



Sometimes I'm a Bombaloo

By Rachel Vail

This story is about a little girl named Katie Honors. When Katie gets angry she gets “Bombaloo” and loses her temper. With some comfort from her mother and little humor, Katie can transform back to her normal self and deal with her Bomabaloo feelings.

BEFORE READING:

- Show your child the front of the book and encourage them to explore it. They may want to hold it, turn the pages, or even taste it!
- Read the title and ask your child what they think the word “Bombaloo” means.

WHILE READING:

- Stop if there is something you or your child would like to talk about.
- Ask questions so they can connect what is happening in the book to things they already know about. Try some of these ideas:
 - What do you think she is feeling?
 - What kinds of toys does Katie like playing with?
 - Uh-Oh! What would you do if your brother knocked over your toys? How would you feel?
- Ask your child to point out what they see. Name and identify the pictures.
 - Look at her face, it is scrunched up a like a monster. Can you make a face like that?
 - Tell me about what she is doing.

AFTER READING:

Spend some time talking about the story. Help your child understand anger. Ask:

- Do you feel “Bombaloo” and get really angry?
- What makes you feel better when you are angry?
- When you start to get angry, what can you do to keep from getting “Bombaloo”?
- Help teach your child helpful ways to deal with tough emotions like anger. Reassure them that all emotions are ok to feel, and teach them ways to behave in appropriate ways.



Read this book several times to the children. Hearing the same story again and again helps them learn new words and understand the ideas they hear better. Each day, pick a different activity to do with the children after reading “Sometimes I’m Bombaloo”.

SOCIAL EMOTIONAL

Help your child brainstorm things that make them feel better when they are angry (hugs and kisses, a special blanket, a quiet space, etc.). When your child feels angry, remind them of all the things they can do to feel better.

PRETEND PLAY

Make a feelings fort. Use sheets, or towels to build a small fort. Have your put some of their favorite things into their fort. Tell your child that they can find a calm, quiet place to calm down when they are feeling angry.

ART AND MUSIC

Use a paper plate or a paper grocery bag to make Bombaloo masks. Cut out holes for the eyes, nose and mouth and encourage your child to decorate the bag to make it look like their bombaloo face. Have your child put the mask on and act out their angry feelings and then help them practice ways to calm down before removing their mask.

MOVEMENT

Play “Bombaloo Parade.” Have your child act out what it looks like when they are angry and play “Follow the Leader,” mimic their actions and follow them around. Ask them to change their emotions and find new actions to match.

For more information, visit: http://msue.anr.msu.edu/topic/info/early_childhood_development