



THE STORY OF THE OYSTER AND THE BUTTERFLY:


THE CORONA VIRUS AND ME



ANA M GOMEZ
COPYRIGHT © ANA M GOMEZ, 2020
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 “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.**

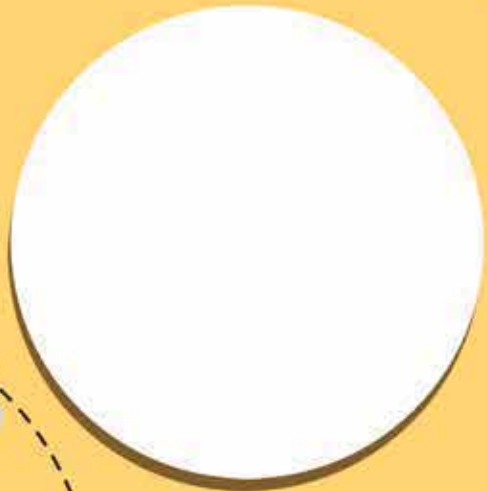
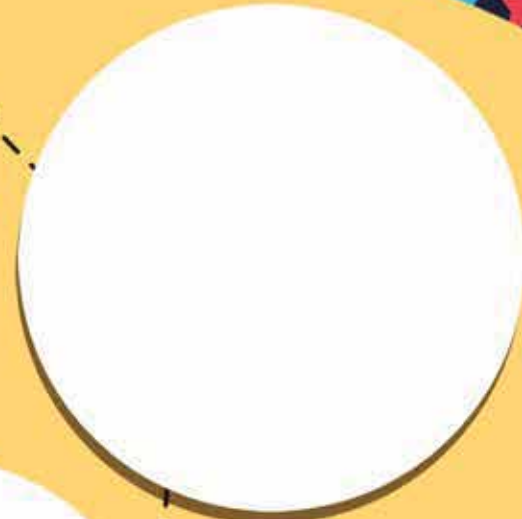
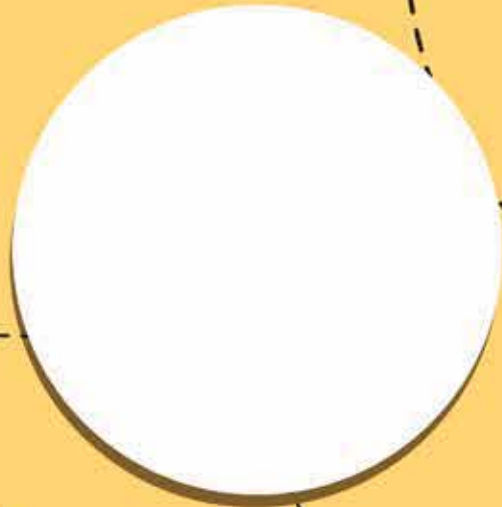
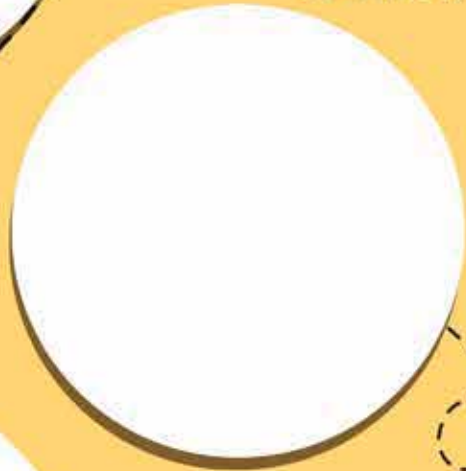
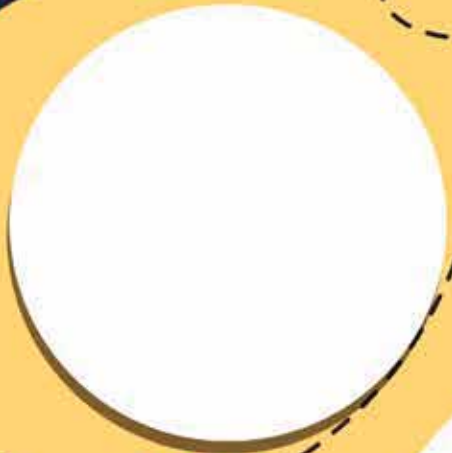
**HAVING TO DEAL WITH
“YUCKY” THINGS CAN
BRING LOTS OF
FEELINGS, THOUGHTS
AND SENSATIONS IN
OUR BODIES.**



**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.**



An illustration of a family of four in a park-like setting. 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 features 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.

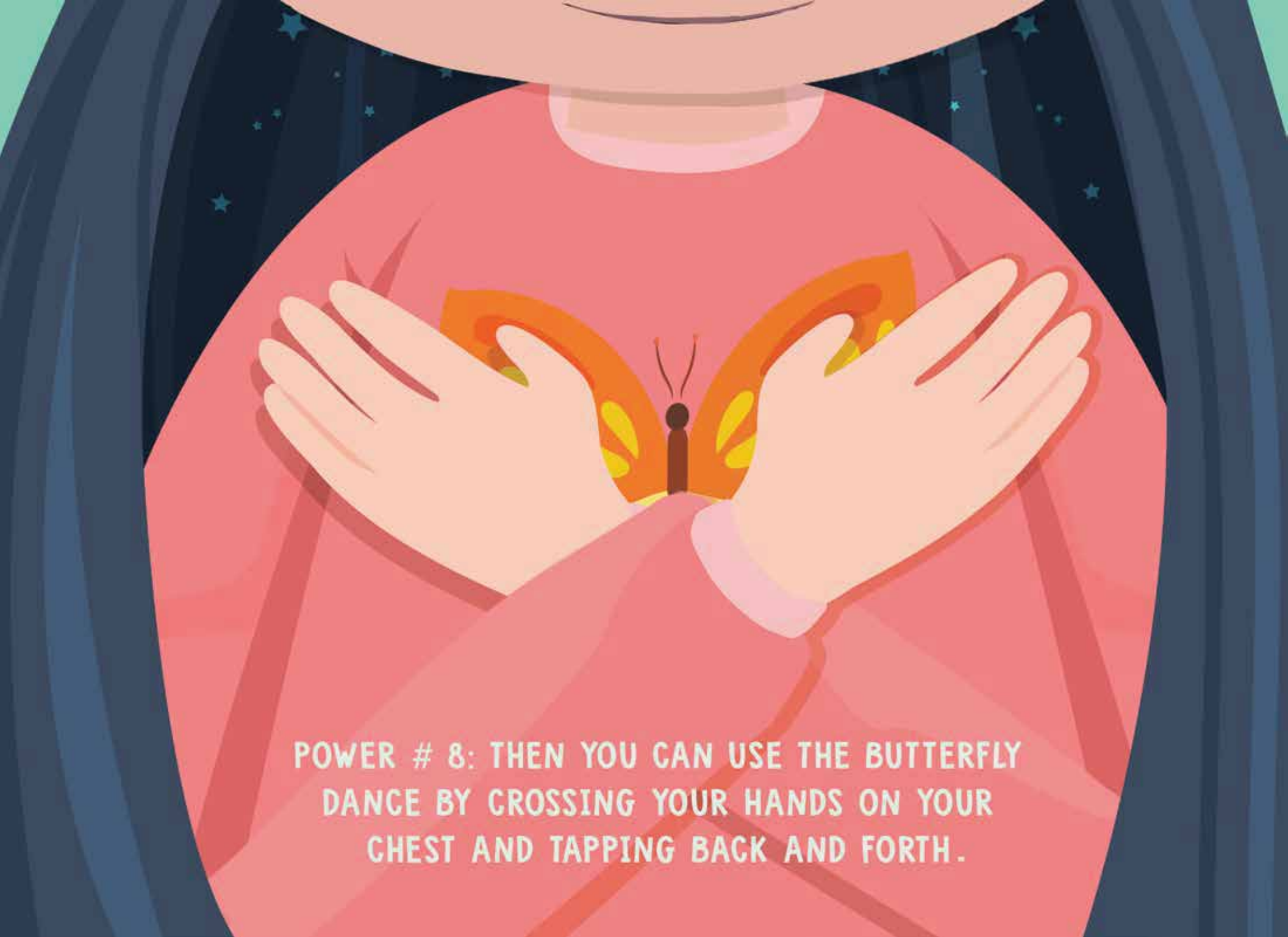


**POWER # 6: WE CAN COCOON
LIKE THE CATERPILLAR AND
SPEND TIME WITH OURSELVES
AND THE PEOPLE AND PETS
REALLY CLOSE TO US. THE
BUTTERFLY REMINDS US THAT IN
YUCKY AND DIFFICULT MOMENTS
WE MAY JUST BE BUILDING
OUR WINGS!**

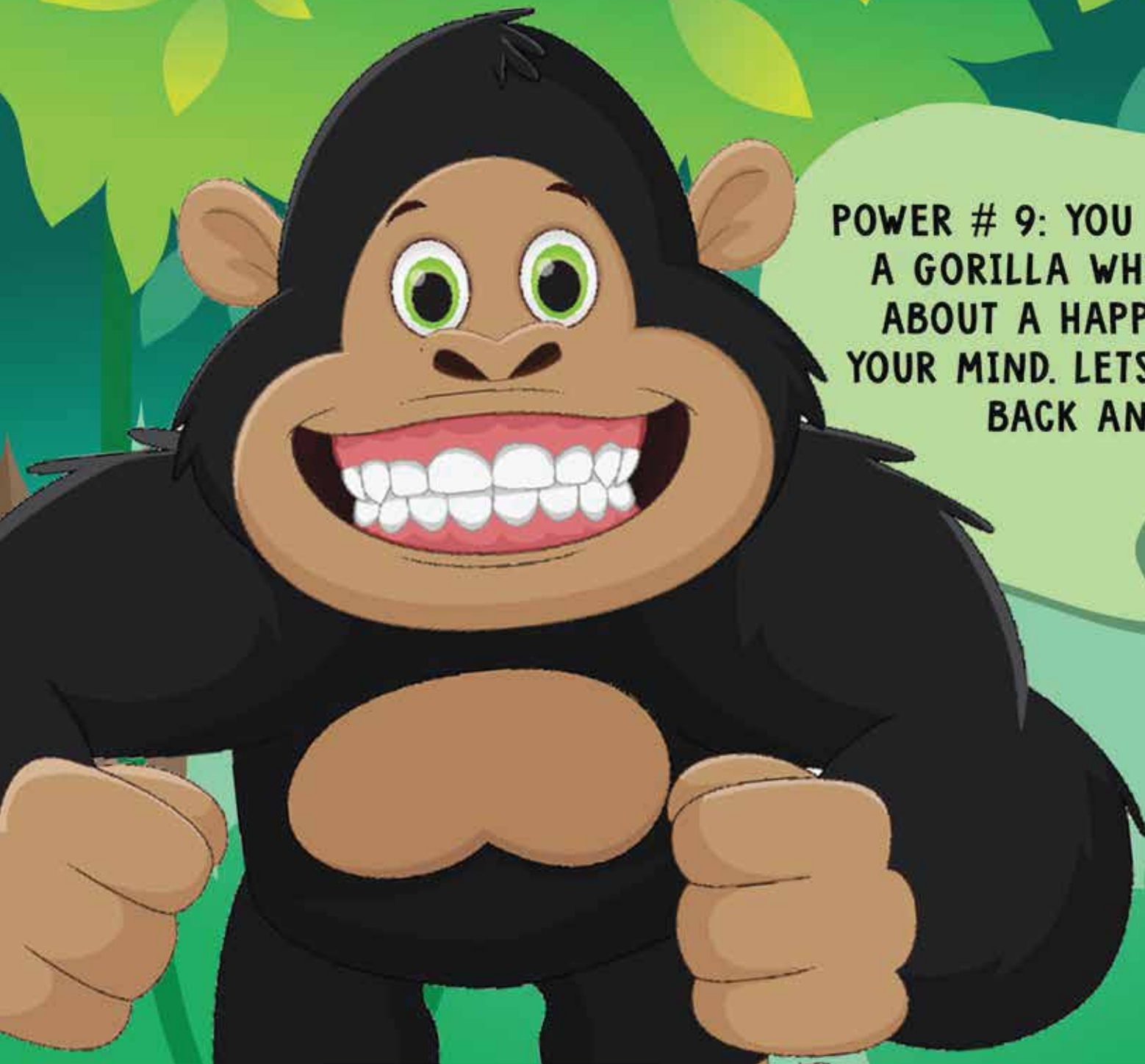


POWER #7: MAYBE WE CAN FIND SPACE TO CONNECT WITH OUR TEAM OF HELPERS. CAN YOU DRAW OR WRITE WHO YOU WANT TO HAVE ON YOUR TEAM? A PERSON, PET, FRIEND, SUPER HERO OR ANYONE ELSE THAT FEELS SAFE TO HAVE ON YOUR VERY OWN TEAM?

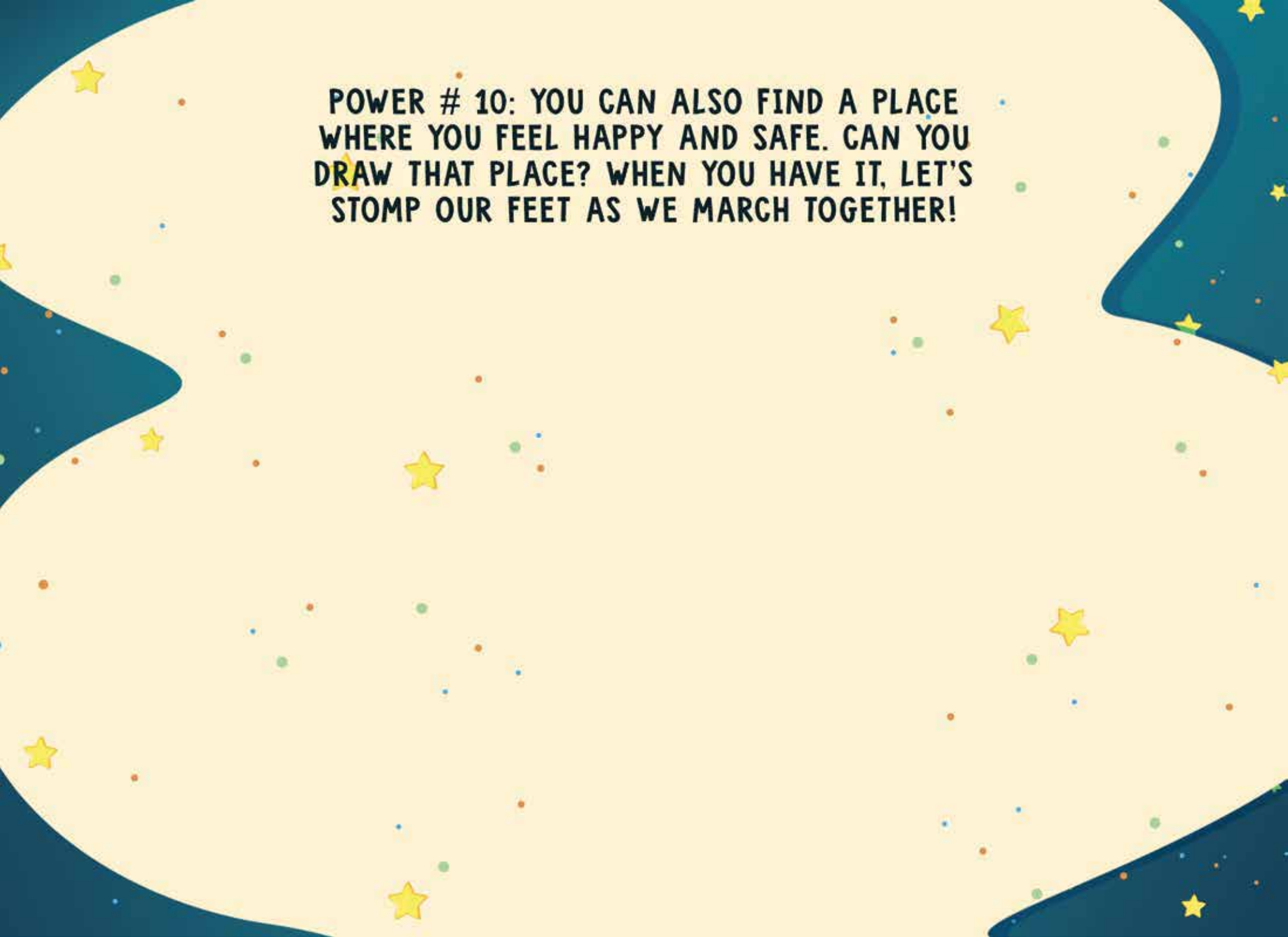




**POWER # 8: THEN YOU CAN USE THE BUTTERFLY
DANCE BY CROSSING YOUR HANDS ON YOUR
CHEST AND TAPPING BACK AND FORTH.**



**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.



**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!





ANA M. GOMEZ

psychotherapist, author, lecturer, and researcher



AGATEINSTITUTE

Ana Gómez Attachment Trauma Education

Global Child-EMDR



Alliance

www.AnaGomez.org
www.AgateInstitute.org
anag@anagomez.org

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