

LIKE KNOTS ON A ROPE

MARTA
LUGGHI

ILLUSTRATED BY
MARGHERITA
ALLEGRI

A BOOK TO KEEP US TIED
TO OUR HUMANITY IN THE
TIMES OF CORONAVIRUS

ARGILLA




**Like
KNOTS
ON A
ROPE**

**MARTA
LUCCHI**

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Is it possible that **something good** can come up out of an uncomfortable condition such as forced isolation?

Sometimes it is, and our book aims to prove this.

The idea came to us on a day of domestic imprisonment due to the Coronavirus emergency in Italy.

A family gathers again and thinks "**...and now, what shall we come up with?**".

In Cremona, a city that (along with others in Lombardy and China) has become a symbol of the Coronavirus pandemic, a mother struggles creatively with the difficult situation of quarantine, with her children's lively collaboration.

They've created a story together, hoping that families in many countries around the world, can find support and cure in reading it.

The book, a project entirely produced in Cremona, aims to be a delicate tool **to rediscover the precious bond that connects us in this dramatic historical moment.**

At the beginning, when this ugly and tiny brat, the **Coronavirus**, which **doctors around the world** are trying to defeat, arrives in your city,

schools are closed, then churches, then shops and offices, and finally **no one can go out or meet other people...**



...AND SO?



So, our home becomes
our little world...
to discover
and rediscover

**and mostly
love...**



No, it's not!

It is not implied, because when our house is the only place where we **HAVE TO STAY**, everything seems too tiny...

...WHAT DO YOU MEAN BY THAT?!?

...you have that strange feeling, like when you put on a shirt that you've had since you were little, and **it's too tight** and you wish you could go back in time...



OK OK I'VE GOT IT... AND SO?!

And so, **to enlarge space**, you need to change perspective... see things from another point of view....in other words:

BE CREATIVE!!!



Here are **some ideas** for you kids!



①

Dress up with what you find at home and ask for help to make some video calls.... you will make people watching you smile!

②

Have someone read **stories to you**, then try to put on a show with your family!



3

If your mum or dad is not at home with you, **make a drawing every day** and send them a picture with a smartphone! Then collect all your drawings and create your personal book!



4

Find the old photos you have at home at look at them together!





5

Paint a rainbow on a board or a sheet and hang it on the window. You'll give a little joy to the people who live opposite you!

6

Every evening, organise a match to come up with the best ideas for tomorrow!



IT IS ALL CLEAR,
BUT... IF TENSION GOES
THROUGH THE ROOF

AND YOU START
TO FREAK
OUT?!?!?

HOW DO
YOU DO
MANAGE?!?

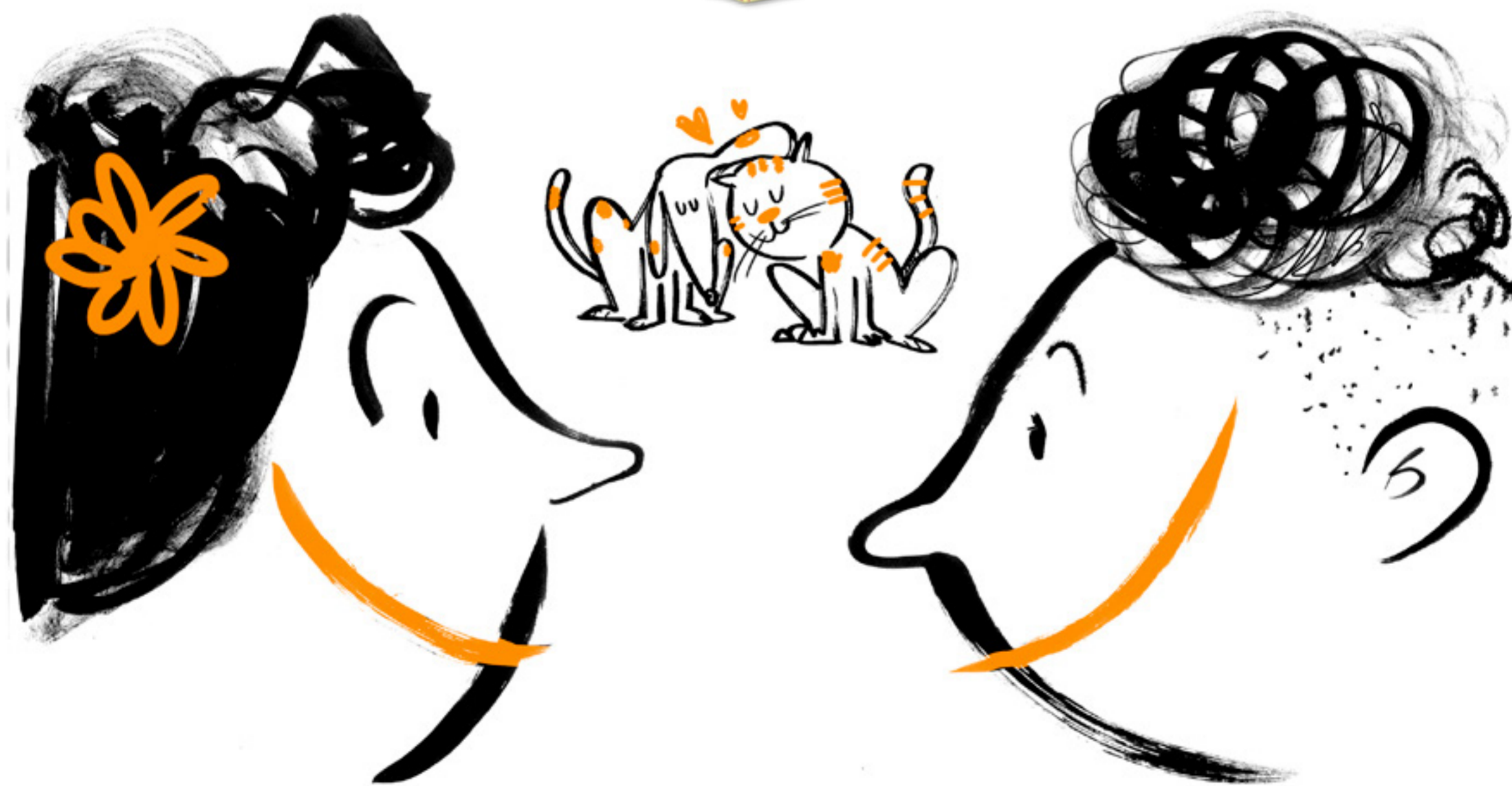


You need to stop. Look into each other's eyes, but with new eyes...eyes that can **see INSIDE you** and not only outside...In other words: **everybody sits close to each other in a circle**, hand in hand (make sure you have washed them thoroughly!!!) and, looking straight into each other's eyes, you stay silent for 20 seconds. **DON'T MOVE...**



don't cheat!!!

At the end, you let each other's hands go and greet each other **with a nice smile!**



OK...BUT IF DURING THE DAY I DON'T QUITE KNOW WHAT TO DO AND I FEEL LIKE STAYING IN BED?



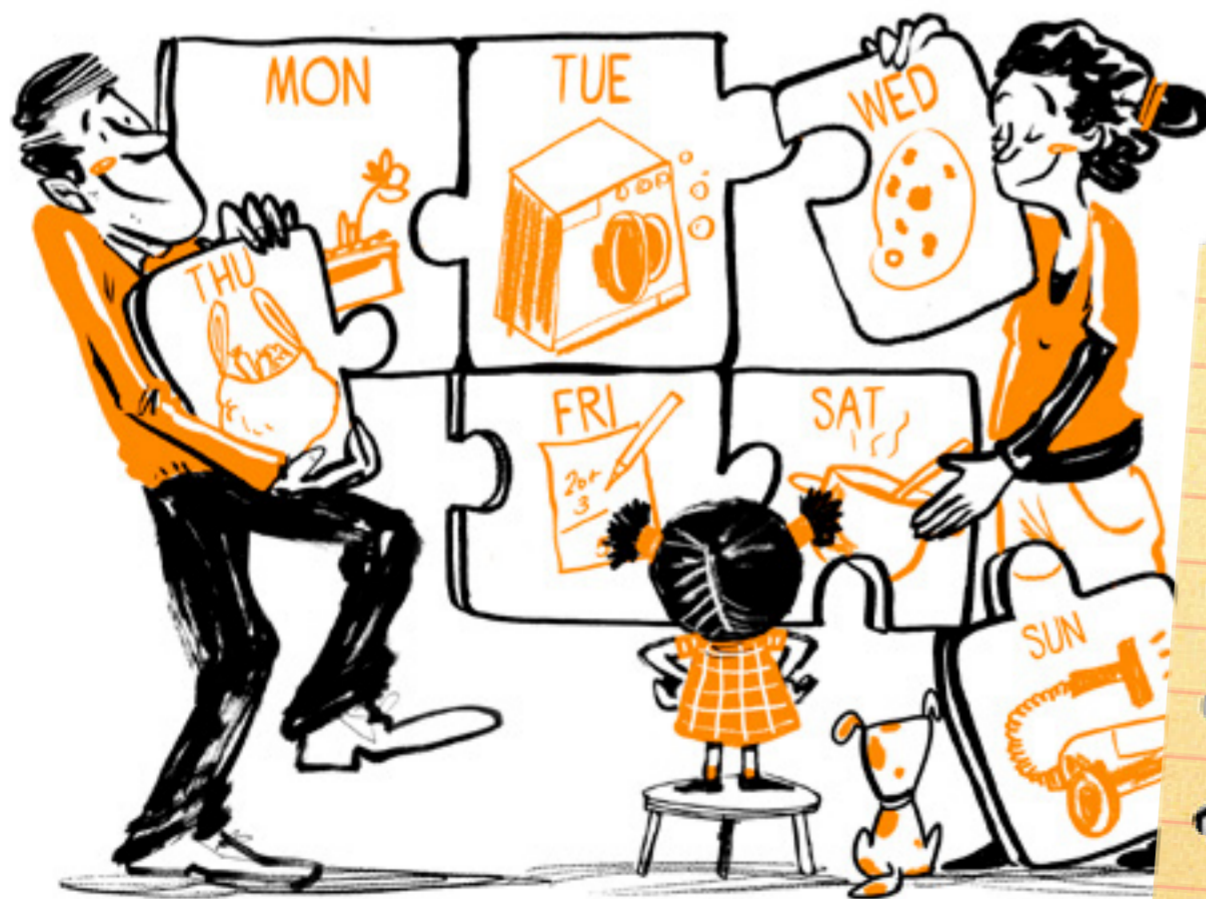
Here is a bit of advice, **this time for the grown-ups!**

①

Fill you house
with **music!**



②



Set some weekly routines
together to **make each day
different** (e.g. on Monday
it's time to tidy up and play
table games, on Tuesday
homework and washing
machine, on Wednesday
cooking delicious things...)

3



Remember to set the alarm clock at a specific time in the morning, always make your bed, and, in the evening, **tidy up the house all together** before going to bed.



4



Call at least **1 or 2 people** every day just to say hi.



5

Cook together, preparing a weekly menu and making a sensible and organised shopping list, so that you go out as little as possible.

6

In the morning, don't forget to **take off your pyjamas**, and, when you get dressed, change the colour of your clothes every 2-3 days.



7

If you cannot hug your child because you have either a temperature or are in quarantine or work in a hospital, take one of your cotton sweaters and send it to your child. He/she can wear it like a cape or can hold it when he/she goes to bed or keep it close at playing time.



8

Take care of yourself, feel free to change your plans or take a little bit of time to do what makes you feel well. Always look at who is next to you with tenderness.



SO FAR IT'S
CLEAR...

BUT HOW ABOUT THE
ABSENCE OF OTHERS?!?
WITHOUT FRIENDS,
SCHOOLMATES,
GRANDPARENTS...!?


ABSOLUTELY
ISOLATED?!?



We have to be
**like knots on
a rope:** we are
distant but our
bond will keep us
together like a rope.

To perceive this
feeling we have
to **stop for
a moment**, close
our eyes and take
a reaaaaaaalllyyyyyyy
deeeeeeeeeeep and
veeeeeeeeryyyyyyyyyyy
slowwwww breath...
shall we try?

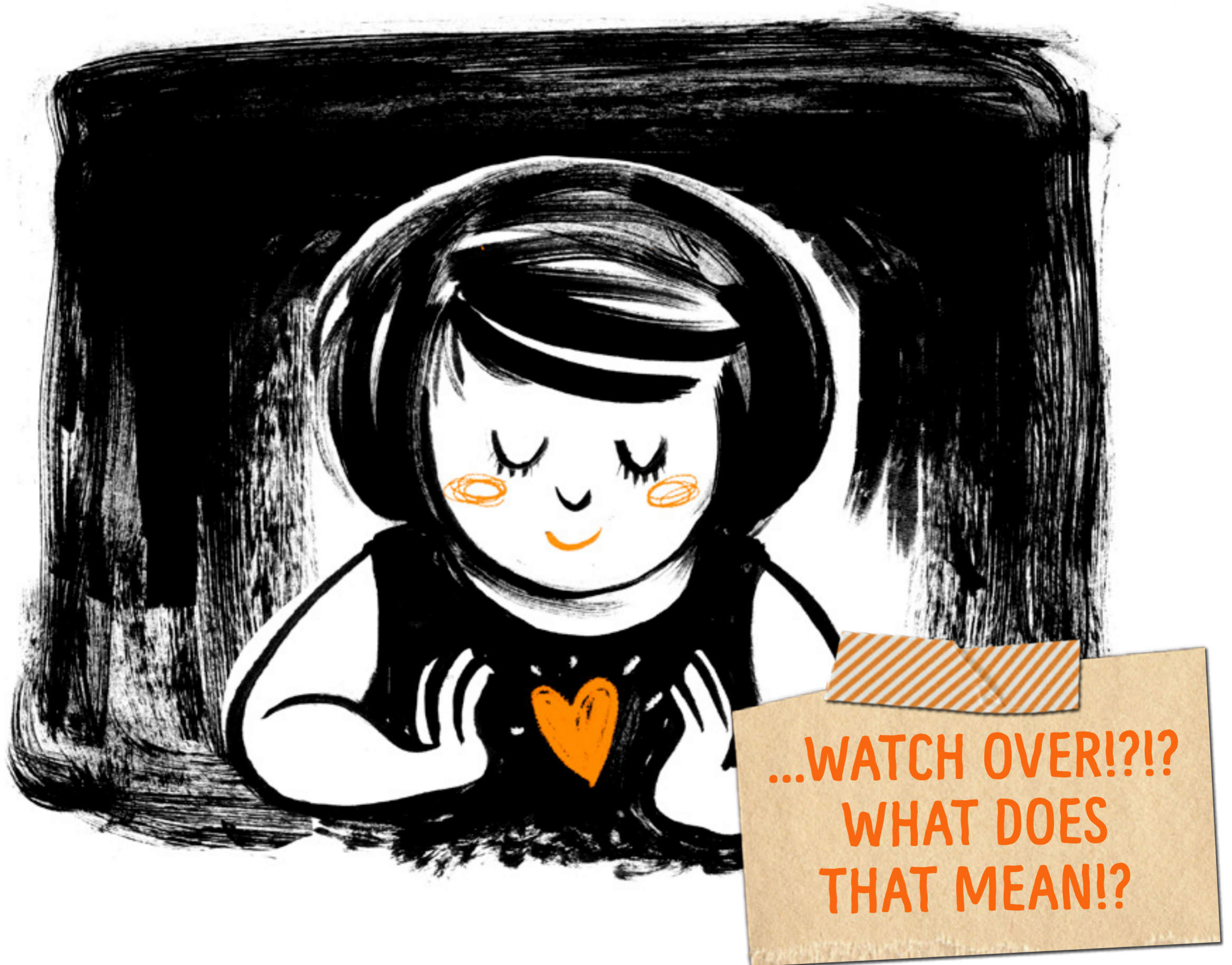
It's not something
we can feel with
our hands... it's
a deeper feeling
**that dwells in
our hearts.**



**READY,
STEADY????
GO!!!...**



Have you felt **what is inside you?** Deep down? There is **an IMMENSE love...** made of memories and encounters, care, joy and tenderness. **We have to watch over** this GREAT TREASURE...





In other words, we have to know that, inside each of us, **there is a very precious thing** that we have to safeguard: **our own story.**

I'll try to explain better: each of us is part of a story made of several people.

All these people love us, and keep us in their hearts, **ALWAYS.**

It is this sweet bond that, in strange times like these, **can make us stronger**, looking forward to being reunited again.

WE HAVE TO HOLD IT TIGHTLY!



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