

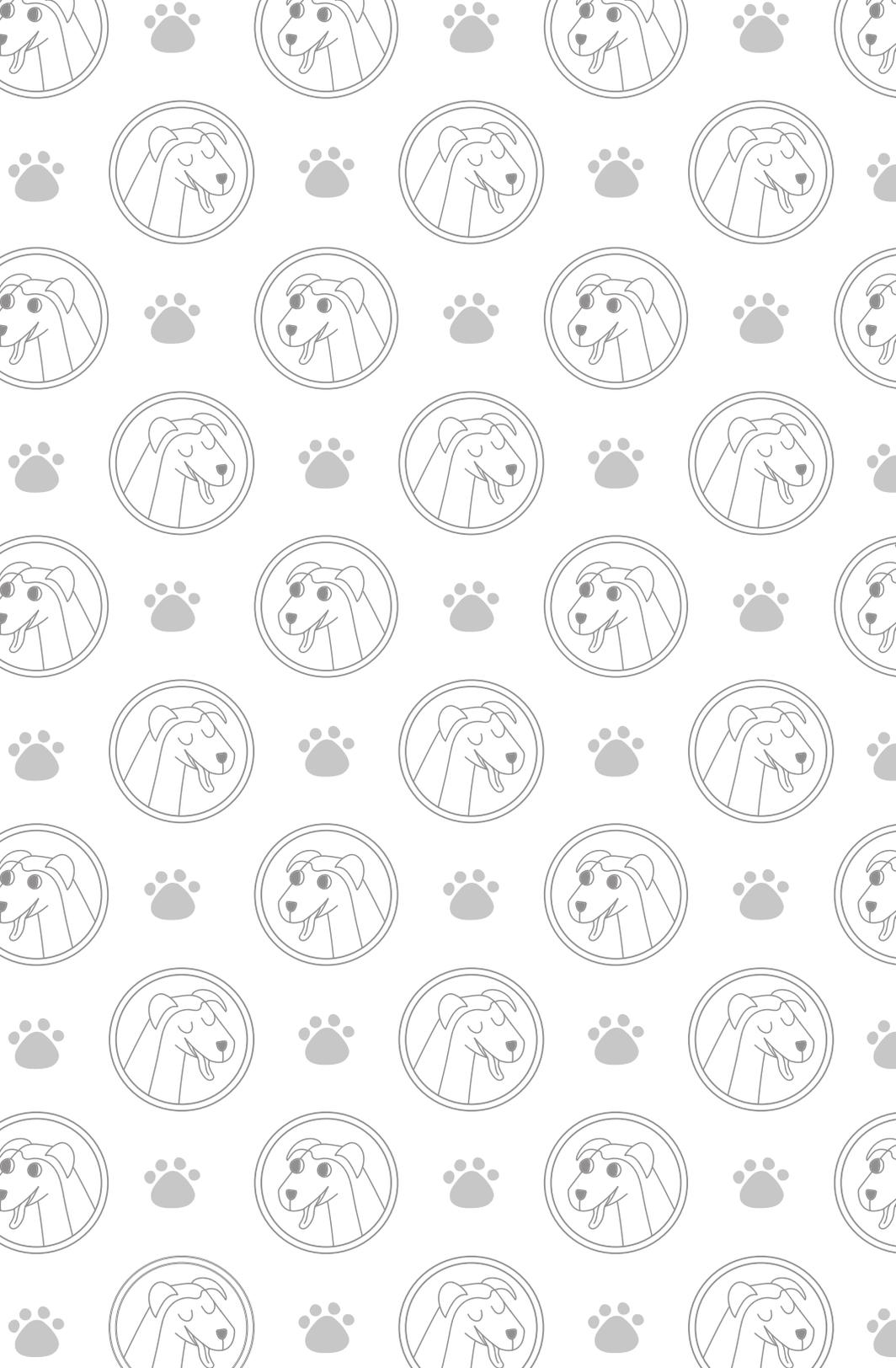
Juan Pablo's Journey

Based on a true story



MEDECINS SANS FRONTIERES
MEDICOS SIN FRONTERAS







Hi! I'm Juan Pablo. In this coloring book I'm going to tell you the story of how my family and I crossed different countries walking in search of a better life in the United States. Join me!

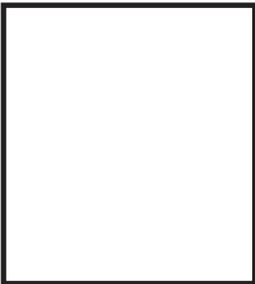


When I was one month old, Rene and Natasha adopted me. I was very happy because I knew we would be a big family. We always played a lot and they gave me delicious treats. I felt like the luckiest puppy in the world.

One day, my family started packing clothes, documents and food. I was very happy because I thought we were going for a walk and I really like to walk.



What country do you come from? Draw your face and fill in the identity card.

	Name:
	Country:

Since then many days have passed and we have not returned home. The food they were carrying began to run out. My humans looked tired too but I had plenty of energy to share with them.



One day we entered a place full of smells and sounds I did not know. There were many trees, a lot of mud and a very big river. There were also many animals different from me.



I felt nervous but I stayed alert all the time because I had to protect my family. My humans looked very worried because we were lost in the vast Darien jungle.

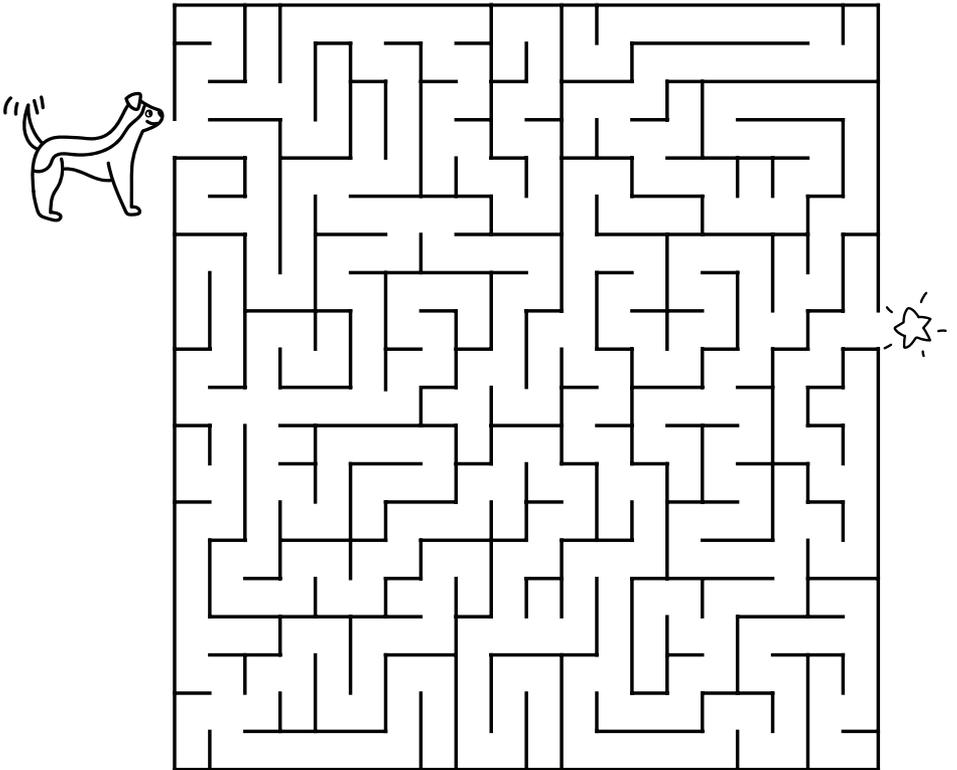


Help Juan Pablo find the different animals that live in the Darien jungle.

Deep in the Darien jungle, after we had been walking for more than two days in the mud and surviving the swollen rivers, Natasha could not take it anymore and burst into tears. I approached her and gave her a kiss to cheer her up but it wasn't enough.



Help Juan Pablo find his way.



We managed to make our way to a safer place where we got some rest! But our journey did not end there. We walked even further.



Some people wouldn't let me get on the buses but my humans didn't want to leave me alone. We joined others who also walked with their sons, daughters or pets and we all traveled together as a family.

We seem to have crossed more countries since we left home and have met many people who have been very supportive. Today we are at _____, _____. Here they have helped my humans, they have listened to them and now they seem calmer.



I don't know where we will be tomorrow but I know we will be together on this important journey we have undertaken.



What words do you know?

- ▶ **Family:** A group of people who make up our home or our bond of friends.
- ▶ **Friends:** A positive bond generated between two or more people or animals.
- ▶ **Love:** Feeling of affection and good wishes for a person, animal or thing.
- ▶ **Support:** Action that serves to help others.
- ▶ **Hope:** The confidence to achieve what is desired.
- ▶ **Journey:** Travel from one place to another that can last hours or days.
- ▶ **Darien jungle:** Also called the Darien Gap, it is a swampy jungle on the border of Central America (Panama) and South America (Colombia).
- ▶ **Danger:** A situation in which there is the possibility or threat of a misfortune or accident.
- ▶ **Migration:** The displacement of a person, people or whole community from one place to another.

- ▶ **Mental health:** Includes our emotional, psychological and social well-being. It affects the way we think, feel and act when facing life.
- ▶ **Doctors Without Borders:** International medical humanitarian assistance organization. Help Juan Pablo find the following words in the word search puzzle.

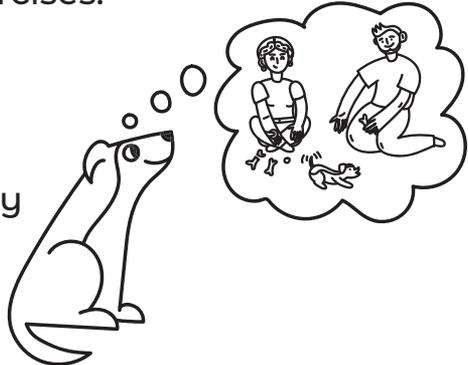
Family · Friend · Love · Support · Hope · Journey · Darien jungle · Danger · Migration · Mental health · Doctors Without Borders

A N T O U M D R E B I F O D E L U V N
O B F T Z E G H A R D C T O R P V A L
U L I R S N A I C T M V A C R H E N O
M I G R A T I O N A O I Y T G I L O V
I B W S K A V M I G H T H O D A O P E
G O E R E L L Q I D C B I R O M V I R
E G L K H H A J N B S A O S I L E U C
O P W A I E K U L A W U D W R A P D Y
P U N O N A T J R C E F R I E N D G I
A F A M I L Y O U H I L Y T O Y J B U
L P F U D T H I G I K T E H T W O V S
K F A Z R H B D O N U V D O Y E N I H
W O M E O B V A T D R J S U P P O R T
V M I X U Q C N E B T J D T I O R I G
R H E A L P H G U A A U E B E L F V S
W A J O U R N E Y C U N H O P E L A V
F O K L I E L R N I A F O R Y M I I L
S U P E O T P O G O B L P D L A W P E
E H D A R I E N J U N G L E V T H J O
J F E L R C S D V U Y O I R U Y M I D
A N X I U O S E N I X V U S N S A V Z



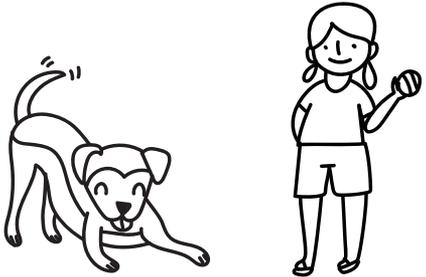
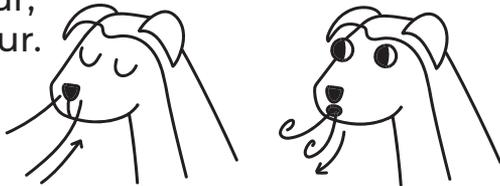
Do you know how to feel good? Let's work with Juan Pablo on these exercises:

- Think about happy times with your family and friends.



- Talk to your father, mother, brother, sister or other family and tell them what you are feeling: joy, fear, hope, tiredness.

- Do breathing exercises: inhale and count to four, exhale and count to four.



- Play with other children who are also traveling.

- Do something fun.





MEDECINS SANS FRONTIERES
MEDICOS SIN FRONTERAS