

Un Bosque en mí A forest in me

"Once upon a time, there was a forest that was part of us, and we, part of it. Nothing separated us."

A girl spends the afternoon in the forest and finds a connection to nature. When she returns home, she finds she keeps the forest inside her. This book teaches, with short sentences and beautiful illustrations, how we stay connected to nature.

Illustrated with watercolors in dark and bright colors, we see different aspects of nature in everyday life.

Nature is part of our lives; the rays of the sun coming into our homes, the colors of the animals, the shadows, the sounds, and the contribution of the forest to our well-being, such as the woods used for chairs, the fragrances of the flowers, the seeds for our food, the cotton for our clothes. With this story, readers will be able to visualize and understand that we are part of an ecosystem that contributes to each other.

Spanish/
English

Érase una vez un bosque que formaba parte de nosotros y nosotros, parte de él. Nada nos separaba.

Once upon a time there was a forest that was part of us and we were part of it. Nothing separated us.

Ahora, a veces, el bosque que recorremos...

Now, at times, the forest that we walk through...

lo llevamos dentro.

we bring inside.

Nos olvidamos de que está ahí.

We forget that it's there.

Pero el bosque nos lo recuerda:

But the forest reminds us:

entra con sus rayos de luz por la ventana y nos sorprende con su magia.

it enters through the window with its rays of light and surprises us with its magic.

Nos envía atardeceres y sombras al interior, para que juguemos.

It sends us sunsets and shadows indoors, so that we can play.

El bosque nos canta con trinos y silbidos, taconeando sobre el tejado.

The forest sings to us with chirps and whistles, tapping its heels on the roof.

El bosque nos hace señas con aromas, tostados por el sol, fragantes y misteriosos.

The forest beckons us with scents, touched by the sun, fragrant and mysterious.

El bosque nos nutre. El sol, la lluvia y las semillas se convierten en pan caliente y frutos rojos.

The forest nourishes us. The sun, the rain and the seeds turn into hot bread and red fruits.

El bosque nos abraza con ropas que fueron flores de algodón.

The forest embraces us with clothes that used to be cotton flowers.

Nos sostiene en sillas de madera que antes fueron árboles.

It carries us on wooden chairs that were once trees.

Sentimos el bosque en el cálido peso de nuestro gato y en el roce del abrigo de nuestro perro.

We feel the forest in the warm weight of our cat and in the touch of our dog's coat.

El bosque nos enseña que hay un tiempo para descansar y otro para despertar.

The forest teaches us that there is a time to rest and another to wake up.

El bosque se nos cuela dentro: hay una araña que busca cobijo, un bicho se pasea por el baño, un caracol escondido en la col.

The forest sneaks into us: there is a spider seeking shelter, a bug wanders through the bathroom, a snail hiding in the cabbage.

Incluso los ríos entran: corrientes de agua fría que ansían volver al mar.

Even the rivers enter: currents of cold water that yearn to return to the sea.

«Estoy aquí», dice el bosque. «¿Dónde estás tú?»

"I am here," says the forest. "Where are you?"

El bosque espera...

The forest waits...