

# Mr. Hide will go POP!

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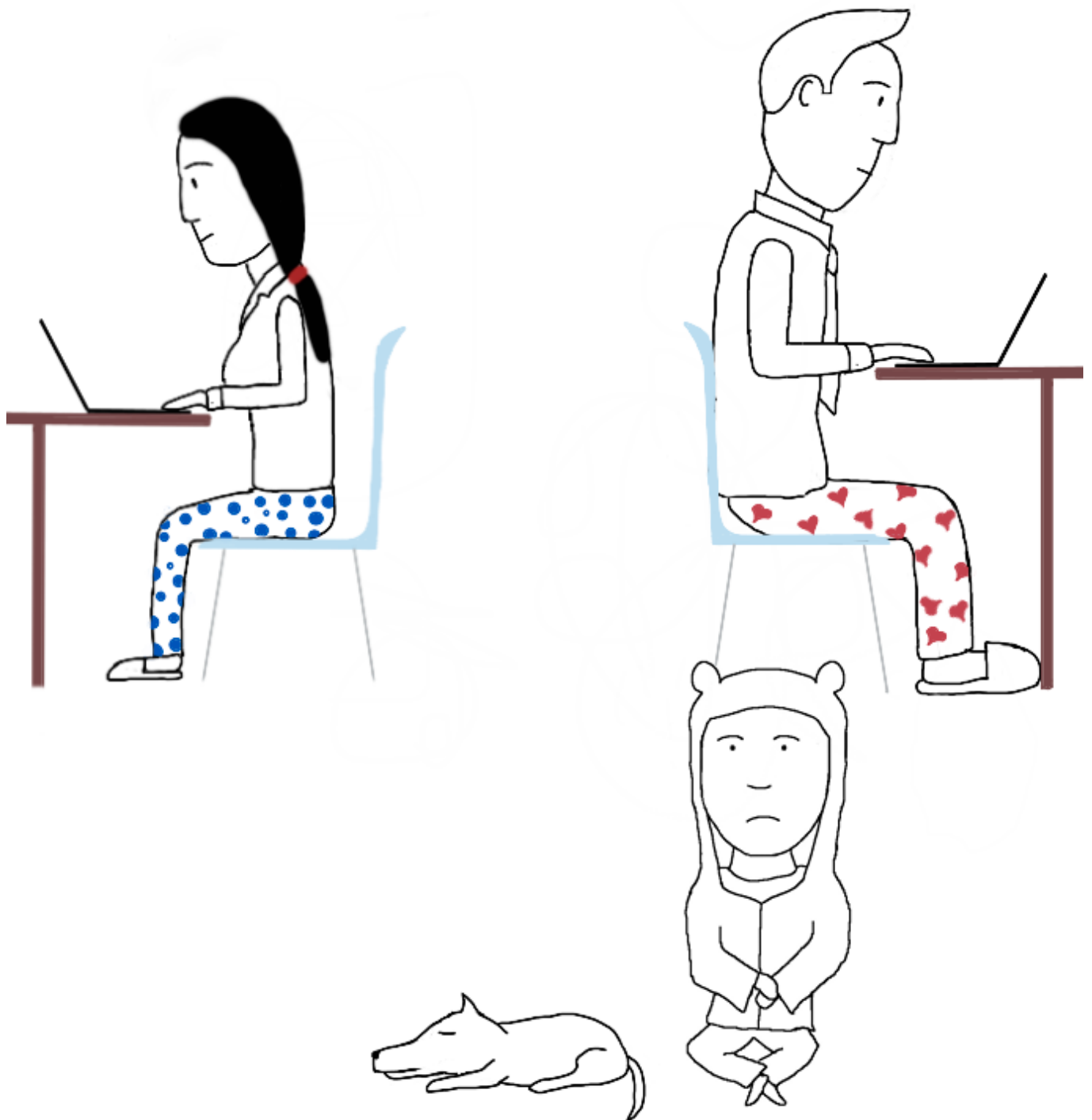
One day, very unexpectedly, a new virus appeared  
and started making everyone's life so weird.

Grownups talk about it all the time.

Everything is cancelled and we have to stay inside.

I miss my friends and I miss my school.

Most of all, I miss my grandma, who is sweet and cool.



I wish I could make it go away  
but it looks like it's here to stay.  
Scientists are working day and night  
but this is not an easy fight.

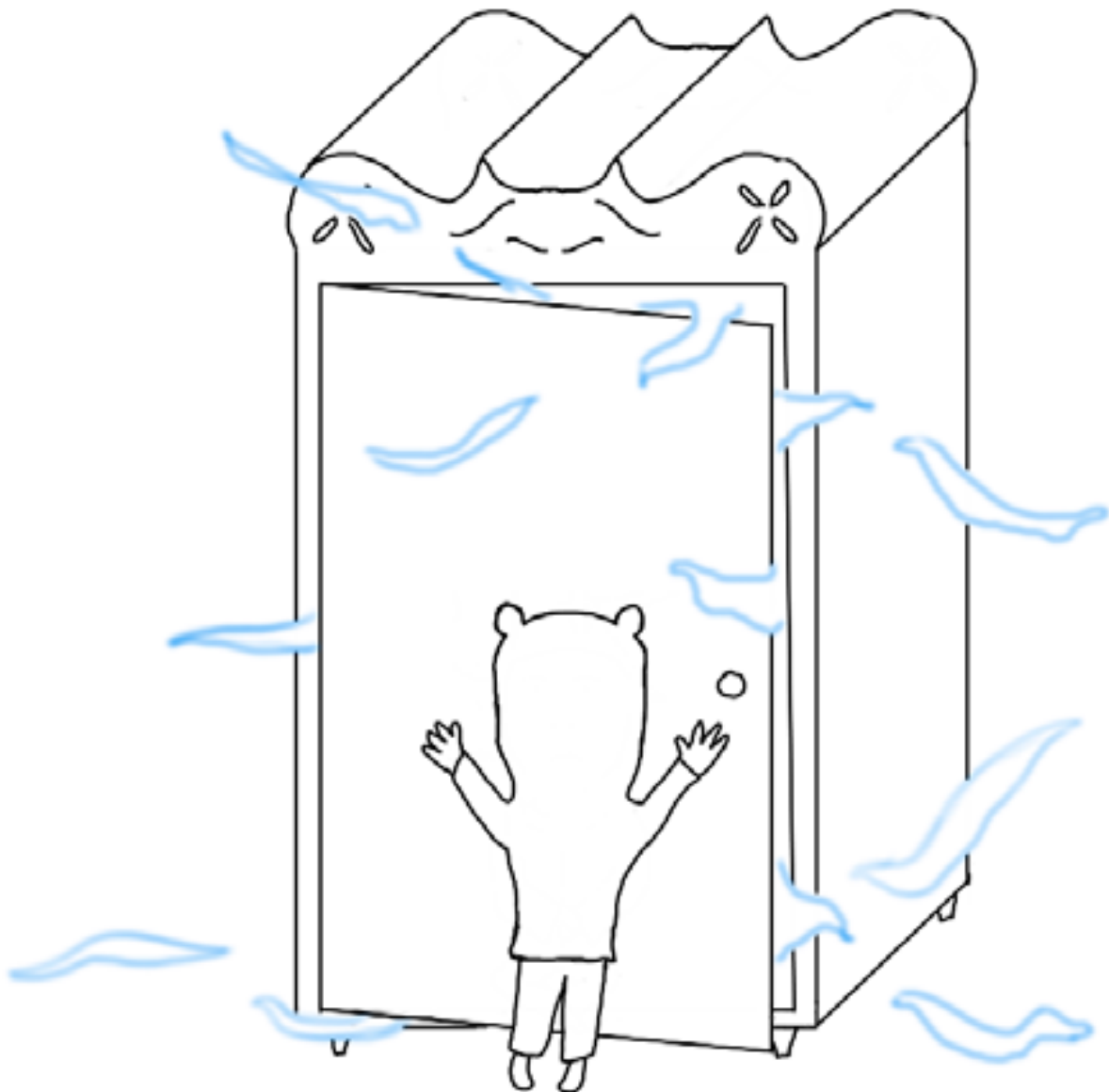
In my dreams, the virus is a scary monster  
hiding everywhere, even behind the telly.  
He has red spikey hair and a huge round belly.

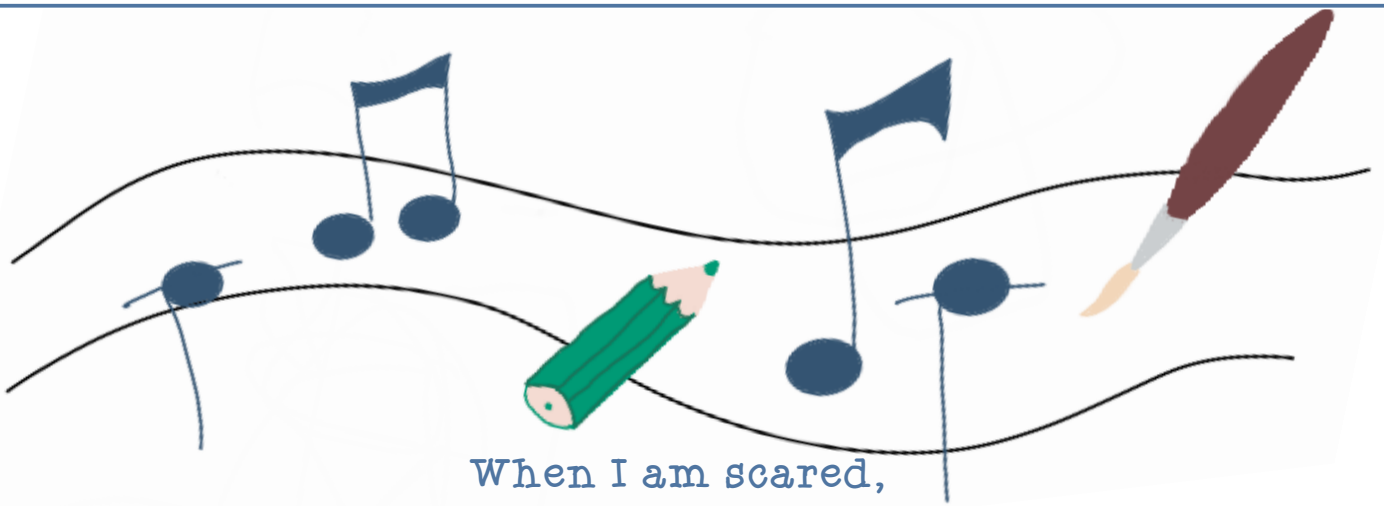


I often feel that fear and sadness  
follow me around.

I try to hide them but  
they can still be found.

So I decided that it's hope and joy I should chase  
in order to be able to find my happy place.





When I am scared,  
I remember that I am not alone.  
Grownups are scared, too.  
It helps to know we are all scared together, it's true.

I draw to let my feelings out.  
Last time the scary monster came to my dreams, to draw it I tried.  
It is less scary now. His name is Mr. Hide.

I don't focus on what I can't do,  
but on things I love and I can now do more often.  
I have more time to draw and play.  
To put on music and watch mum sway.  
I watch cartoons and read my book.  
I help my dad sometimes to cook.



I like going on long walks with my dog, Bright.  
Wearing our stripy masks, which are red and white.  
We pretend to be superheroes, who will save the world.  
Protecting grandma and those who are old.



When I miss someone, I call them!

My grandma holds the camera too close

That way I can only see her nose!

But we can still have a chat and laugh

and although we're not together, this can be more than enough.



I try to find a positive to every negative thing that happens.

There are more birds in the sky,  
now that less people take the plane and fly.  
In Argentina, lazy sea lions are bathing in the sun,  
while on the beaches of India,  
sea turtles are partying, having fun.  
Pink flamingos in Albania stop for a drink of water,  
and cheerful monkeys dance  
in the streets of Thailand with their daughter.  
Friendly mountain goats are popping  
into Welsh towns to say 'hi'!  
Perhaps it's true, this is all thanks to Mr. Hide!





Maybe he is not all bad, maybe he is scared too.  
Scared of all the things cautious people do.  
Scared of doctors and nurses, vaccines and soap.  
Knowing what scares me is scared gives me hope.

I use my imagination to do anything I want.  
During bathtime, I can fly and go to my friend's home.  
That's because I wear a magic cape made of white foam.



I like to give my mind a clean-out.  
I use my bubble blower to blow bubbles.  
This is how I send away my troubles.  
I wear my foam-made cape  
and focus on the bubbles' colour, texture and shape.  
They fall softly and go POP! on my nose.  
Maybe Mr. Hide can also go POP!, who knows.



It probably won't be soon but that's okay.

Until then, I can take a bubble bath every day!  
And think of all the happy animals playing under the sun,  
while I read story books and cuddle up with mum.

Sometimes, I can still see Mr. Hide at night

but it is much less often so it is alright.

It is much smaller now, the size of his belly

And his spikes don't look, at all, so scary.

I know that the same way it arrived and stayed  
one day, unexpectedly, my fear will fade.



A psychologically-informed storybook for  
small (and not-so-small) children  
who are going through a hard time.

A storybook that reminds us of the importance of expressing  
our feelings, acknowledging and accepting a situation,  
changing our perspective and, importantly, staying connected.

And some bubble meditation too!

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