



Coloring Book

By: Marcela Ospina

A playful tool to fight domestic violence.



The Brave Girl

Share your experience.
Tag @encasaoficial and
@bravivalente to repost it on our
story. Use #BraviValiente

I'm going to sing a song about
what mouth, hands and feet are for.

All rights reserved.



Hi, families:

Marcela Ospina is a designer, singer and creator of EN CASA (At Home), a movement that believes in a better world built from home and from each human inner being, which has brought unforgettable experiences to the heart of Colombian families over 3 years.

In solidarity and empathy with the situation that is currently happening in our planet, she has created BRAVI, a graphic representation of herself and her lived experiences, and also a recreational tool for children and for everyone at home, with the objective of providing through art, reading and music, values and life messages that can reduce domestic violence that she has experienced herself and that are evidenced in a greater percentage on these confinement days.

You hold in your hands a tool made with love, which you can print and share with your friends and family. Written in verse so you can easily sing and remember.

At the end of the book, you will find a letter addressed to parents and responsible adults inviting them to build the world we want from our inner being.

If you would like to make a contribution to our cause or print BRAVI to your families, employees or community, you can write to us.

With Love!

En Casa Team

encasaoficial@gmail.com

Instagram: @encasaoficial

@bravivalente





By: Marcela Ospina



★ Bravi sings to you: ★

"You have a little mouth,
soft like powder,
she says good things,
beautiful like a flower".



Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.



By: Marcela Ospina



☆ Bravi sings to you: ☆

"The kisses on the mouth
when you grow up you're gonna give,
the grown ups don't touch it
they must respect".



Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.



★ Bravi sings to you: ★

"Listen to what I say
and repeat it again
I don't listen or look at you
if you don't treat me well".

♥ Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.



By: Marcela Ospina



☆ Bravi sings to you: ☆

"With my mouth I will say
cheerful words
I will never, ever scream
just for happiness and joy".



Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.



By: Marcela Ospina



☆ Bravi sings to you: ☆

"I have two beautiful hands
that God gave me with love
with them I'm going to give
always the best."

♥ Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.



By: Marcela Ospina



★ Bravi sings to you: ★

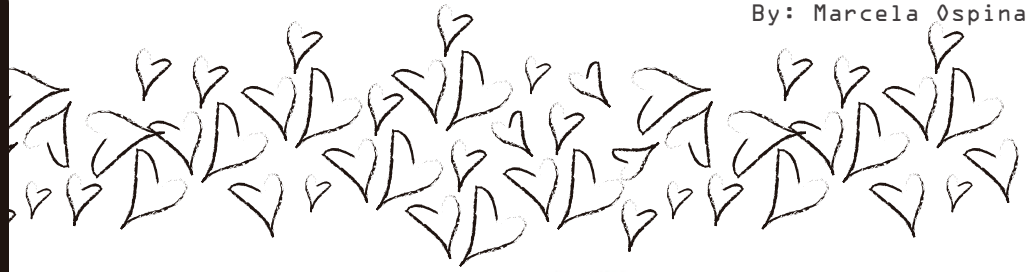
"These two little hands
are to love you in spring
are not to beat or hurt
not even a single hit".



Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.



By: Marcela Ospina



☆ Bravi sings to you: ☆

"No one caresses me
when I'm alone, let's see
my Mom must know
who puts their hands on me".



Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.



By: Marcela Ospina



☆ Bravi sings to you: ☆

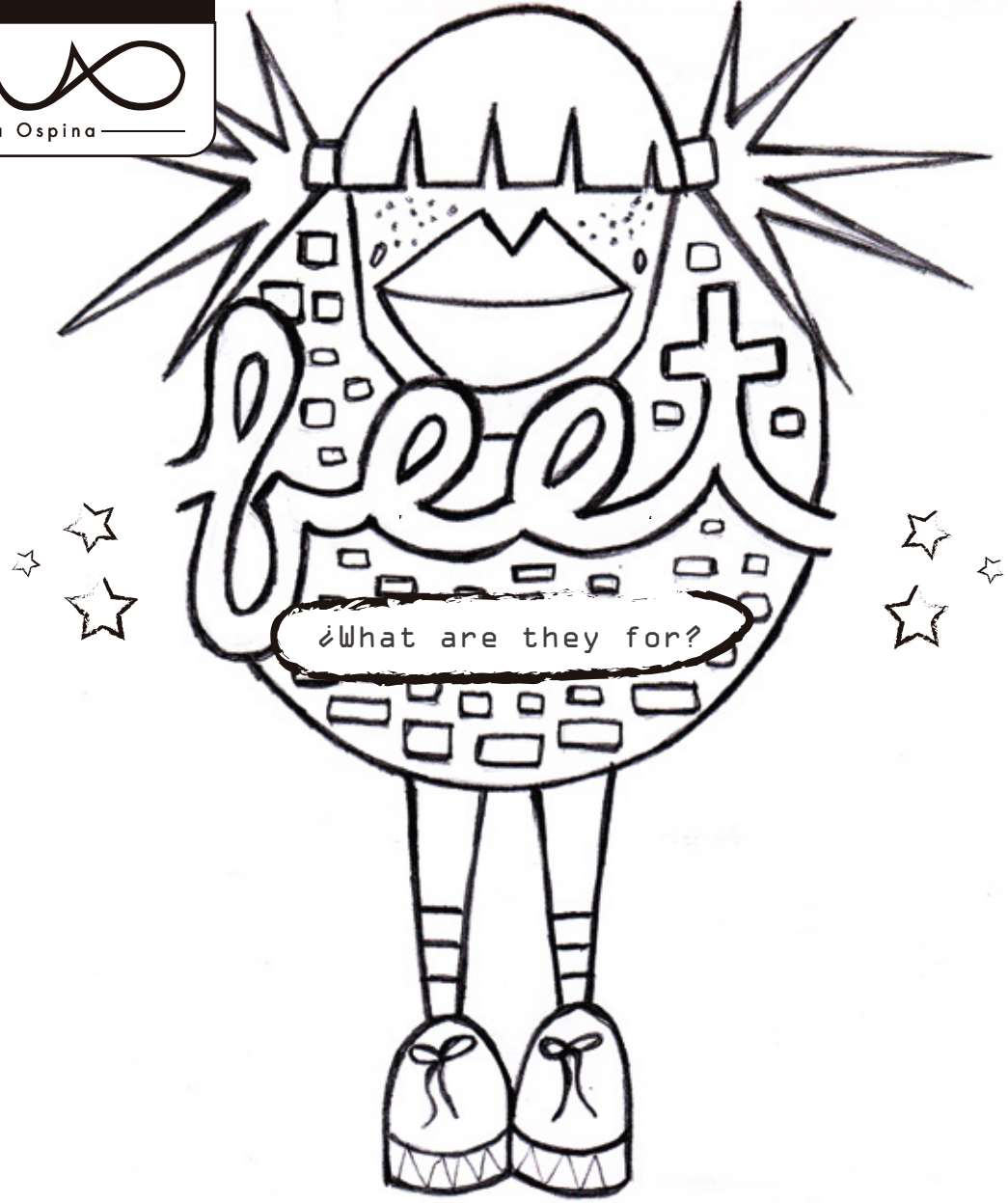
"I'm going to get you
at the core of my being
I'm not going to mistreat you
I'm going to protect you".



Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.



By: Marcela Ospina



★ Bravi sings to you: ★

"My beautiful feet
are for walking
if someone is hurting you
you must ask for help".

♥ Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.



By: Marcela Ospina



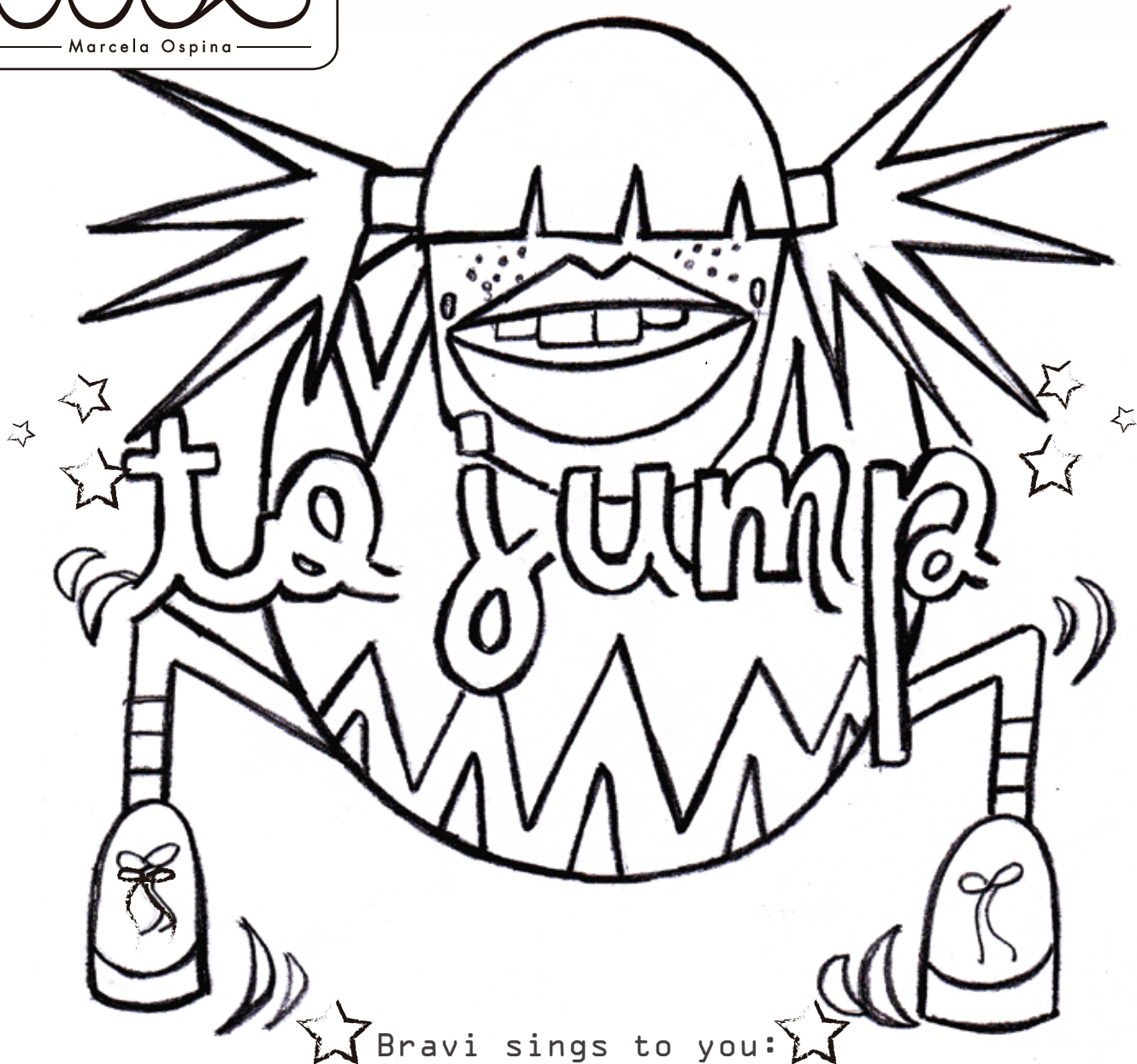
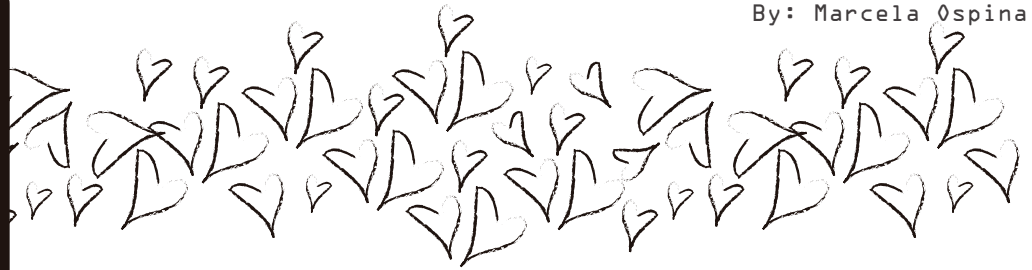
☆ Bravi sings to you: ☆

"With my feet I will dance
I will move and I will shake
I will never kick you
understand it very well".

♥ Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.



By: Marcela Ospina



★ Bravi sings to you: ★
"Toads jump and jump
I jump very high too
family is for love
I must respect you".



Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.



By: Marcela Ospina



★ Bravi sings to you: ★

"Now I'm singing
what are feet for
They are for fun
They are not to hurt".



Life is not perfect, you can color outside the lines.
This Coloring Book is a gift.

Dear Mom and Dad:

(In some Family in the World).



I am writing to give you a message, which I hope, can touch your heart.

For many years I experienced domestic violence at home. I saw my father repeatedly hit my mother. I remember that I would run to hide under my bed and then my mother would take us to my grandparents'. A place I call "Love's Haven". Being there I understood that what I was living at home was very bad and that this was not the way a family should be.

I began to reject the father figure, and to get away from my mother for continuing to live in a place like that. I also began to build a strong character that protected me and at the same time I became a cold and difficult child.

And you know what? It hurt in my soul and it took us a long time to rebuild a new peaceful home. There are always wounds when you grow up that are soften, healed and forgiven working little by little from your inner self to rebuild your identity and return to your true essence as the wonderful and unique human being you are.

But not everyone succeeds. There are millions of people in the world walking around with wounds from their past and carrying the weight of abuse inside their homes, repeating stories of violence from generation to generation and abusing in different ways those around them.

What do you decide now?

I invite you to use your mouth to bless, not to hurt.

I invite you to use your hands to embrace, not to abuse others.

I invite you to use your feet to play with your children, with your family and not to hurt them. God always gives us a new day to do things much better.

Never admit less than love and respect. Never silence when you are abused. Never think you deserve to be abused. Talk, get help, you're never alone.

You want a better world? Build it EN CASA, that's where it all starts!

With love:

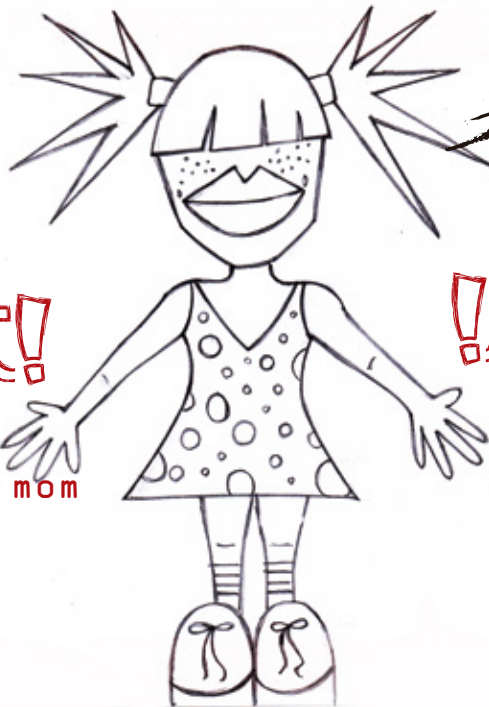
BRAVI, the Brave Girl.





!you can't!

kiss my mouth.
Respect me!



!you can't!

Tell me to keep
quiet and not tell my mom
when I don't like
something.

!you can't!

You can't touch
my private parts

!you can't!

mistreat me

!you can't!

undress for me
to caress your body





bravi

THE BRAVE GIRL

By: Marcela Ospina



I am brave like you and I have a huge heart, healing the planet, fighting child abuse and violence at home is my greatest mission.