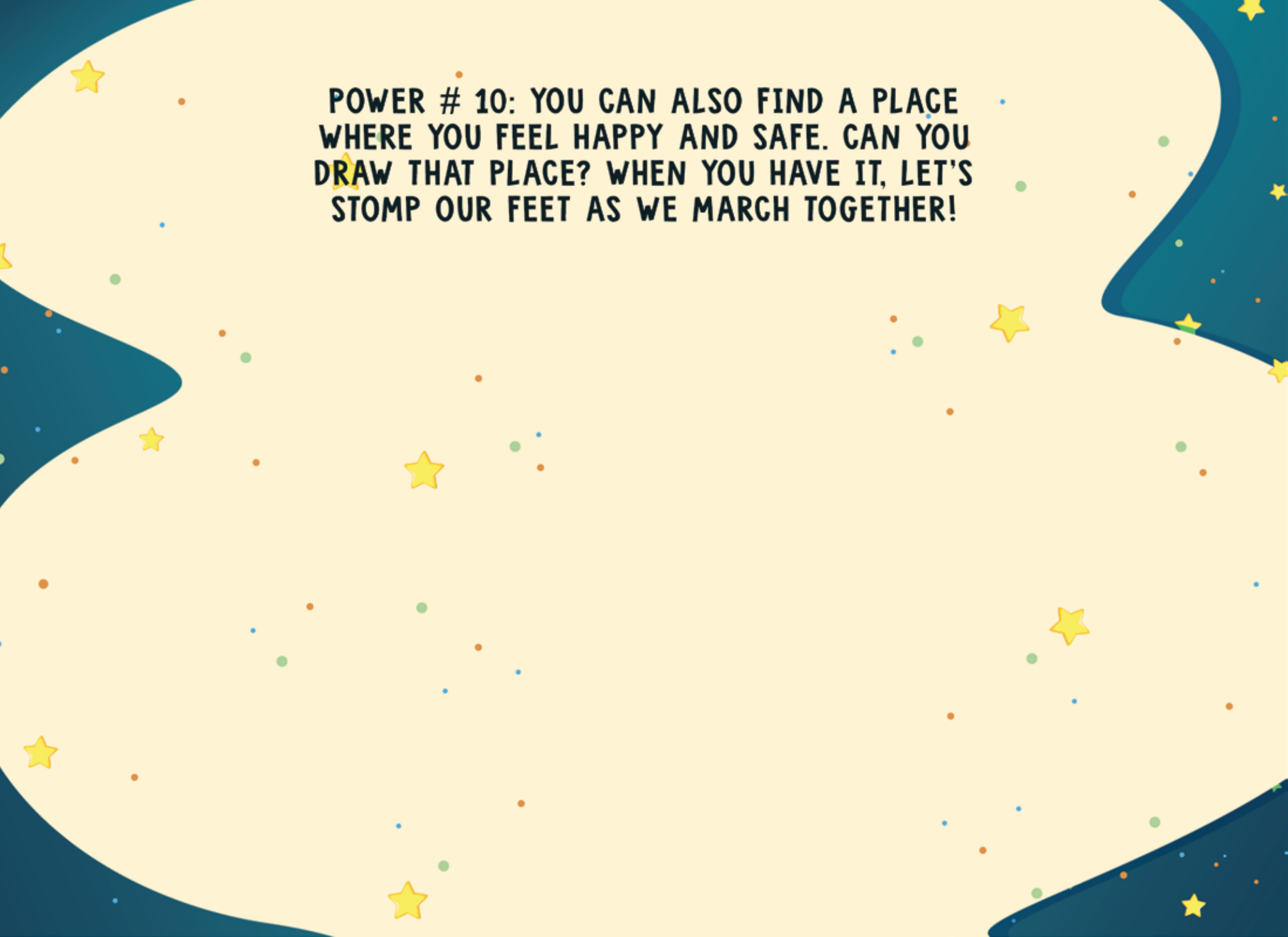


An illustration of a person's chest area. The person is wearing a red long-sleeved shirt. Their hands are held up to their chest, with the fingers spread, forming the shape of a butterfly's wings. The butterfly's body is a small black dot with two antennae. The background behind the person is a dark blue night sky with several small white stars. The person's face is partially visible at the top, showing a slight smile.

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



**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 REALLY SLOW.**



**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 HUM, 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.



**REMEMBER, 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!



**This book contains strategies from EMDR therapy (Dr. Francine Shapiro) and mindfulness.**



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**This book uses strategies from other authors such as:**

**Butterfly Hug (Lucina Artigas)**

**Team of Helpers (Ricky Greenwald)**