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EMDR-IL

HILLI AND THE CORONA VIRUS

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My name is Hilli.
I'm a girl who usually feels OK.
I like my house and my family is fun.
I like to go to school every day
and play with my friends.
I also love visiting my grandpa and grandma.

Everthing was OK
untill one day...
something changed...

I couldn't go to school anymore.
I wasn't allowed to visit my best friend
because there were too many
people at the house.
But the saddest was that I couldn't see
grandma and grandpa anymore
and I know that made them sad too.

Mommy And Daddy said:
"it was all because of the Corona Virus"
All day they listen to the news
and every day they look
more and more worried.





Daddy says that Corona is a virus that passes from one person to the other when we touch or sneeze without covering our mouths. He told me how important it is to wash our hands and keep everything that we touch, very clean.

We mustn't even hug anymore, not our friends and definitely not grown ups whom were not mom and dad.

I learned how to wash my hands properly and I watch how my parents clean everything with special soap. Yesterday I heard that my friend Roni's grandpa is sick.

Roni is sad
Sometimes I feel sad too.

Mom tells me that being afraid is normal
all children have scary thoughts...

I keep trying to understand
what is this Virus.. Corona?

Maybe it's like a big monster
that comes to kill you?

Maybe it's like a small mosquito that just
sneaks up to bite and poison us?

That's really scary.

It's so tiny that we cant even see it.





Do you also have scary thoughts like mine?

Do you Sometimes have
very sad feelings?





Daddy told me that they took Roni's grandpa to a special place called Isolation, where no one can visit him. The Doctor and nurses will take care of him until he gets better.

Daddy told me that this illness is most catchy for older people. That makes me worry about my grandparents because they're older.

Are you also worried about
someone you love?



Sometimes when I'm sad
and my brain fills up with bad thoughts.
Mommy says:
"Lets think of pleasent, fun things"

Yesterday we thought together of the beach,
of my dog Spot and vanilla ice cream.
That's my favorite flavor.

And you know what?
My heart was suddenly filled with love.





Other times
when I couldn't get the scary thoughts out of
my mind, mommy said:

"We're going to do something special
to help us relax.
It's called a butterfly hug.
Put one hand on one shoulder
and one hand on the other."

Together we imagined
a place that was calm and safe.
I tapped first on one shoulder
then on the other... back and forth,
like a fluttering butterfly.

When it's hard for me to fall asleep,
and I feel that my body is all jumpy.
Daddy takes one of my hands in each of his,
gently presses first one palm
and then the other as we move our eyes
back and forth from hand to hand,
back and forth,
back and forth...





Daddy tells me that one day soon
we will drive the Corona virus away!

Daddy tells me that now we're here together!

Daddy tells me that everything
will be OK!

And when everyone is sitting around the T.V
watching the news, telling me to be quiet
I know that they're probably
hearing scary words,
maybe that we'll never be able to go
out of the house.

Do you know what I do?
I jump from side to side and do the
special dance that I made up...
from side to side,
side to side,
again and again,
my very own ride.





Do you also have
a relaxing dance?

But the very hardest time
is when I ask mommy :
"When is this going to end?" and she says:
"I dont know, but I hope it will be soon"
That's when I really feel sad.
If mommy doesn't know, how can I be sure?
But that's also when mommy gives me
a big warm hug, and we rock together from
side to side.

That's when she promise that this
Corona virus will come to an end.
Everything will go back to the way it was.
Right now, if I can relax my fears
and calm myself down,
then my brain will do the rest
So what do I do?
I just think about NOW and about mommy's
hug as we rock back and forth.



Do you have your special way to relax?

So let's try your special way!
What are you telling yourself as you relax?

Maybe you're saying everything will be OK?

Or maybe you're saying everything will be fine
as it was before?

Or maybe you're saying I am strong?

Or maybe you're saying
it will be fine as it was before,
just as it was once...?



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