Alright, let's imagine we have a slice of pizza that is split into 100 equal parts, like a big pizza pie cut into 100 tiny slices. If you take 62 of these tiny slices away, you are left with -62 slices because you've actually taken more than the whole pizza. Now, since each slice represents a fraction of the pizza, -62 would be written as -62/100, because you took away 62 out of the 100 slices.

However, when it comes to fractions, we usually don't keep negative numbers in the numerator (the top number of a fraction). So, to make it simpler, we can divide both -62 and 100 by their greatest common factor, which is 2 in this case. By doing that, we get -62 ÷ 2 = -31 and 100 ÷ 2 = 50. So, now we have -31/50 as our fraction.

Another way to visualize this is by thinking about money. If you owe $0.62 to someone, that is the same as owing them 62 cents. To write this amount as a fraction, we put the 62 cents as the numerator and the total amount (which here is 100 cents because $1 equals 100 cents) as the denominator, giving us 62/100.

Now, like before, we simplify this fraction by dividing both the numerator and denominator by their greatest common factor, which is 2. So, 62 ÷ 2 = 31 and 100 ÷ 2 = 50. Therefore, $0.62 written as a fraction is 31/50.

In conclusion, the fraction -0.62 can be written as -31/50. Remember that fractions are a way of representing parts of a whole, and in this case, negative numbers indicate owing or taking away from the whole.