

MY CORONAVIRUS HELPING BOX (EMDR VERSION)



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DESIGNED BY SERGIO AGUIRRE

HOW TO USE THIS WORKBOOK:

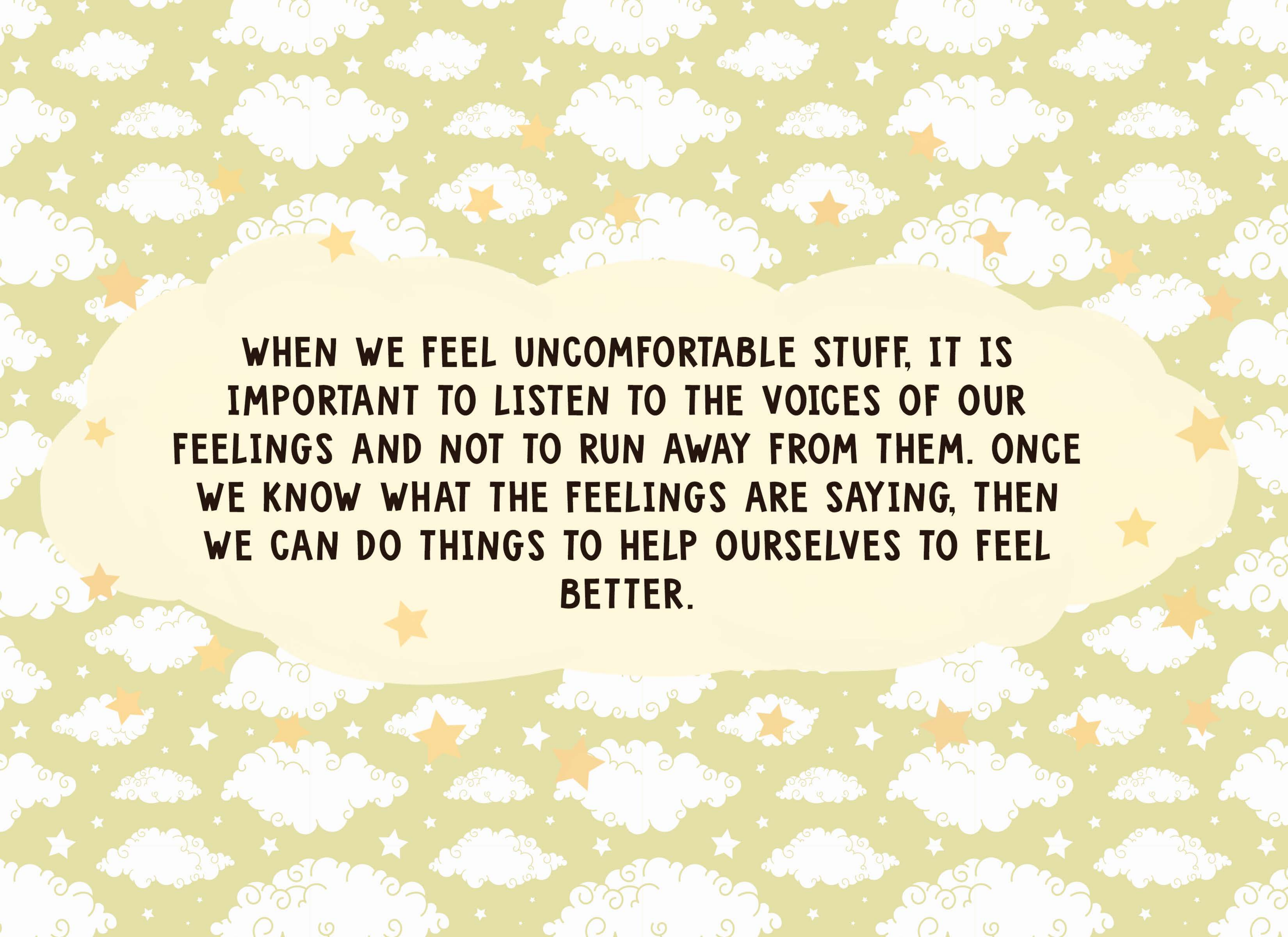
1. THIS BOOK USES EMDR THERAPY PROCEDURES AND SHOULD BE GUIDED BY A TRAINED EMDR PROFESSIONAL.
2. THIS IS A BOOK THAT IS EASY TO FOLLOW. IT IS USED TO INCREASE CHILDREN'S CAPACITY TO COPE WITH CHALLENGING EMOTIONS TRIGGERED BY THE CURRENT PANDEMIC.
3. THE MAIN GOAL OF THIS BOOK IS TO BUILD RESILIENCY AND SUPPORT CHILDREN IN NEED OF RESOURCES.
4. IF THE CHILD REPORTS NEGATIVE EMOTIONS AFTER IDENTIFYING A RESOURCE, SKIP THAT RESOURCE AND GO TO THE NEXT ONE.
5. IF THE CHILD CONTINUES TO REPORT NEGATIVE EMOTIONS, ADDRESS THE CHALLENGING EMOTIONS AND FIND A MORE APPROPRIATE RESOURCE THAT CAN BRING THE CHILD BACK TO EMOTIONAL BALANCE. PLEASE STOP USING THE EXERCISES PROPOSED IN THIS BOOK IF THE CHILD CONTINUES TO EXPERIENCE NEGATIVE EMOTIONS.
6. WHEN USING THE DIFFERENT FORMS OF BILATERAL STIMULATION (BLS), ASK THE CHILD TO DO THEM SLOWLY AND ABOUT 8 TO 12 SETS.
7. PARENTS MAY BE INVITED TO ACCOMPANY THEIR CHILDREN AND HELP THEM CREATE THEIR CORONAVIRUS HELPING BOXES.
8. THE NAMES GIVEN TO THE VARIOUS FORMS OF BILATERAL STIMULATION WILL CHANGE AS WE GO INTO PROCESSING PHASES OF EMDR THERAPY. FOR INSTANCE, THE CALMING DRUMMING WILL BE CALLED THE SORTING OUT DRUMMING.



**THE CORONAVIRUS HAS COME TO
OUR PLANET BRINGING LOTS OF
FEELINGS, MIXED-UP THOUGHTS
AND TENSION IN OUR BODIES.
WE MAY BE WORRIED ABOUT
OURSELVES AND THE PEOPLE
THAT WE LOVE.**

**EMDR THERAPY IS SOMETHING THAT HELPERS DO TO HELP KIDS,
TEENS AND GROWN-UPS THAT ARE HAVING BIG MIXED-UP
FEELINGS, BOTHERING THOUGHTS AND UNCOMFORTABLE
SENSATIONS IN THEIR BODIES.**

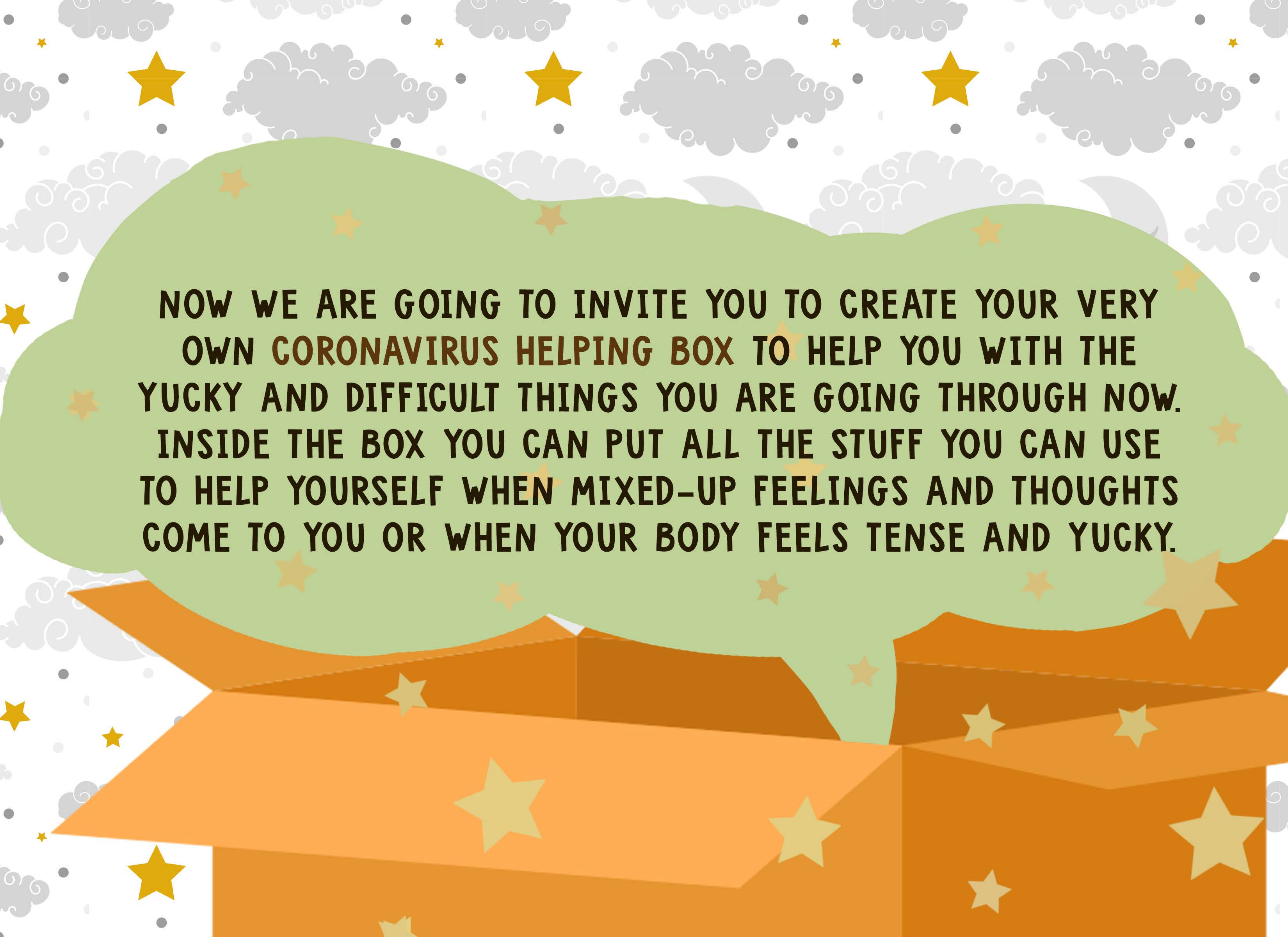




**WHEN WE FEEL UNCOMFORTABLE STUFF, IT IS
IMPORTANT TO LISTEN TO THE VOICES OF OUR
FEELINGS AND NOT TO RUN AWAY FROM THEM. ONCE
WE KNOW WHAT THE FEELINGS ARE SAYING, THEN
WE CAN DO THINGS TO HELP OURSELVES TO FEEL
BETTER.**

**NOW LET'S DRAW A PICTURE OF THE
THINGS THAT FEEL YUCKY OR ARE
DIFFICULT FOR YOU NOW.**

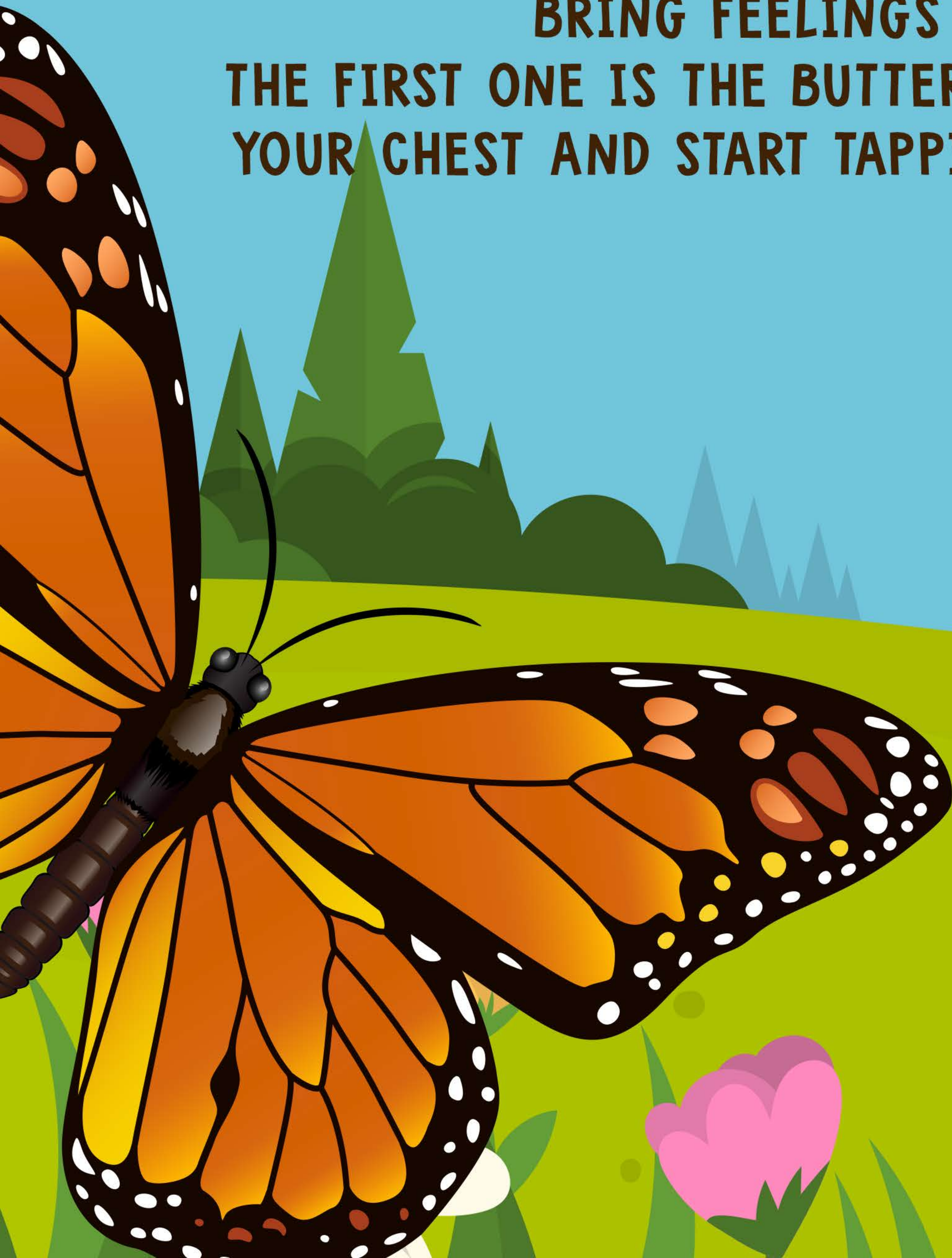




NOW WE ARE GOING TO INVITE YOU TO CREATE YOUR VERY OWN CORONAVIRUS HELPING BOX TO HELP YOU WITH THE YUCKY AND DIFFICULT THINGS YOU ARE GOING THROUGH NOW. INSIDE THE BOX YOU CAN PUT ALL THE STUFF YOU CAN USE TO HELP YOURSELF WHEN MIXED-UP FEELINGS AND THOUGHTS COME TO YOU OR WHEN YOUR BODY FEELS TENSE AND YUCKY.

**BEFORE WE BUILD OUR BOX, LET'S LEARN DIFFERENT WAYS OF
DOING EMDR STUFF TO HELP OUR MINDS, HEARTS AND BODIES
BRING FEELINGS BACK THAT FEEL GOOD.**

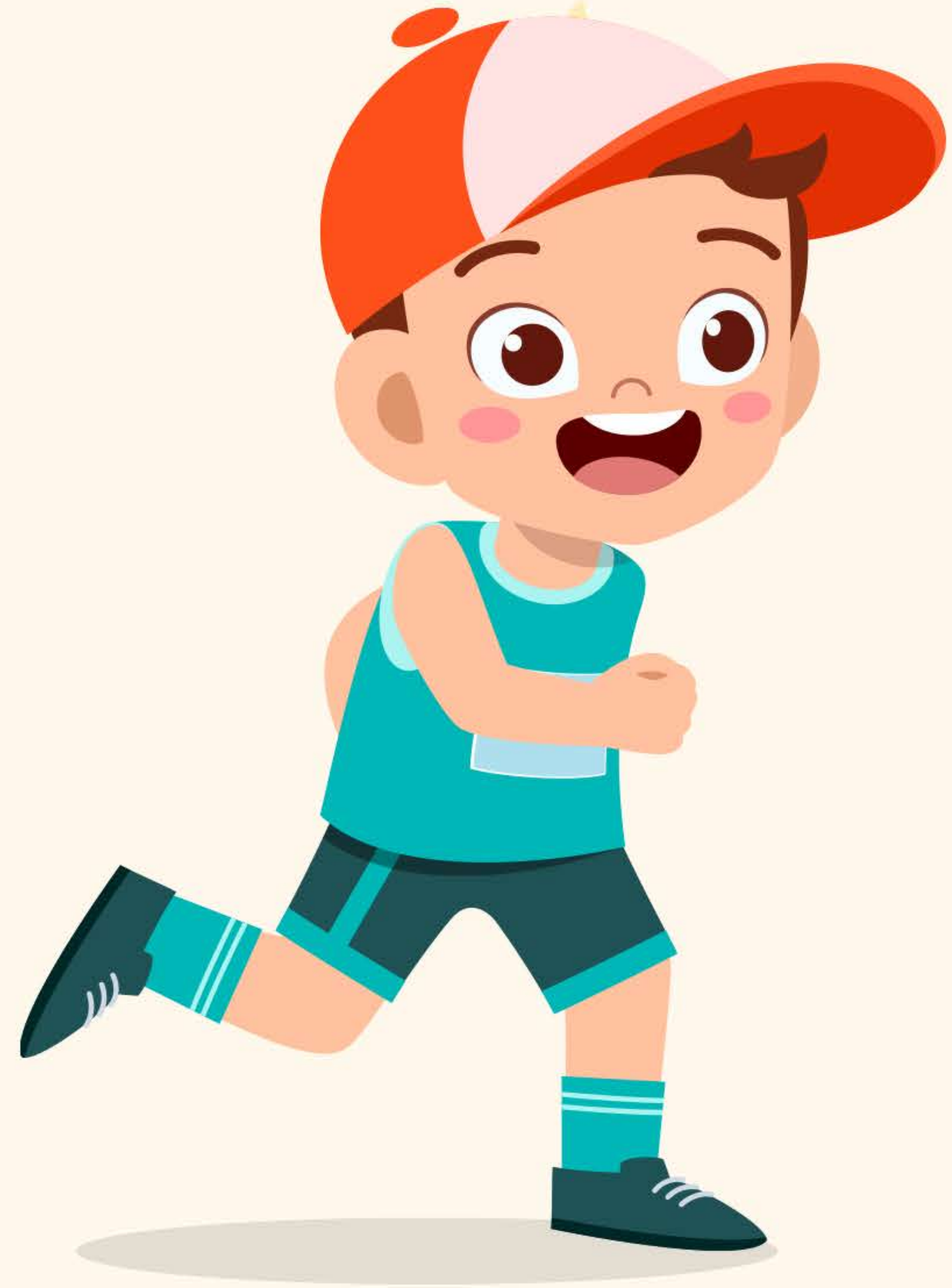
**THE FIRST ONE IS THE BUTTERFLY DANCE: CROSS YOUR HANDS ON
YOUR CHEST AND START TAPPING BACK AND FORTH REALLY SLOW.**





**THE SECOND ONE IS THE
GORILLA DANCE: TAP YOUR
CHEST BACK AND FORTH LIKE
THE GORILLA, REALLY SLOW.**

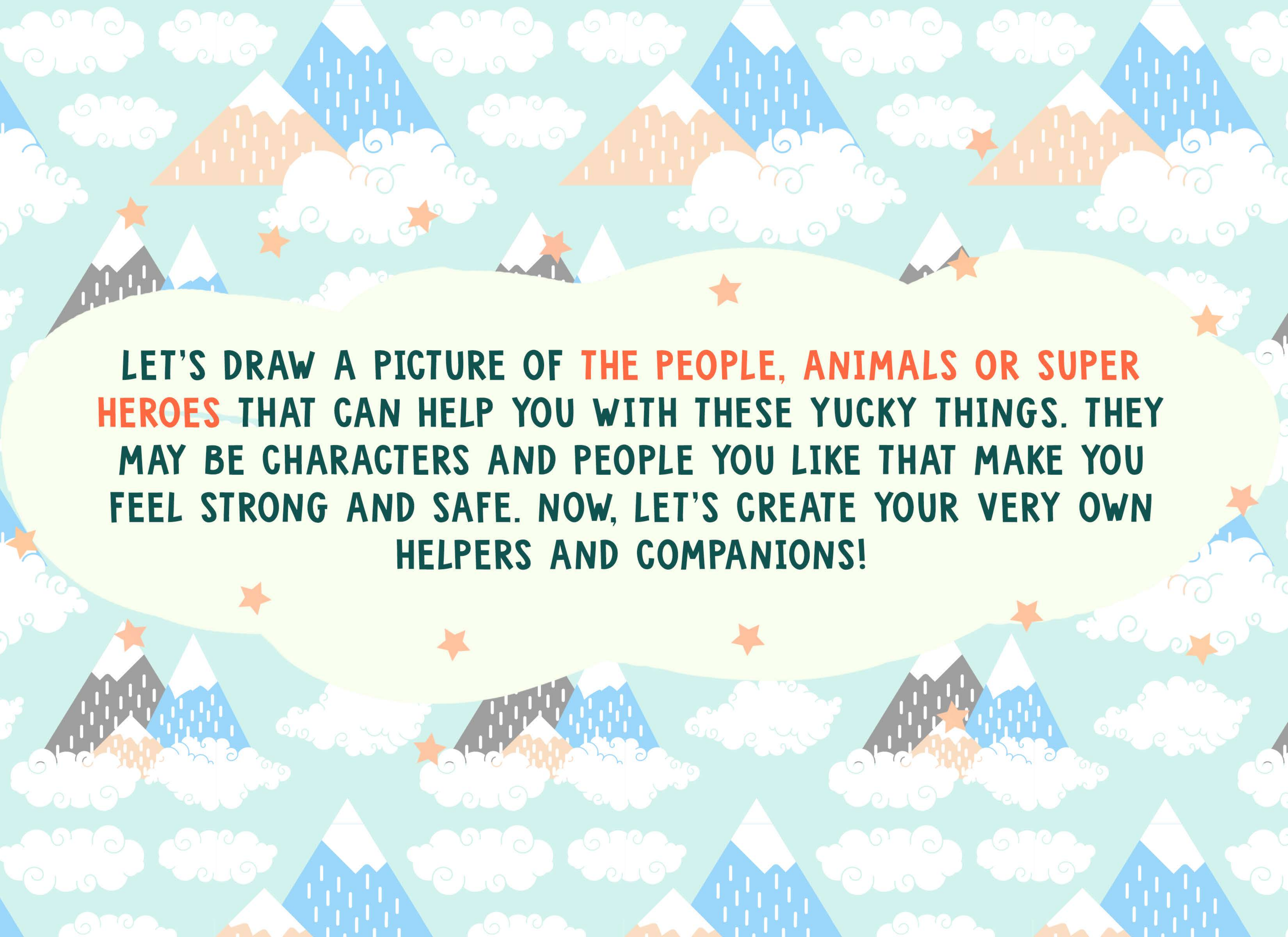
**THE THIRD THING WE CAN DO IS THE
HAPPY MARCH: STOMP YOUR FEET OR
MARCH AROUND.**




**AND THE LAST ONE IS THE
CALMING OR HAPPY DRUMMING:
DRUM ON A TABLE OR THE FLOOR
WITH YOUR HANDS, REALLY SLOW.**



NOW WE ARE READY TO START!!



**LET'S DRAW A PICTURE OF THE PEOPLE, ANIMALS OR SUPER
HEROES THAT CAN HELP YOU WITH THESE YUCKY THINGS. THEY
MAY BE CHARACTERS AND PEOPLE YOU LIKE THAT MAKE YOU
FEEL STRONG AND SAFE. NOW, LET'S CREATE YOUR VERY OWN
HELPERS AND COMPANIONS!**




**HOW ARE YOU FEELING AS YOU THINK
ABOUT YOUR HELPERS AND COMPANIONS?
LET'S DRAW A PICTURE OF YOUR FEELINGS!**



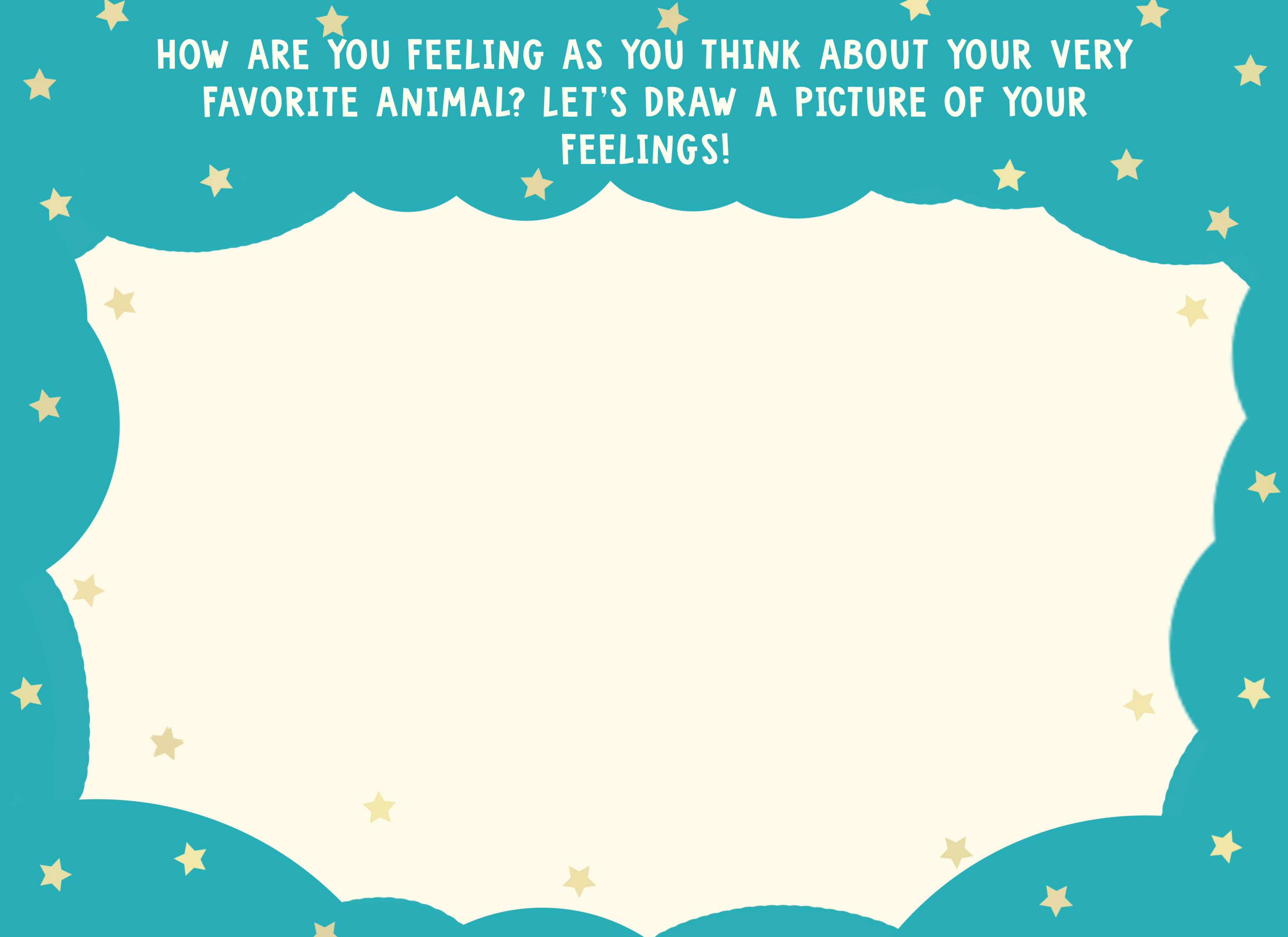
WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE FEELINGS INSIDE YOU?

NOW, LET'S USE THE BUTTERFLY HUG, THE GORILLA DANCE, THE HAPPY MARCH OR THE CALMING DRUMMING WHILE YOU THINK ABOUT YOUR TEAMMATES FOR JUST A LITTLE WHILE! NOW, LET'S PUT THE PICTURE OF YOUR HELPERS INSIDE YOUR HELPING BOX!

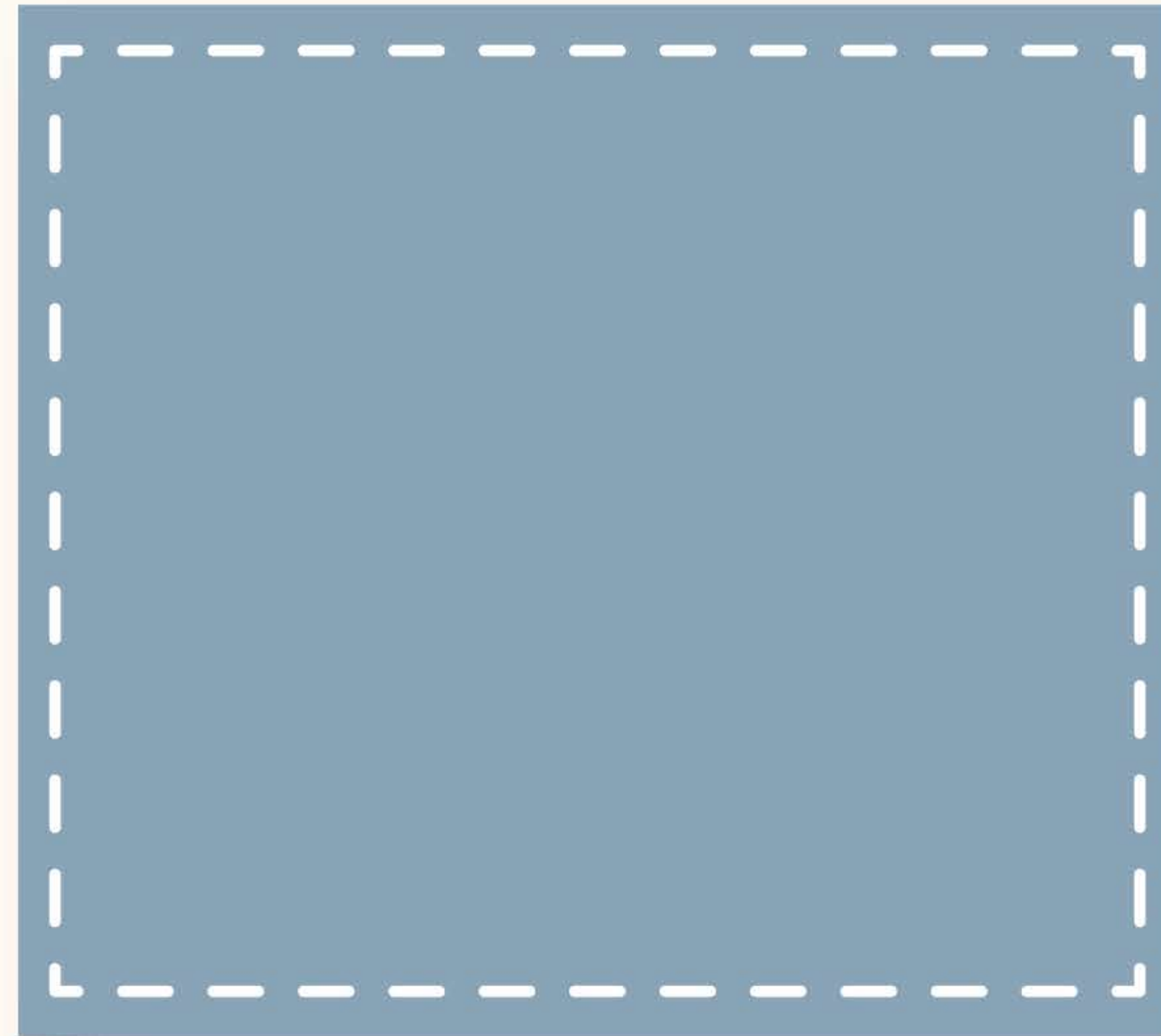


LET'S FIND YOUR VERY FAVORITE ANIMAL. THIS CAN BE YOUR ANIMAL COMPANION THAT CAN HELP YOU WITH THE YUCKY AND DIFFICULT THINGS YOU MAY BE GOING THROUGH NOW. THINK ABOUT THE ANIMAL THAT HELPS YOU FEEL SAFE, STRONG OR PROTECTED. YOU CAN DRAW A PICTURE OR JUST IMAGINE IT!

HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR VERY
FAVORITE ANIMAL? LET'S DRAW A PICTURE OF YOUR
FEELINGS!



WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE FEELINGS?



NOW LET'S USE THE BUTTERFLY HUG, THE GORILLA DANCE, THE HAPPY MARCH OR THE CALMING DRUMMING AS YOU IMAGINE YOUR FAVORITE ANIMAL FOR JUST A LITTLE WHILE!!!

NOW, LET'S PUT THE PICTURE OF YOUR FAVORITE ANIMAL INSIDE YOUR HELPING BOX!



**LET'S FIND YOUR VERY FAVORITE SONG. WE CAN HUM,
WE CAN DANCE OR WE CAN SING.
HOW ARE YOU FEELING AS YOU SING OR DANCE WITH
YOUR VERY FAVORITE SONG? LET'S DRAW A PICTURE
OF YOUR FEELINGS!**

**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY?
IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE
THESE FEELINGS?**



**NOW, LET'S USE THE BUTTERFLY HUG,
THE GORILLA DANCE, THE HAPPY
MARCH OR THE CALMING DRUMMING
WHILE YOU SING OR DANCE TO YOUR
FAVORITE SONG!**

**NOW, LET'S PUT THE PICTURE OF YOUR
FAVORITE SONG OR DANCE INSIDE
YOUR HELPING BOX!**

LET'S FIND YOUR VERY FAVORITE COLOR. THE COLOR THAT
MAKES YOU FEEL GOOD AND CALM.

ONCE YOU HAVE YOUR FAVORITE COLOR, LET'S DO **COLOR
BREATHING** AND BREATHE THE AIR PAINTED WITH YOUR VERY
FAVORITE COLOR. KEEP BREATHING UNTIL YOUR WHOLE BODY
IS FULL OF YOUR FAVORITE COLOR AND THE NICE HAPPY OR
CALMING FEELINGS.





**HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR
FAVORITE COLOR? LET'S DRAW A PICTURE OF YOUR
FEELINGS!**



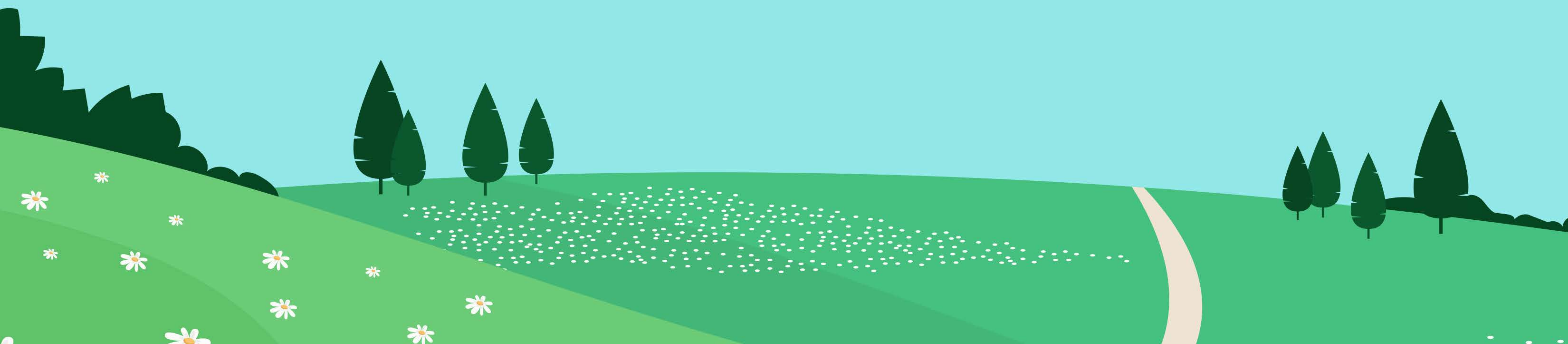
**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN
YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE
FEELINGS?**

**NOW LET'S USE THE BUTTERFLY HUG, THE GORILLA DANCE,
THE HAPPY MARCH OR THE CALMING DRUMMING WHILE WE
DO COLOR BREATHING !**

**NOW, LET'S PUT SOMETHING OF YOUR FAVORITE COLOR
INSIDE YOUR HELPING BOX!**



**LET'S FIND YOUR VERY FAVORITE
SEASON. IS IT SUMMER? IS IT FALL? IS
IT WINTER? OR IS IT SPRING?
ONCE YOU HAVE YOUR FAVORITE SEASON,
LET'S DRAW A PICTURE OF IT.**






HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR VERY FAVORITE SEASON? LET'S DRAW A PICTURE OF YOUR FEELINGS!

**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY?
IN YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE
THESE FEELINGS?**

NOW LET'S USE THE BUTTERFLY HUG, THE
GORILLA DANCE, THE HAPPY MARCH OR
THE CALMING DRUMMING WHILE YOU
IMAGINE YOUR FAVORITE SEASON FOR
JUST A LITTLE WHILE!!

NOW, LET'S PUT A PICTURE OF YOUR
FAVORITE SEASON INSIDE YOUR HELPING
BOX!





LET'S FIND YOUR VERY OWN HEART SONG. YOU CAN
SING AND SING FROM YOUR HEART UNTIL THE
SOUNDS OF YOUR HEART SONG GET TO THE HEART OF
ANYONE THAT YOU MISS AND WANT TO BE CLOSE TO.
NOW LET'S DRAW A PICTURE OF YOU, YOUR HEART
SONG AND THE PEOPLE THAT YOU MISS.



**HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR
HEART SONG REACHING THE HEARTS OF YOUR LOVED
ONES? LET'S DRAW A PICTURE OF YOUR FEELINGS!**

**WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN YOUR
HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE FEELINGS?**

NOW, LET'S USE THE BUTTERFLY HUG, THE
GORILLA DANCE, THE HAPPY MARCH OR
THE CALMING DRUMMING AS WE USE
OUR **HEART SONG** AND FEEL CLOSE TO
THE PEOPLE WE LOVE!

NOW, LET'S PUT YOUR **HEART SONG**
INSIDE YOUR HELPING BOX!





**LET'S FIND A PLACE WHERE YOU FEEL SAFE,
CALM OR HAPPY. THIS MAY BE A PLACE IN YOUR
IMAGINATION OR ONE WHERE YOU HAVE BEEN.
LET'S DRAW A PICTURE OF THIS PLACE!**

The top of the page is decorated with a border of stylized flowers and leaves. On the left, there are two white daisies and one orange flower. On the right, there is one white daisy and one orange flower. The background is a solid green color with some darker green wavy shapes and scattered small leaves.

HOW ARE YOU FEELING AS YOU THINK ABOUT YOUR
SAFE-HAPPY PLACE? LET'S DRAW A PICTURE OF YOUR
FEELINGS!


The bottom of the page is decorated with a border of stylized flowers and leaves. On the left, there are two white daisies and one orange flower. On the right, there is one white daisy and one orange flower. The background is a solid green color with some darker green wavy shapes and scattered small leaves.

WHERE ARE THESE FEELINGS HANGING OUT IN YOUR BODY? IN
YOUR HEART? YOUR TUMMY? YOUR LEGS? WHERE ARE THESE
FEELINGS?



**NOW, LET'S USE THE BUTTERFLY HUG, THE GORILLA
DANCE, THE HAPPY MARCH OR THE CALMING
DRUMMING AS YOU THINK ABOUT YOUR
HAPPY-CALM-SAFE PLACE!**

**NOW, LET'S PUT YOUR HAPPY-CALM-SAFE PLACE
INSIDE YOUR HELPING BOX!**



**NOW YOU HAVE YOUR VERY OWN CORONAVIRUS
HELPING BOX. IF YOU HAVE MIXED-UP FEELINGS
AND THOUGHTS OR YOUR BODY FEELS YUCKY OR
TENSE, YOU CAN GO TO YOUR BOX AND USE ALL
THE “POWERS” THAT YOU HAVE TO HELP YOURSELF.**

**WE MUST REMEMBER THAT
EVEN WHEN WE HAVE
MIXED-UP FEELINGS, THOUGHTS
AND BODY SENSATIONS, THERE
ARE THINGS THAT WE CAN DO
TO HELP OURSELVES.
DON'T FORGET THAT WE HAVE
POWERS INSIDE AND OUTSIDE
THAT WE CAN USE TO HELP
OURSELVES!!**



THANKS TO DR. FRANCINE SHAPIRO FOR THE GIFT SHE GAVE US: EMDR THERAPY



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AGATEINSTITUTE
Ana Gómez Attachment Trauma Education

Global Child-EMDR



This book uses strategies from other
authors such as:
Butterfly Hug (Lucina Artigas)