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# Moving to Earth with Billy

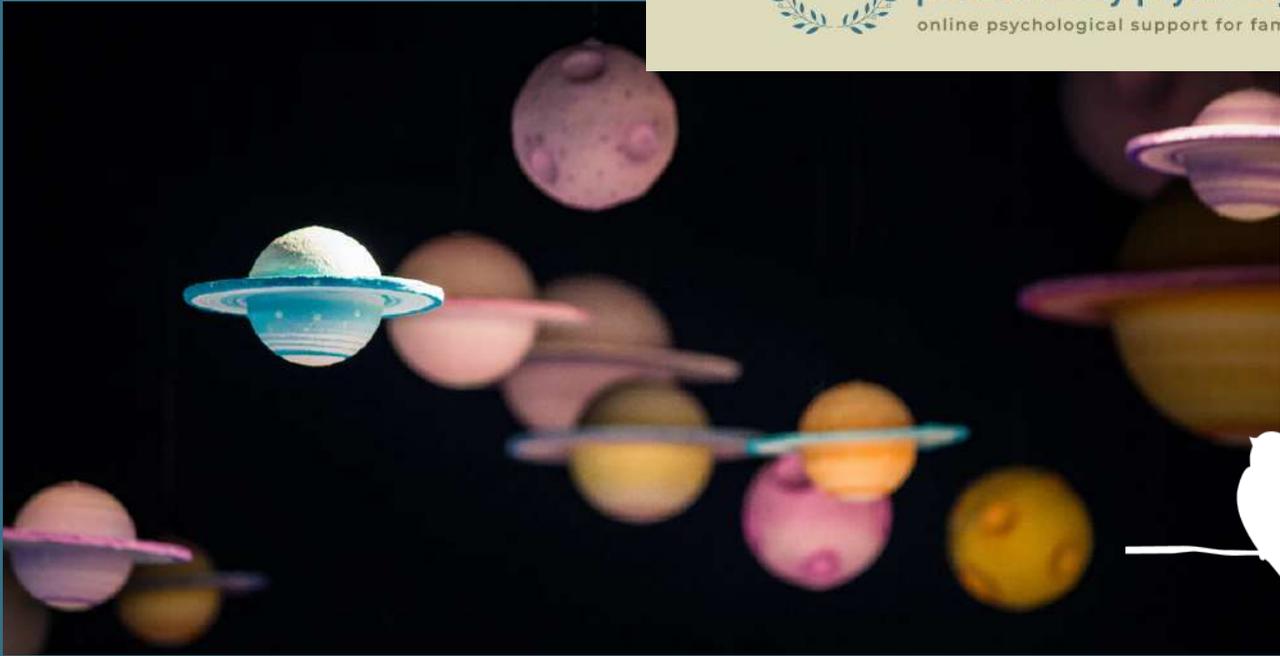


**Age range: 12 - 16 year olds**

This was written for a boy in foster care struggling with self-doubt and fear about the future following early traumatic experiences.

## **Adaptations:**

Change the details of the traumatic experience and current feelings and beliefs to reflect your child's history and current struggles.



## MOVING TO EARTH WITH BILLY

Once upon a time, in a land far, far away, on another planet called Meridian...there lived a boy, a perfect little boy, called Billy. Our Billy was such a little character from the day and hour he was born; he had a lot of sparkle, his eyes twinkled and he had such a cheeky smile. When he born, his mum thought he was the best thing ever.

There were a lot of similarities between Meridian and Earth - people looked similar, they ate similar food and they did similar things like go to school and watch TV. However, life was a lot harder in Meridian because the food was drying up, people lived with no rules and war had pretty much broken out. It was chaos. There was so much pain and suffering, and everyone was worn out. Little Billy's mum was very young and just couldn't handle it all. She stopped laughing so much at Billy's jokes and didn't notice Billy's sparkle so much.

The Meridian adults discovered that although they couldn't grow more food, they could grow special plants and make potions which made them forget their exhaustion, hunger and suffering for a little while. It made them not care about a thing.

*It was chaos. There was so much pain and suffering.*

But it made them much worse parents! They partied a lot, had no rules at all and let all sorts of scary people into their home. They certainly didn't bother about making sure their little ones went to school or had enough sleep or food. They seemed to forget their children were even there half of the time. They just slept, had parties and fought.

Now, our little Billy, he was hurting so badly. He tried so hard to make his mum laugh. Sometimes it worked and she would cuddle him. But then she just seemed to forget about him again. She would go out all day and all night to drink her potions and just leave Billy at home, alone, scared and hungry.

Billy's little heart was breaking, he so badly needed his mum. He needed cuddles and smiles. He needed food and protection. He needed his mum to really see him again. But she didn't and he felt so alone. Billy felt unwanted and useless.

Not only did his heart ache but his tummy felt sick with hunger. It was so horrible when his little brothers cried with hunger.



One more thing, although he tried to hide it, Billy also got very scared sometimes. You see this fighting, it got really out of hand sometimes. People hurt his mum really badly. So badly, that the police came loads of times to stop the fights, but they just started up again a few days later. Billy shook and felt sick with fear when he saw his mum getting hurt; what if she died?! She couldn't die, he needed her! Billy hated feeling scared like this.

Billy kept thinking that if only he was older, and bigger, and stronger, his heart wouldn't hurt like this. Billy thought,

“*If only I could be sparklier, or a better boy, or cleverer, or older, then I could take care of my mum and then she would always love me.*”

Or,

“*If I was bigger and stronger, I could stop the bad men.*”

But poor little Billy didn't realise that he was too little, he could never fix things for adults. His mum was way too sad and took way too many of her potions. Billy couldn't fix the planet and make more food. He couldn't make new rules and stop all the fighting. He couldn't stop these hungry, potion filled, crazy adults! He couldn't see that he was a terrified little child that so desperately needed protection and love.

But you have to give Billy his credit. He tried hard! You know, even though he was only 5 years old, little Billy got food for his brother - he knew how to make Weetabix! He knew how to climb over the stairgate and onto the kitchen bench! He discovered the magic of television and computers to keep him company. He kept him and his brothers alive - a miracle really!



But it was all too much - the hurt, the sadness and the fear. Billy started to lock away his feelings very deeply and tried desperately to just grow up quicker.

Then one day, the police came again. This time, though, they did not leave alone. They decided enough was enough. These boys were not safe. They saw Billy trying so hard to be grown up and look after his brothers and realised this was not fair on the boy. No matter how hard this child tried, he could not do the job of two grownup parents. This boy just needed to be a kid. These kids needed to be safe.

And then a really big move happened. Billy and his brothers got ready to move planets to a planet where there was plenty of food and no wars or fighting.



It broke Billy's heart all over again to leave his mum and uncle. Even though he was scared and lonely there, he loved them so much. It hurt his heart and stomach and his head fizzed. He ached to make his mum smile but when she visited Billy, she seemed so tired and empty.

Billy found life in this new planet strange. He was not hungry and his new family were nice. They didn't try and kill each other. Billy started to shine again and got really good at football; he even played for the County!

But yet, he couldn't relax and he didn't feel like he belonged. His jobs had all changed; he no longer had to look after his little brothers. He didn't quite know how to be. He knew how to survive and act in Meridian but on Earth, he felt a bit lost. He was always on the look-out for danger and fights. He often lashed out or teased or attacked others as a kind of armour or self-protection. He was going to be the strong one now. He would not let himself feel fear. He was always on the lookout for his mum, even though he knew she was still on Meridian. It made him angry every time he realised she was not with him.

He had memories and thoughts that belonged to Meridian and just made him feel a bit weird on Earth. He was still desperately keen to to grow up and be in charge of himself, even though the little frightened child inside of him was still there, locked up. He had never been given the chance to grow up. He felt a bit muddled and started to believe that he was one big failure who would not make it on Earth. You see, he still thought he wasn't good enough for anyone to really love and that hurt badly!



One day, Billy and his heavy heart were skating in the park. There was a puddle from last night's rain that caught Billy's eye because of its weird colours. Billy began to circle around it but kept his distance at first; this boy knew how to keep himself safe!

But gradually, he got closer and started to see lots of things reflected in the puddle. He saw himself, but he looked a little different. He looked nicer, kinder and wiser somehow. A skater fairy sat on his shoulder and explained,



“*How you see yourself has got all mixed up Billy. How have you come to blame yourself for so much that was not your fault. You do not see your sparkle, your kindness, your wisdom, or your talents. Take a closer look.*”

Billy stared more into the puddle. This boy really was okay! As he looked closer, he saw something else. Behind the kind and wise face, he could also see the frightened little boy he had locked away all these years. He was terribly lonely and had no idea that Billy was actually **safe** now. When he looked closer again, he saw so many memories from Meridian but he saw them differently to before. He saw how young, frightened and lonely he was. He saw that he had been a beautiful, but very tiny little boy, trying so hard. Billy took a very deep breath and allowed himself to hug this little scared boy. The little boy snuggled his head into Billy.



Then Billy saw more. **There were people standing behind him.** He saw all the Earthlings that loved and cared for him. There were many more than he realised! There were his Earthling parents, his brothers, his earthling Aunt and Uncle, his friends, and his helpers. You know, they weren't his actual mum, but **they really did love him.** Sure, they had some Earthling ways about them which annoyed Billy sometimes, but they were good people. Billy decided he would let some of these people help him with the little boy inside. This little boy needed space to grow up. He needed to feel loved and not stuck back in Meridian. A big fat tear rolled down Billy's cheek as he let his Earthling mum and dad pick him up and cuddle this little boy.

Amazing things started to happen after that. Billy no longer was stuck in survival mode. He stopped blaming himself and didn't feel quite so scared or angry. He started to feel a little warmer, more chilled, and could concentrate more easily in class. **He realised that his life had made him a pretty special kind of human.** He was charming, wise, and funny. **He had the Meridian sparkle.** He was actually quite cool and he started to like himself. This meant, he could start to trust other people a little to like and love him. This felt amazing! He could hang out with his brothers or mates or girls without needing his attacking armour and that felt much nicer. He could see a future and it looked brighter!