

Not Every Hurt is Visible.

Isaac's back at school after being in the hospital, but unlike Mia, he doesn't have a cast or crutches- he doesn't even look sick. An honest chat about their anxiety, worries, and pain- both visible **and** invisible- reveals that whether your body or your mind is hurting, sharing your feelings is part of the healing.



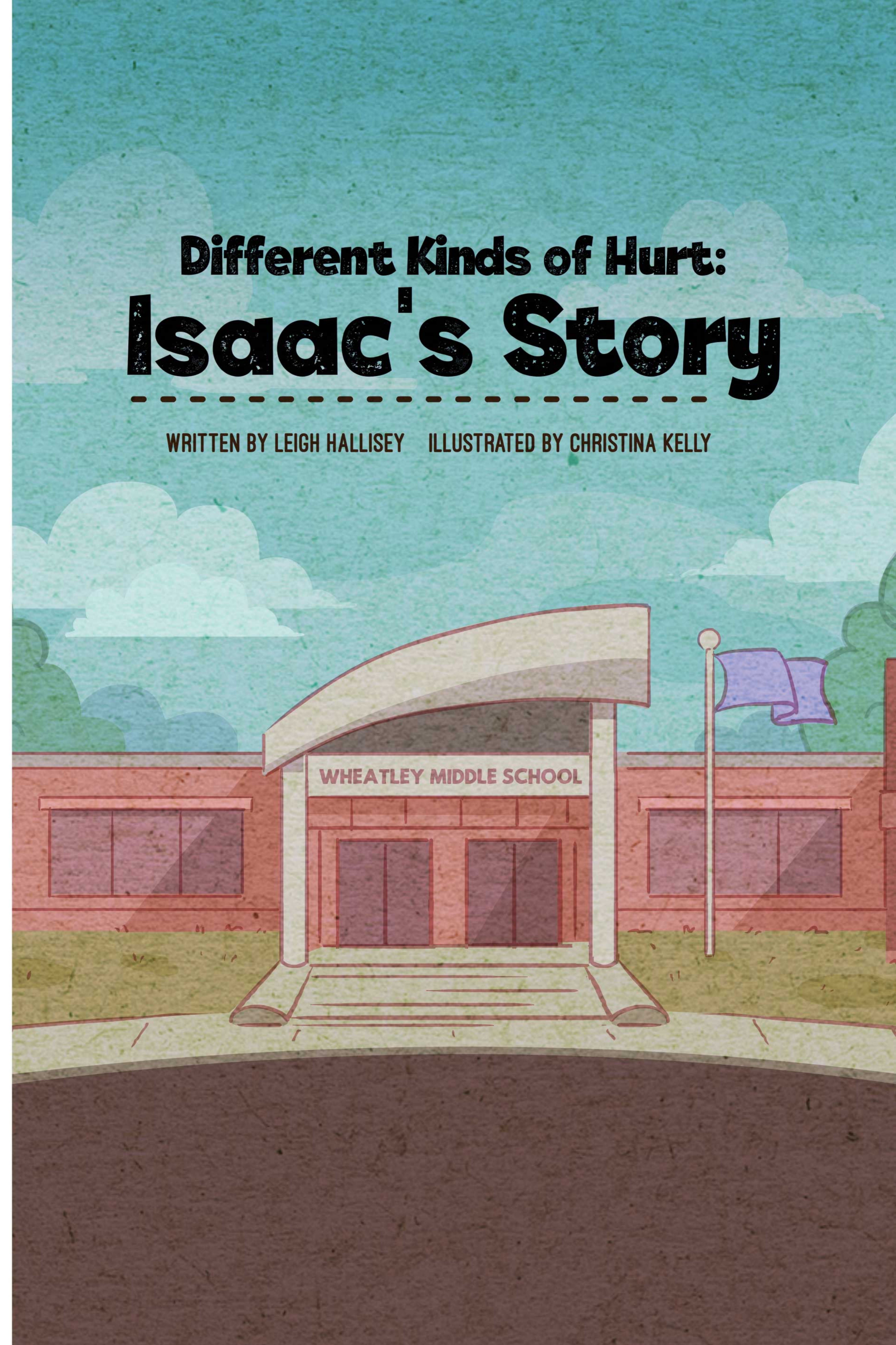
Different Kinds of Hurt: Isaac's Story

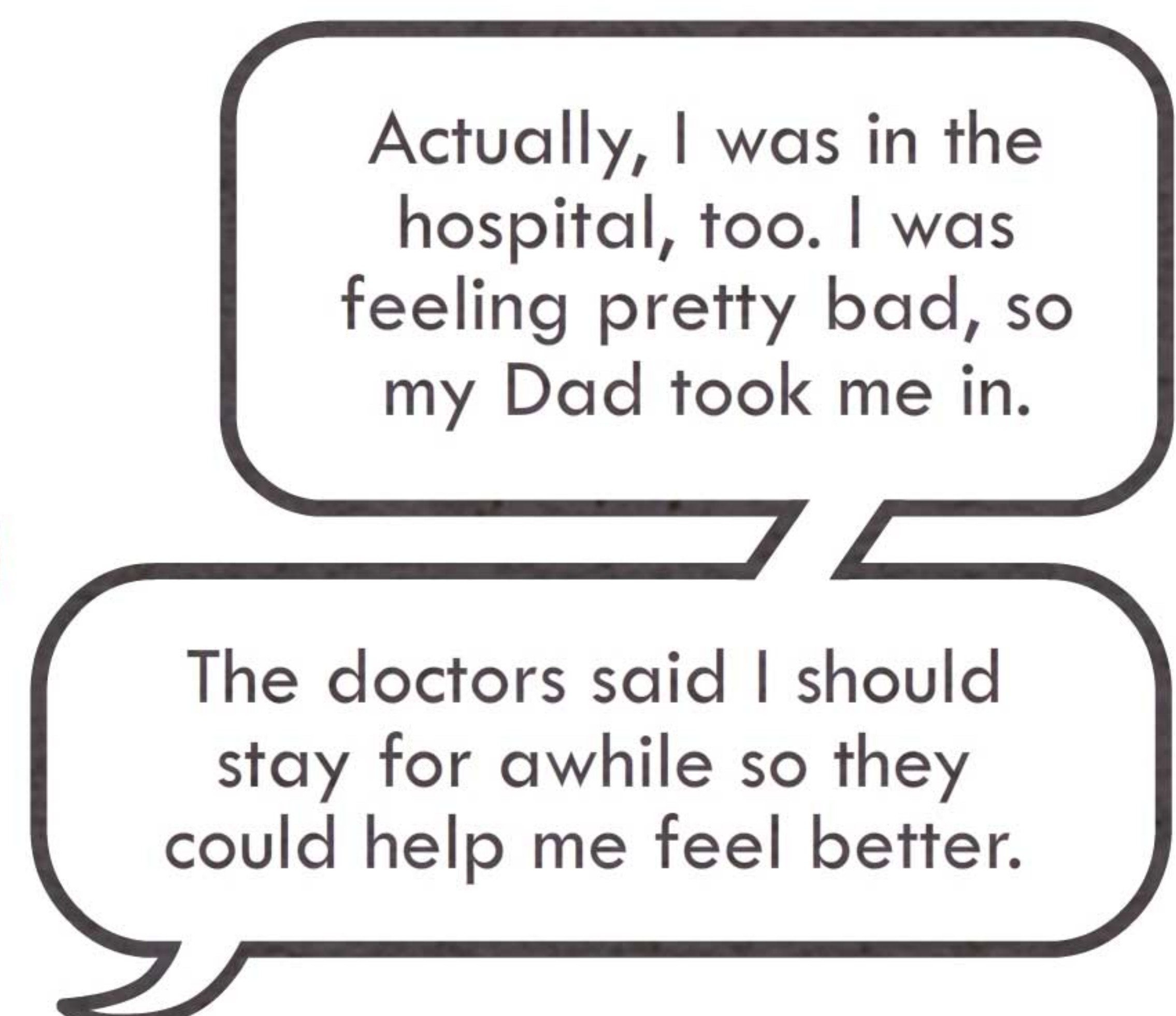
WRITTEN BY LEIGH HALLISEY ILLUSTRATED BY CHRISTINA KELLY

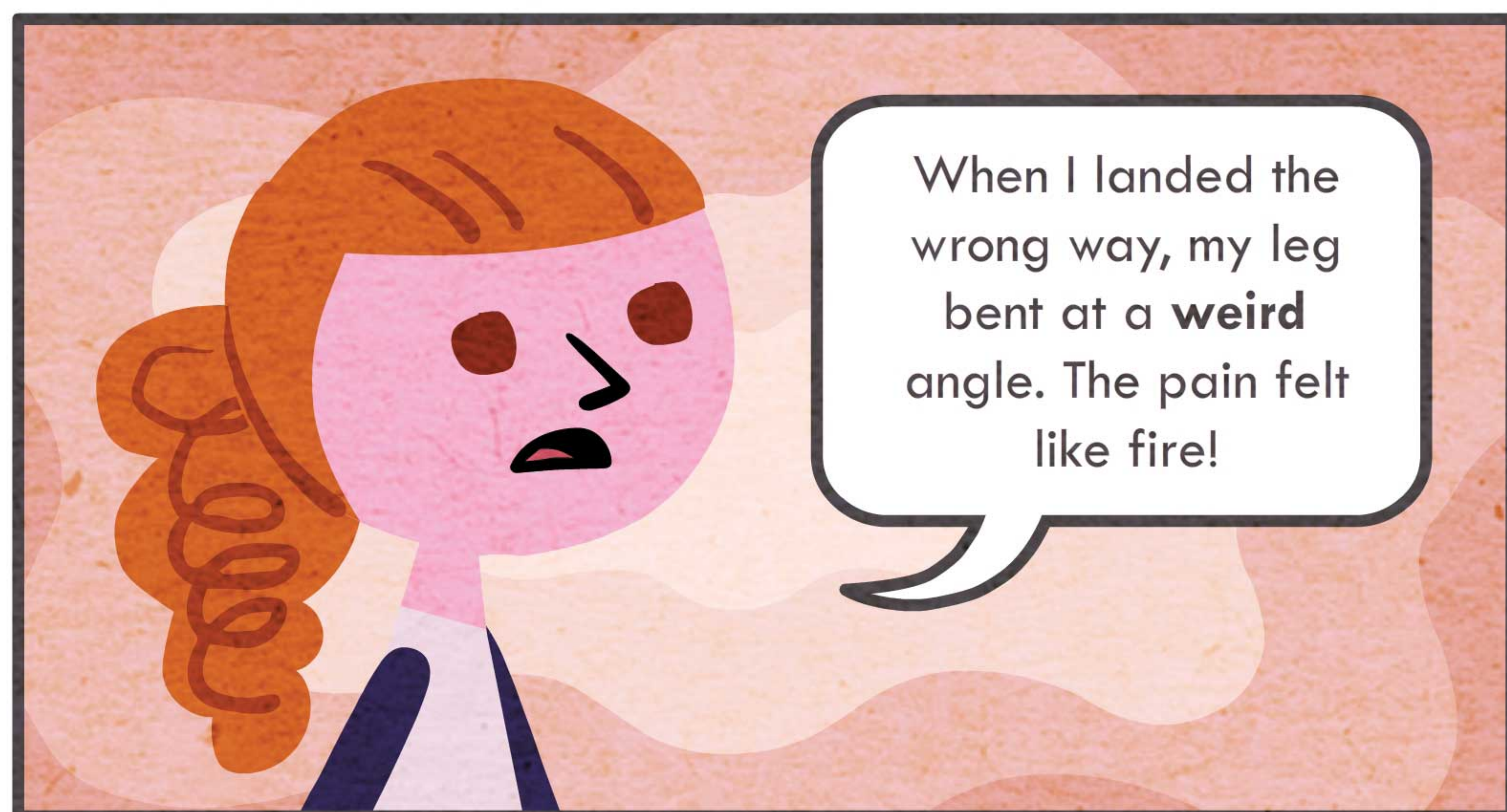
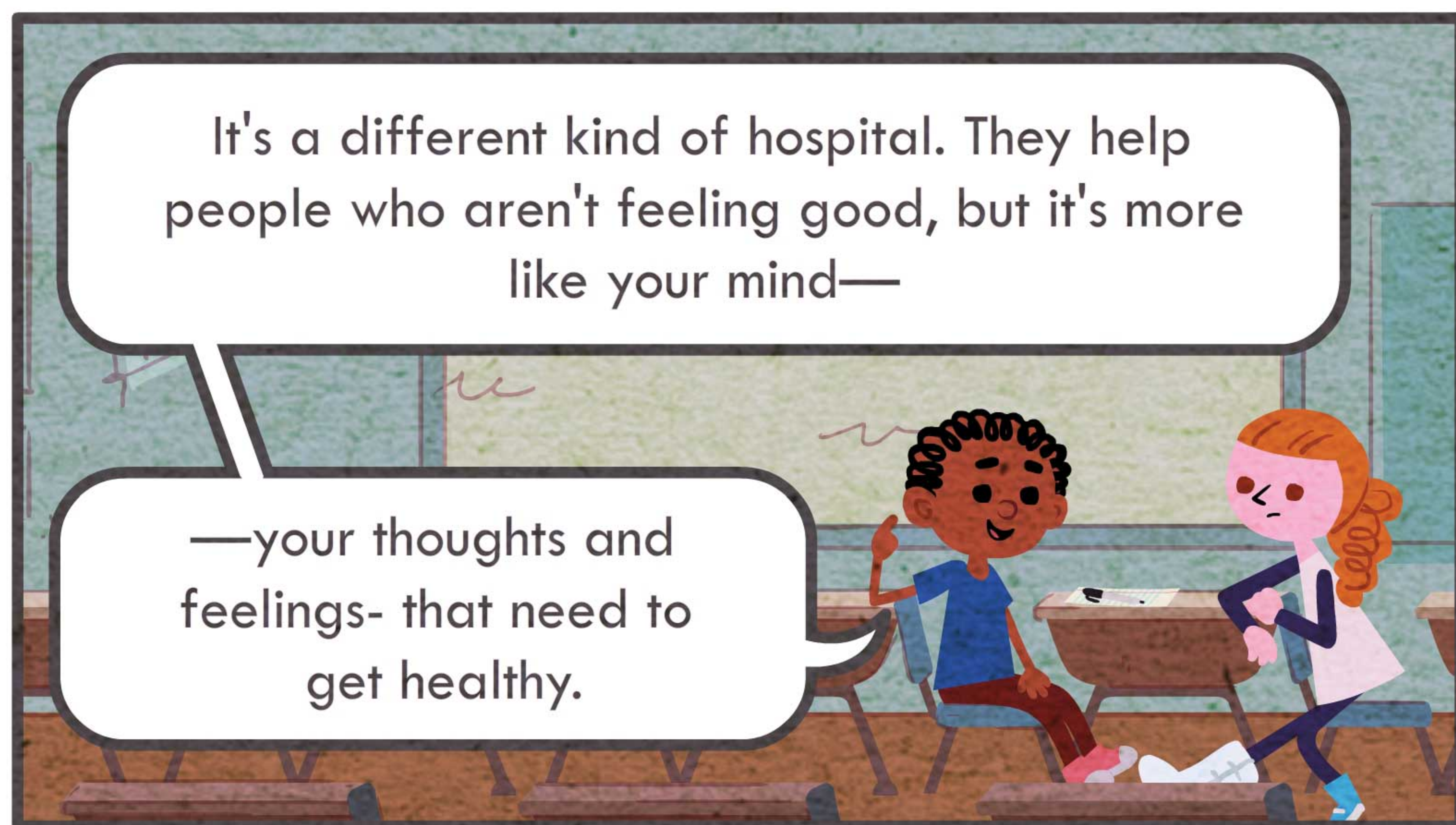


Different Kinds of Hurt: Isaac's Story

WRITTEN BY LEIGH HALLISEY ILLUSTRATED BY CHRISTINA KELLY









I was shaking and I couldn't breathe. I wouldn't leave my room because I was afraid that I wouldn't be safe.





It was
scary.

I'm glad my
Dad took
me to the
hospital to
get help.



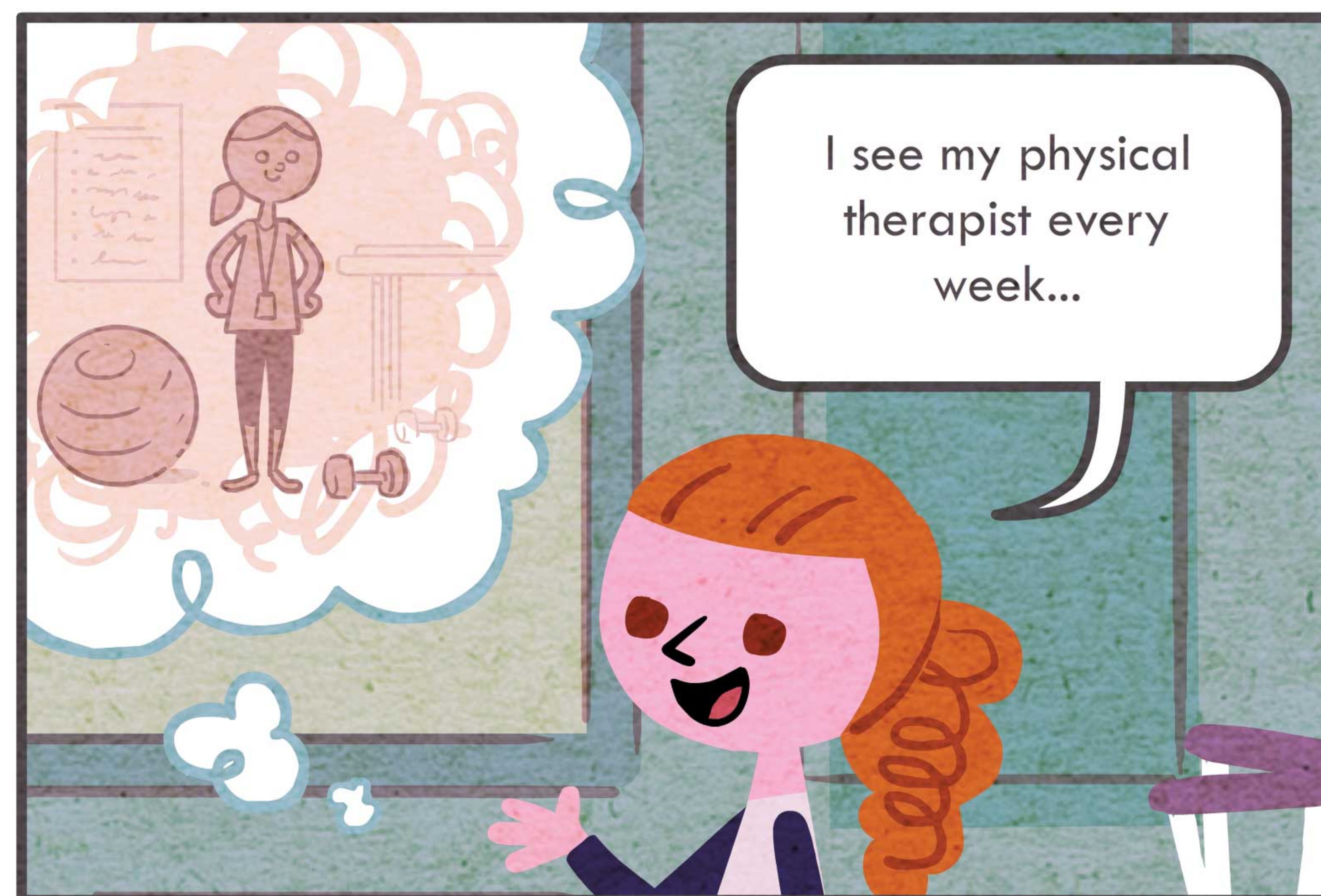
My doctor,
my
therapist,
and all the
adults were
awesome!

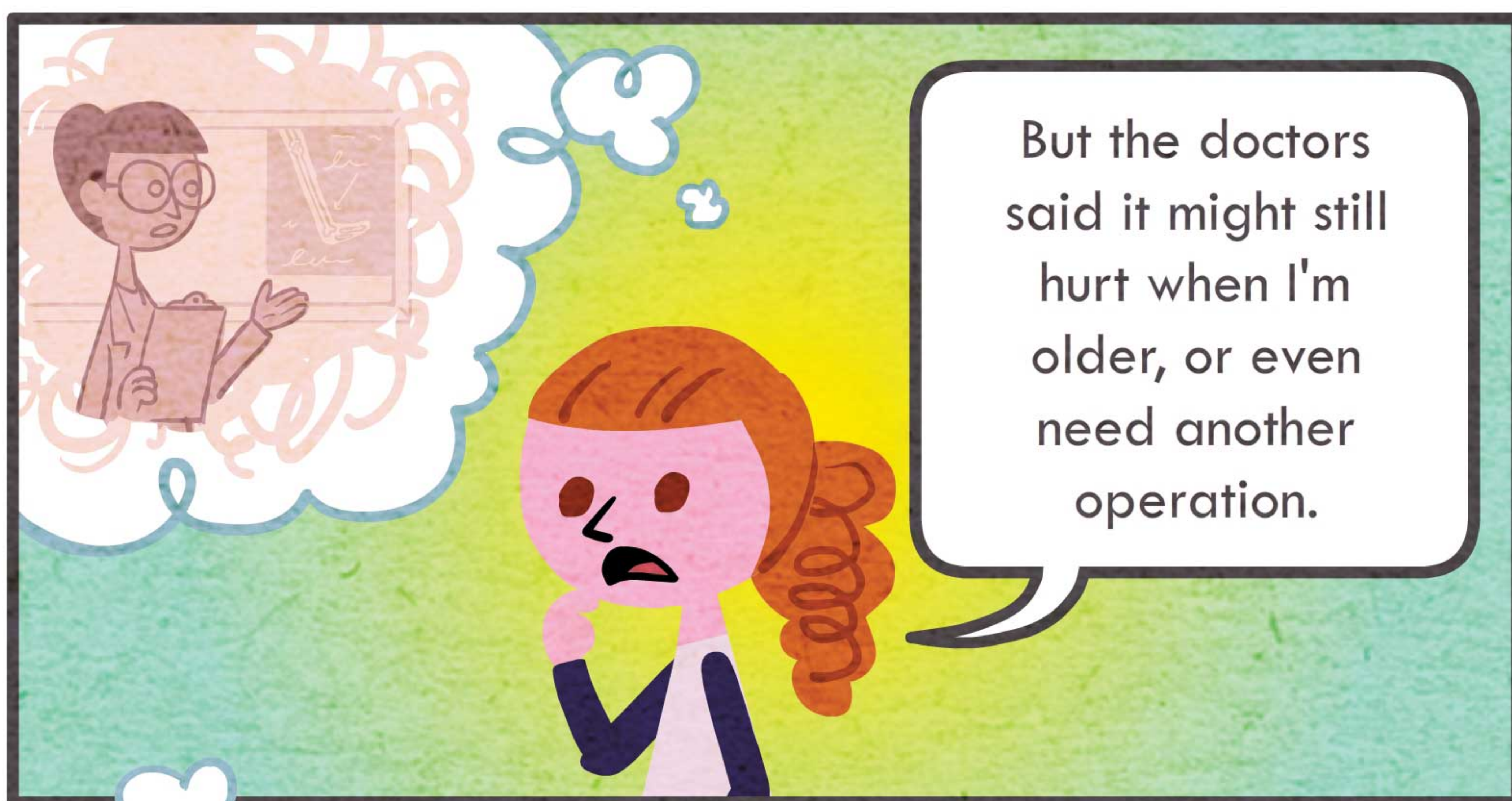


They understood how I was feeling and
listened- without judging me.



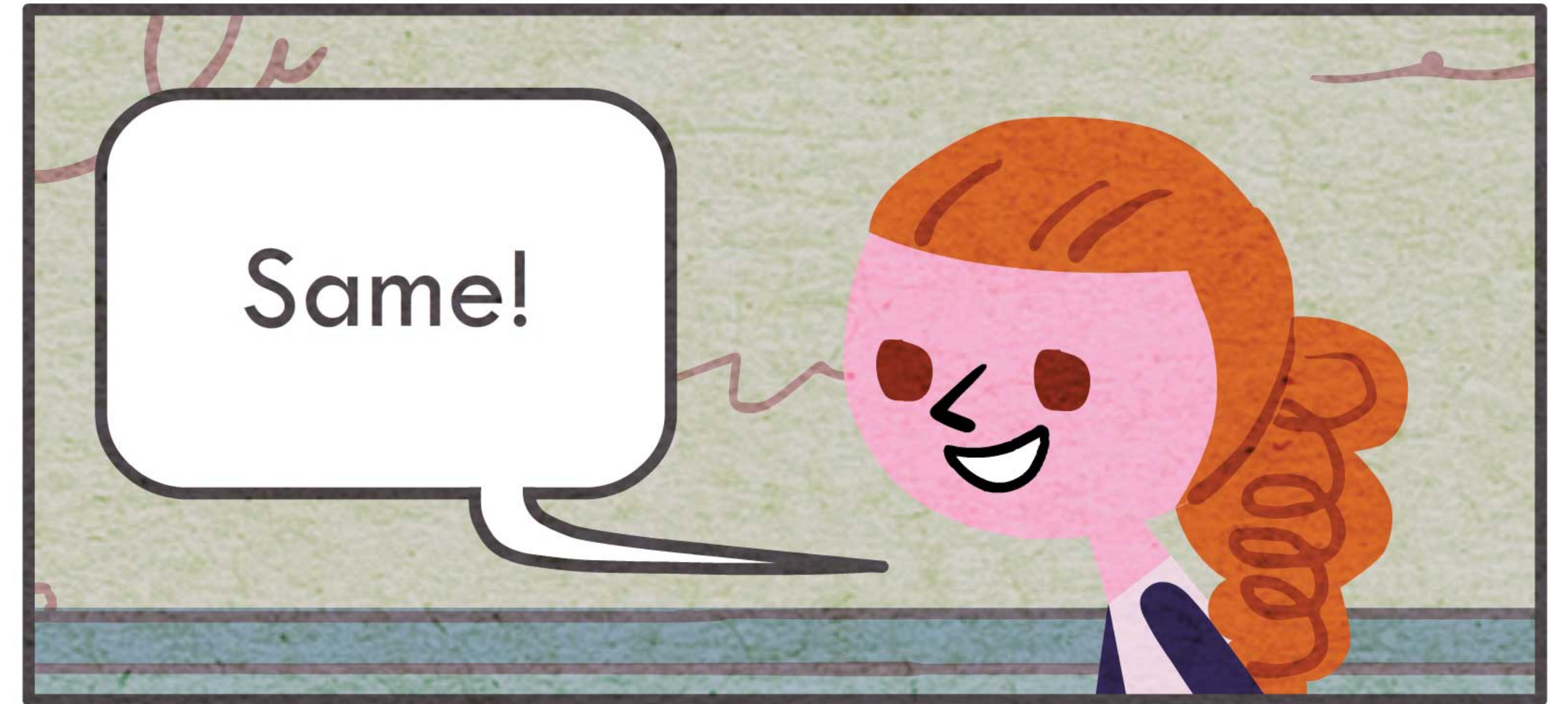
I see my physical
therapist every
week...







I worry about things, too...



Same!



...Like all the work and pressure to fit in at school.



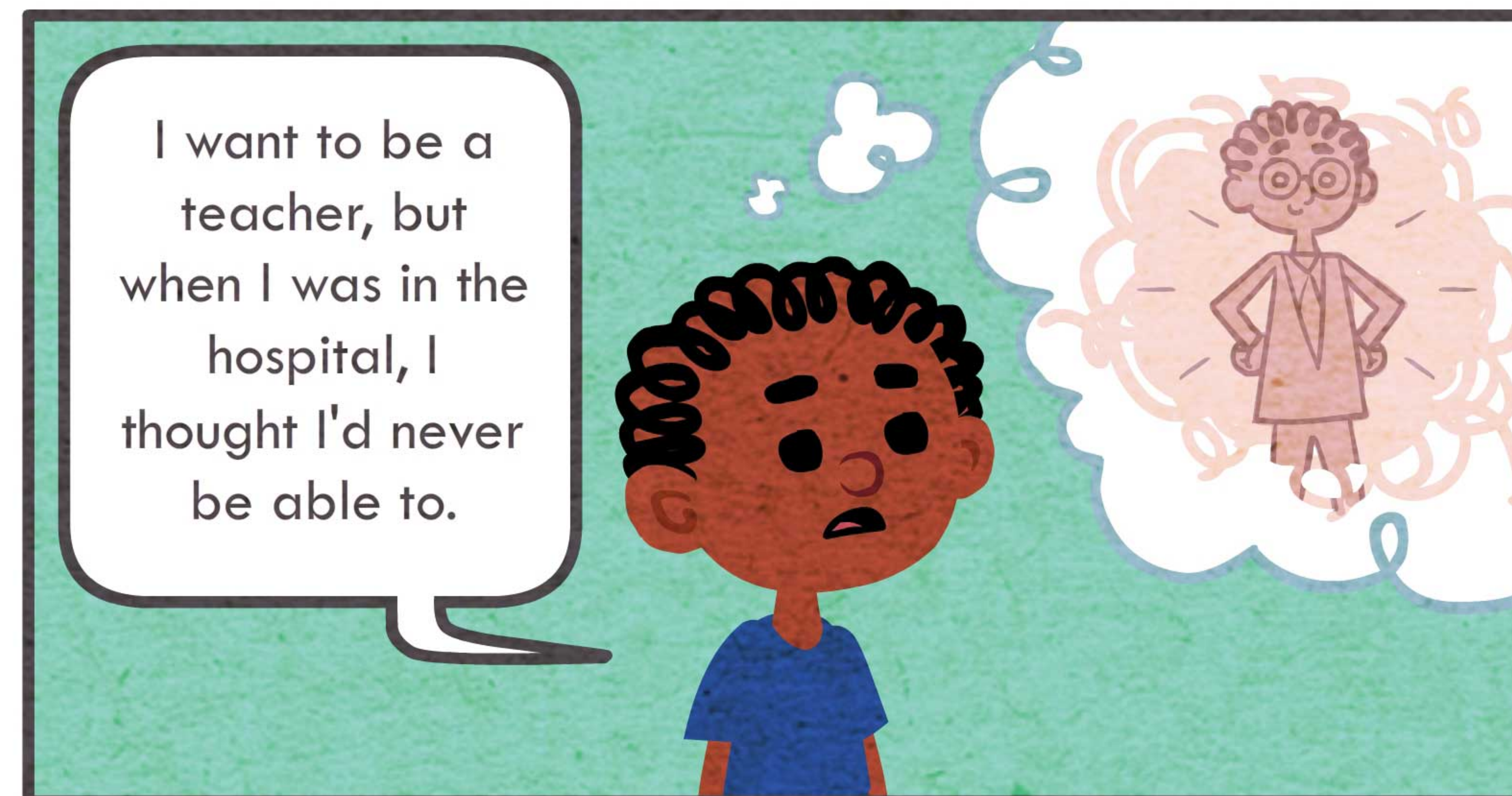
I can't **wait** to be a firefighter!



Yeah, sometimes I do wish I could skip over this 'being a kid' stuff, and be an adult **now**!



OH NO!

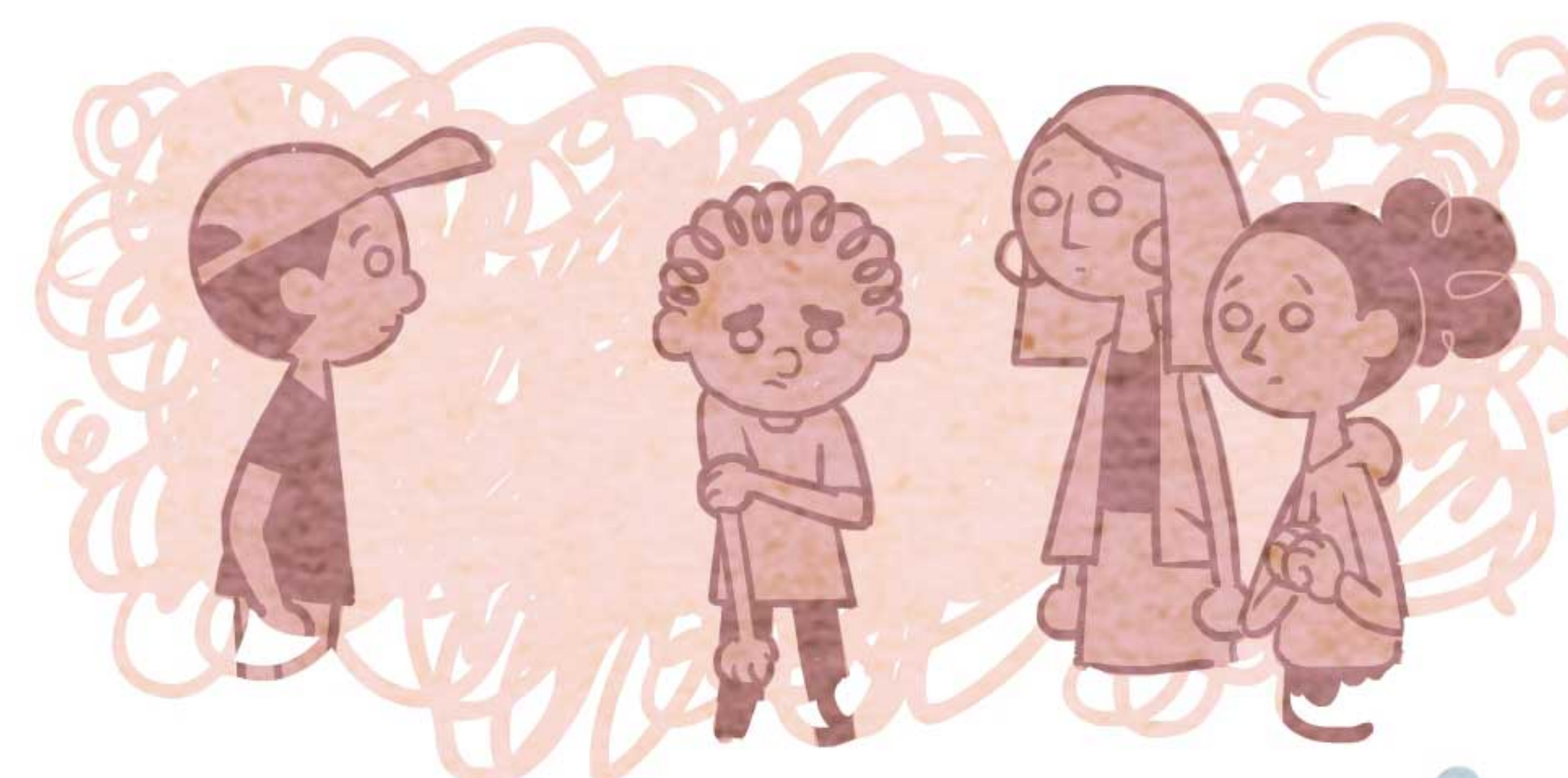




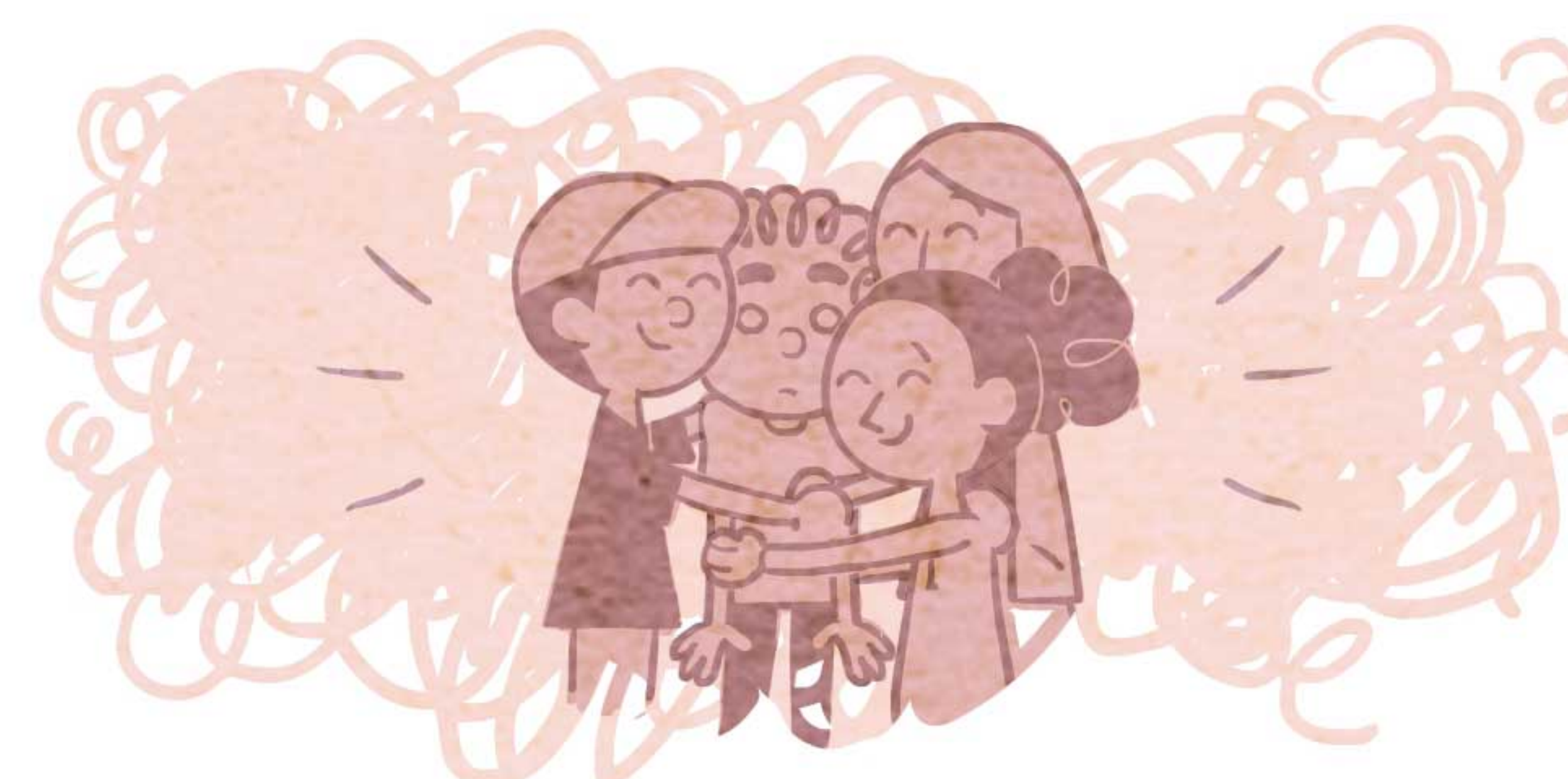
That
nothing is
gonna get
in **MY**
way!



I thought
people just
wouldn't
want to
deal with it.



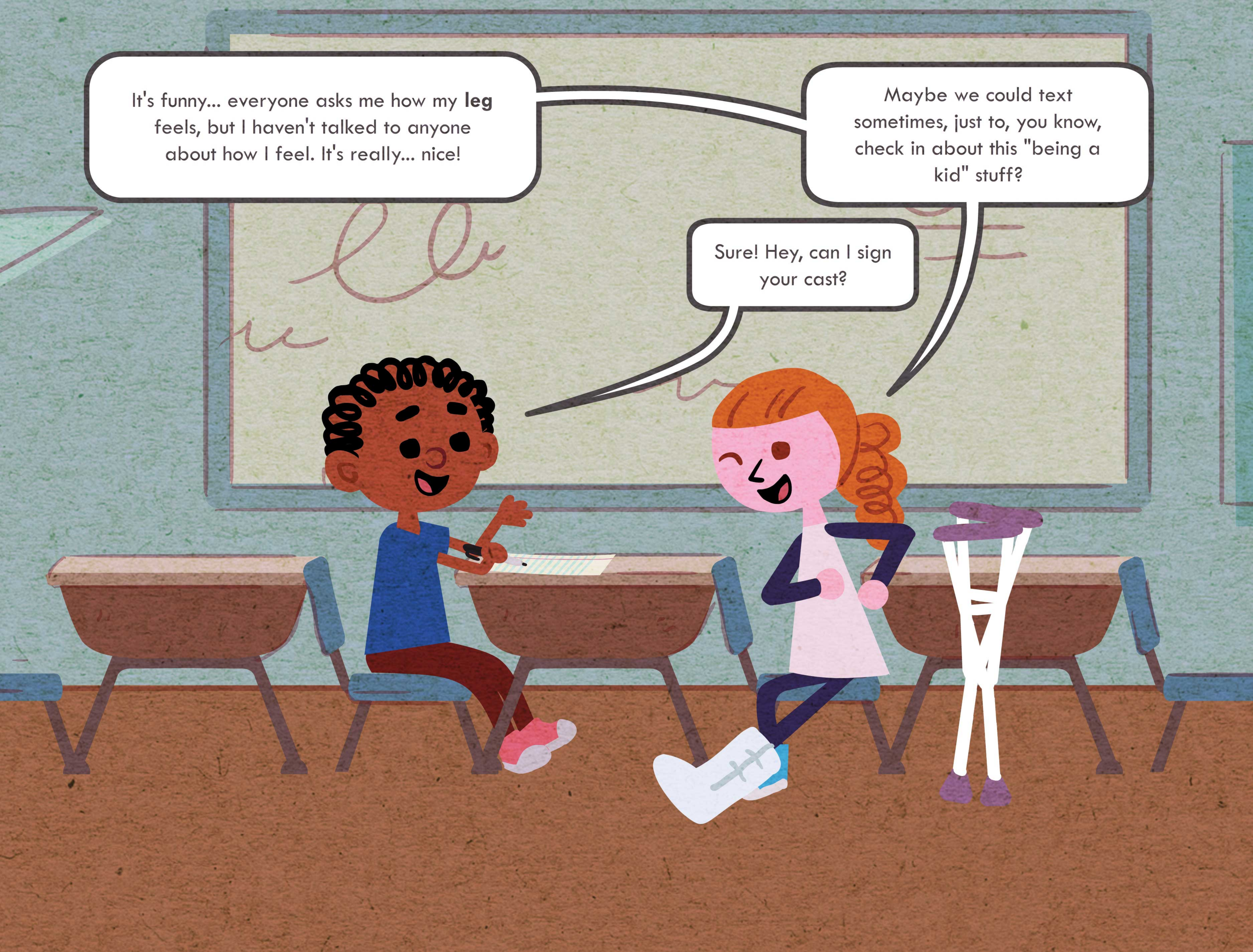
But instead,
they
helped me
feel better!



It's funny... everyone asks me how my leg feels, but I haven't talked to anyone about how I feel. It's really... nice!

Maybe we could text sometimes, just to, you know, check in about this "being a kid" stuff?

Sure! Hey, can I sign your cast?





**20 YEARS
LATER...**



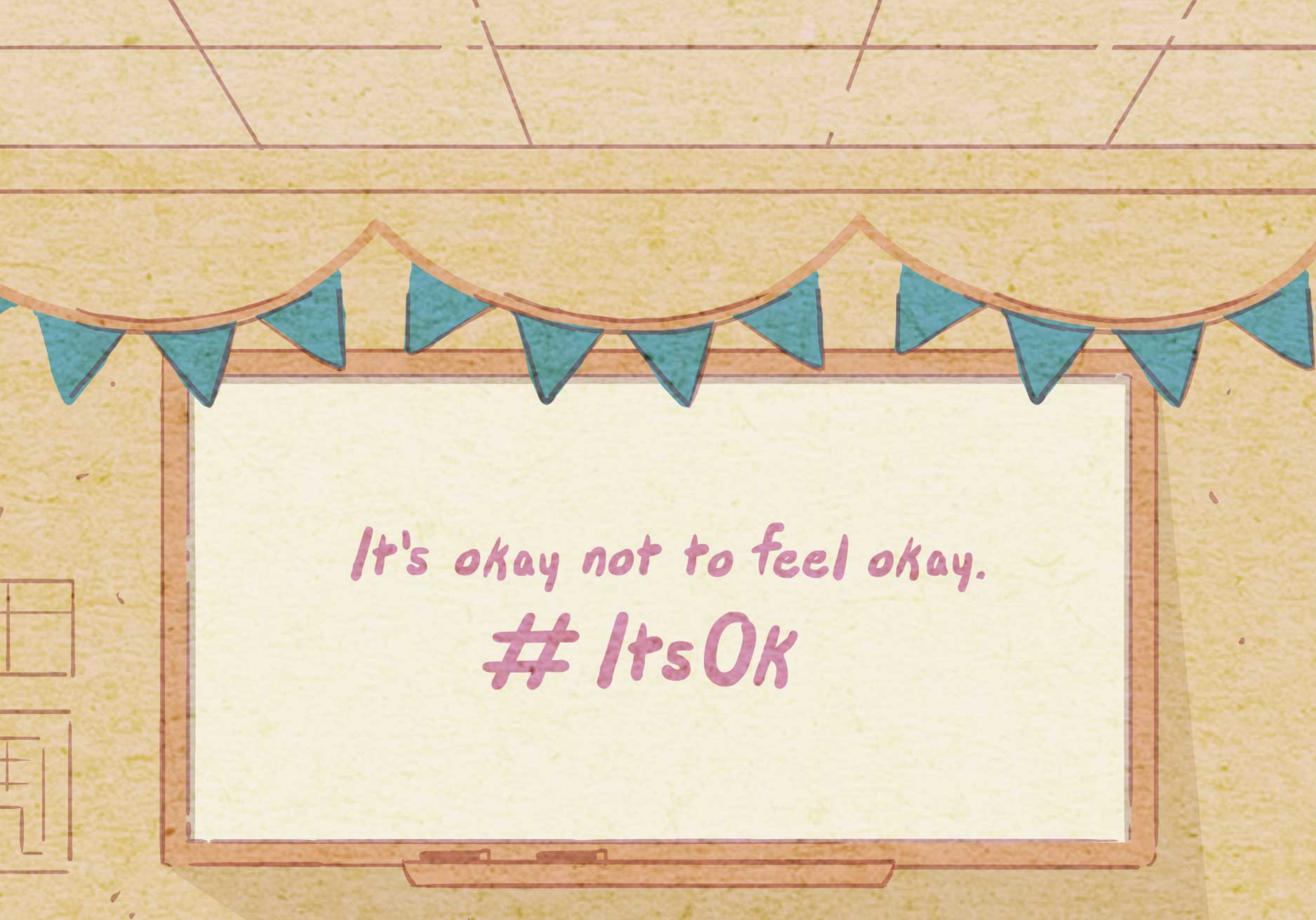
Fire
Safety
Week!

Mr. Isaac

with
Special Guest...

• love : Mr
• love : Mr

Fire Chief
Mia Vasquez!



*It's okay not to feel okay.
#ItsOK*

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Illustrated by Christina Kelly

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