

Sometimes I'm Bombaloo

SOMETIMES I'M BOMBALOO BY RACHEL VAIL

If you do not have this book at home you can watch a narrated version on YouTube <https://www.youtube.com/watch?v=4GJ9mWusTec>

This story is about a young girl Katie who sometimes loses her temper. Katie gives herself the name "Bombaloo" when she loses her temper. The story explores the things that cause Katie to lose her temper and how she behaves when she loses control.

Big emotions are a part of life, but we all need to develop strategies to ensure they don't get the better of us. It is normal and acceptable to feel anger from time to time and sometimes it can even be helpful (motivating or energising for example). A person with emotional intelligence can identify their big emotions and use strategies to ensure these don't take over and result in unacceptable behaviours.

SUGGESTIONS FOR THIS ACTIVITY

The worksheet here contains several strategies that can be very helpful for young children to use when they are experiencing big emotions. Your child can use the worksheet to plan which helpful things they can do when they are feeling angry or experiencing big feelings.



Sometimes I'm Bombaloo

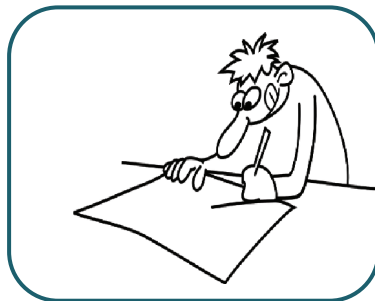
Bombaloo is a word used by Katie when she is feeling very angry. When Katie is Bombaloo and she is upset she uses her fists.

What is a word you might use to describe you when you are very upset: _ _ _ _ _

What are some of helpful things you can do to help you feel better when you feel this way. There is space to draw your own ideas:



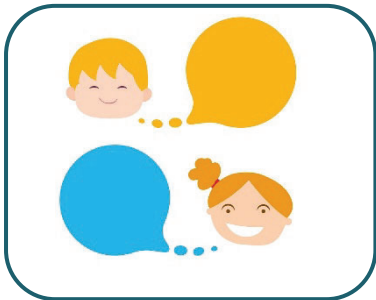
Listen to Music



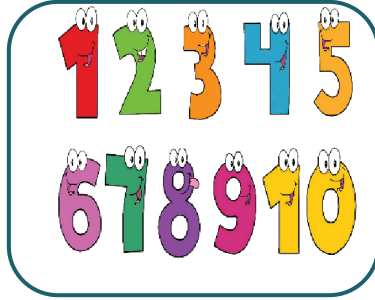
Drawing



Take a deep breath



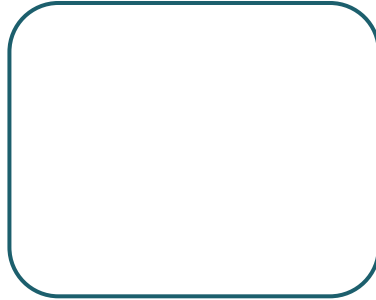
Talk to someone



Count to 10



Play Sport



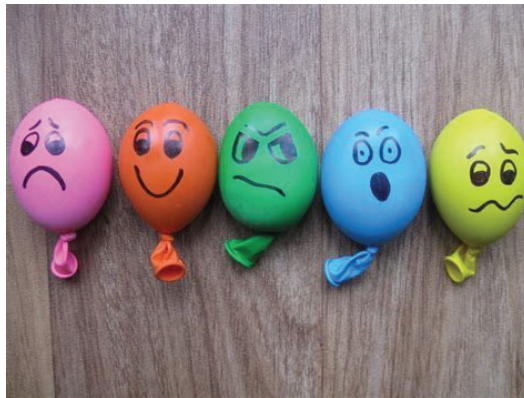
'Feelings' Stress Balls

DEALING WITH BIG EMOTIONS

We all experience big emotions and this is a fun activity your child can do independently or with some help from you. They can create their own Bombaloo stress ball. Your child can also create stress balls displaying other emotions (Some examples include sad, happy or surprised). This activity is designed to get your child familiar with a range of different emotions and introduce them to another strategy they can use to help bring about self-calm when they are experiencing big emotions. Your child may choose to keep and use their stress ball when creating their Feelings, rest stop space in a later activity.

SUGGESTIONS FOR THIS ACTIVITY

Your child will need coloured balloons, flour or rice, scissors, a funnel and marker



1. Blow up the balloon and deflate it so it can stretch out slightly.
2. Place the funnel into the neck of the balloon and add flour. If this becomes clogged use a pencil to push the flour/rice through.
3. Squeeze any excess air out and tie the end of the balloon.
4. Decorate your stress ball with pictures representing different big emotions.

