Cecilia and the Long Walk
a coloring book
One day Cecilia the pony went on a walk with her mamá and papá.
It was a very, very, very long walk, through days and nights. She was tired, thirsty, hungry and grumpy lots of the time.
Finally mamá and papá said,

"We are here, we are at the border."
Suddenly, a BIG bear in a uniform made them stop walking. Mamá and papá looked very scared and that made Cecilia afraid too.
Mamá and papá told her not to cry, saying
"We have to go with this bear and you have to go with that bear."
Another BIG bear led Cecilia away. She was very afraid but her mama and papa said, "We love you, Cecilia! We will see you soon."

Mama began to cry and that made Cecilia cry, too...

she didn’t like these bears!
At first Cecilia pretended she was on an adventure,
but soon she became lonely and missed her
mamá and papá.
She wondered if she had done something to make them angry, but then she remembered that mamá and papá said they loved her and hugged her for a very long time before they left.
After a really, really, long time, Cecilia was taken to a place that the bears called a shelter, where there were many other ponies like Cecilia.
There were a few nice bears, but they didn't smell like mama and the food didn’t taste as good as mama’s and the bears didn’t sound like papa. The bears were talking a lot, but the words didn’t make any sense.
"I miss mamá! I miss papá," said Cecilia and she began to cry.
Finally, a nice bear came to talk to her. "Cecilia, I know you are scared and missing your mamá and papá." He told her she would be okay.

He explained, "Some bears made a really bad mistake. They took you away from your mamá and papá, but there are a lot of other bears helping to keep you safe now. Your mama and papa are thinking about you. They are doing everything they can to come and get you. They love you."
Cecilia still felt scared, confused, and angry, but now she felt a little less lonely.
That night, she saw the moon in the sky and remembered the long walk with her mamá and papá. "We cuddled together in the dark under the moon," Cecilia the pony remembered. She thought about how her mamá hugged her close. She remembered her papá’s gentle voice.
Cecilia whispered.

"Goodnight, moon! Goodnight, mamá, Goodnight, papá! I love you."

And then she fell asleep.
Here is a place for your drawings.
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Paige Safyer, LLMSW, MS is a doctoral candidate in the Joint Social Work and Developmental Psychology program at the University of Michigan. Her research focuses on the physiological and affective processes that contribute to the development of the self within the caregiving context. Paige is a clinician at the University Center for the Child and the Family at the University of Michigan and The Women’s Center of Southeastern Michigan. She received her bachelor’s degree from Bryn Mawr College, and her master’s degrees in Social Work and Developmental Psychology from the University of Michigan. Paige enjoys mystery novels and documentaries, as well as long walks and other outdoor adventures with her dog Moxie. She is passionate about the importance of listening to children and respecting their voices.

Maja Rosenblum-Muzik is 11 years old and lives in Ann Arbor, MI. She has loving parents and an older sister. Maja likes learning and school, she loves reading and being creative, and especially loves cooking and baking, and inventing new recipes. Maja also loves drawing and maybe one day may be an artist. Above all, Maja believes in fairness and love in this world.