

MARTINA STAYS AT HOME

JULIA ROMERO NURIA JUAN

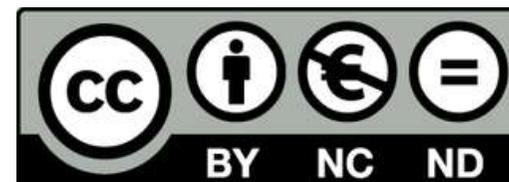
DRAWINGS ILICOMACORONE

Text review by Elena Fdez -Renau



Our only purpose is to help the little ones in these challenging times. When sharing this story, please respect its copyright.

This work is licensed under the Creative Commons Attribution-SinDerivative 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nd/4.0/> or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.



Martina has two pigtails and pink cheeks that turn red when she smiles. She has lots of friends and teachers who always take care of her. However, it has been a few days that she hasn't seen them. She needs to stay at home because there is a virus that can make them sick.



But Martina is not alone. She has a secret friend who is always beside her. Its name is Zuri and it changes colour from time to time, but Martina still doesn't know why...

On Monday, Martina wakes up feeling like smiling. She is going to spend a lot of time with mum and dad. And that makes her **HAPPY**.
Wow! Today Zuri has woken up green.



When Martina is **HAPPY**, she plays, sings and dances nonstop. She feels full of energy. She doesn't know yet, but **HAPPINESS** is her favourite emotion. And also Zuri's!

On Tuesday, Martina wakes up feeling like crying. She wants to see her teachers and her friends from school. That makes Martina **SAD** and Zuri has turned blue.



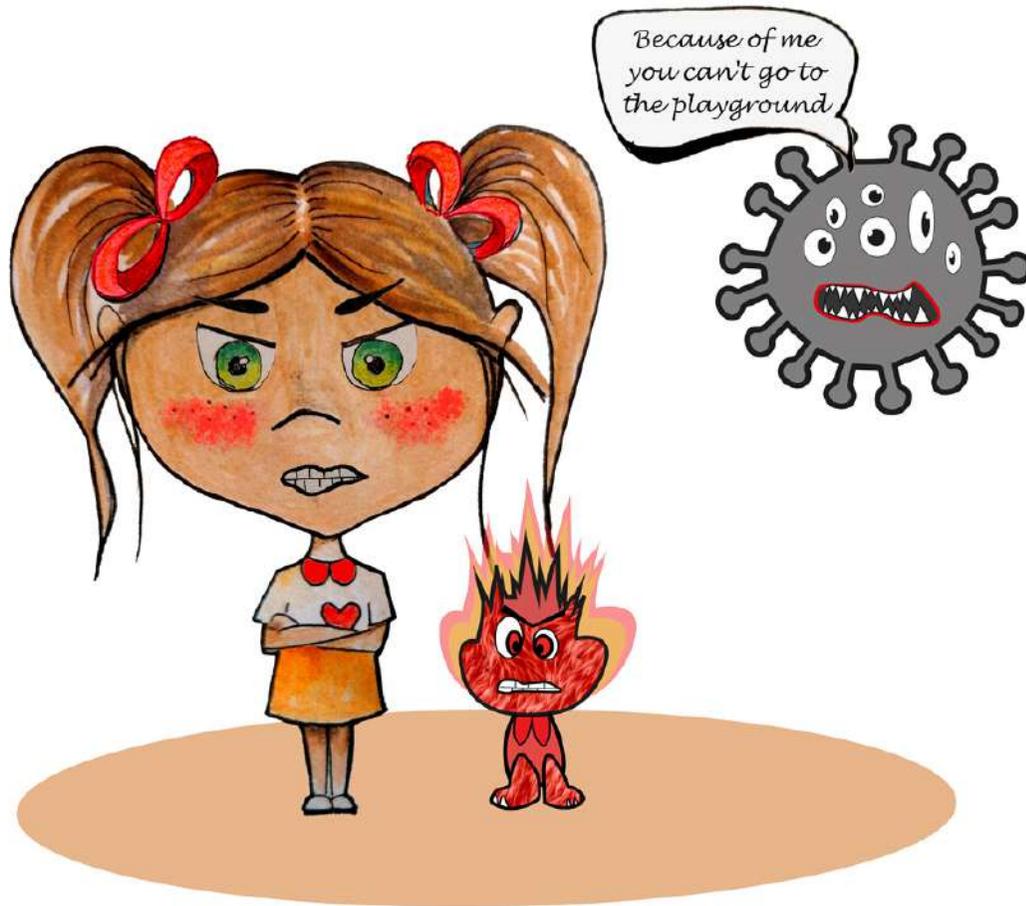
When Martina is **SAD**, she sits on the floor, she cries and she doesn't want to do anything. Her mum tells her that it is okay to cry when you are **SAD**. It actually helps us to feel better!

SADNESS appears when we have lost something we love or when we cannot see our dear ones, like it happens to Martina and her friends these days.



Dad tells Martina that when she is **SAD**, the best thing to do is to tell them about it and ask them for help. Together they will come up with happy stories to push **SADNESS** away.

On Wednesday, Martina wakes up feeling like screaming. And Zuri has turned red! Martina is **ANGRY**. She wants to go the playground and she doesn't understand why she has to stay at home because of a virus.



When Martina is **ANGRY** she doesn't listen or pay attention to mum and dad. They explain to her that everybody experiences **ANGER** when we believe something is unfair.

Mum tells Martina that when she feels like that, she can tell her or dad so that they find a solution together.



The three of them can scream, jump, or make paper balls and throw them against the wall. This way **ANGER** will go away and she will feel better.

On Thursday, Zuri is grey. Martina has been listening for many days that this virus, even if it is tiny, can harm grandparents as well as mum and dad. And she is SCARED.



When she is SCARED she freezes and she doesn't know what to do or how to help. Her mum explains to her that even if it doesn't make us feel great, being SCARED has a good side: it warns us about a danger and teaches us to be careful.

To avoid feeling SCARED, her mum tells her that she just needs to stay at home and wash her hands with soap and water while she sings a song.



There will be times when it will be enough to ask mum and dad for a big big hug. This way, she won't feel SCARED anymore.

On Friday, Martina and Zuri feel really well. Wow! Zuri has turned pink. It is full of LOVE. Martina has been at home with her family for a week and she washes her hands several times a day.

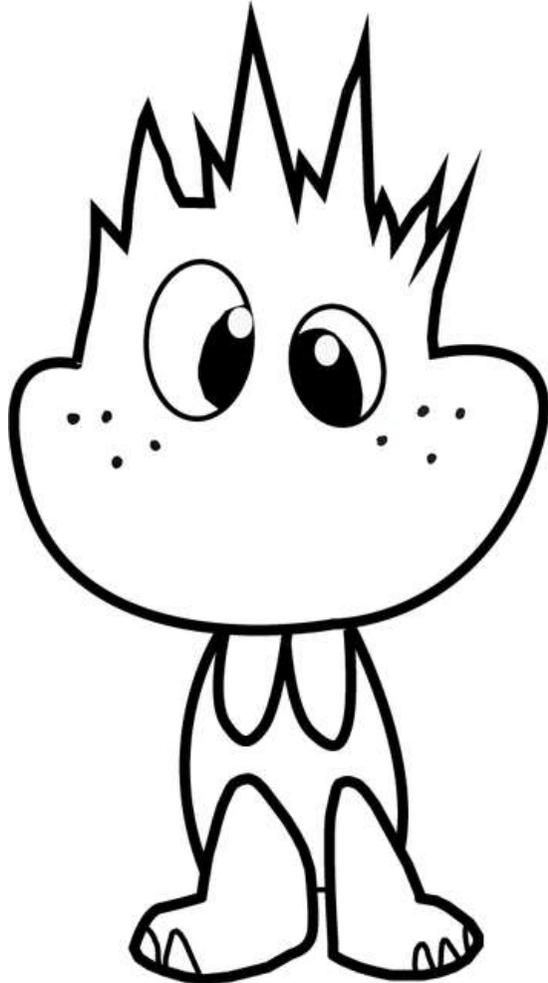


Her mum and dad have told her that there are a lot of good people outside fighting the virus. Then Martina realizes that:

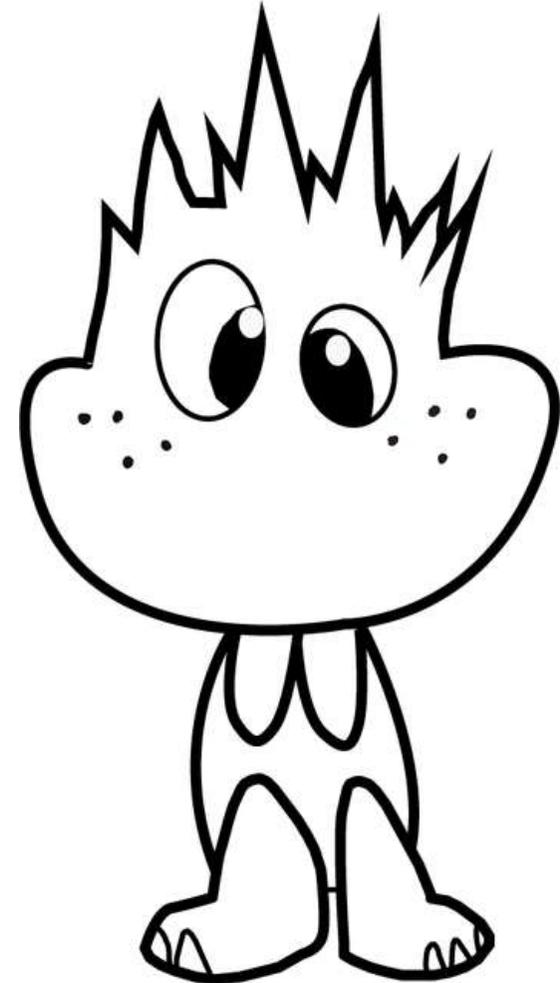
**TOGETHER,
WE WILL BEAT
THE VIRUS!**

Now is your turn... what colour will Zuri be during the weekend?

SATURDAY



SUNDAY



This story has been created thanks to...

Julia Romero

Nuria Juan



nuriajpm

Isabel Martínez



lilomacarrone

Text review by

Elena Fdez-Renau

www.centroinfantilpasitoapasito.com



CentroInfantilPasitoaPasito



pasitoapasitoleon

www.ampsico.es



Ampsico



psicologia_con_amor