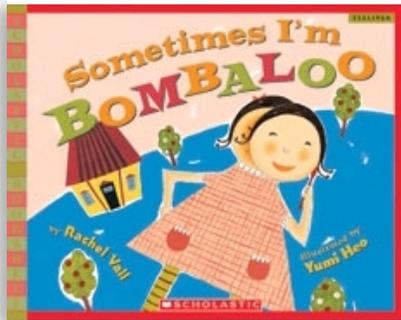


Book Nook

Using Books to Support Social Emotional Development



Sometimes I'm Bombaloo by Rachel Vail

Sometimes when Katie loses her temper she uses her feet and her fists instead of her words. She's Bombaloo! Being Bombaloo can be scary! With a little time to calm down and think about why she's mad and a little love from her mother, Katie feels like herself again. (Ages 3-8)

Examples of activities that can be used while reading *Sometimes I'm Bombaloo* and throughout the day to promote social and emotional development:

- As you introduce the book and title, ask children what they think it means to feel bombaloo! Have the children try to say bombaloo! Tell them that you are going to read them a story about a little girl named Katie who sometimes feels bombaloo. Ask the children to listen carefully to the story to see if they can figure out what it means to feel bombaloo. Pause while reading the story to see if children can guess what bombaloo means.
- Ask the children what makes them angry or upset? What do they do when they feel angry or upset? How do they stop being angry or calm themselves down? Does it sometimes feel a little scary when they are angry or upset? How did Katie calm down when she was bombaloo? Talk about different ways they might handle situations that make them angry or upset without going bombaloo? Make a chart that shows the kinds of situations that makes the children angry or upset (add columns to the chart as you discuss what makes them happy). Teach children Tucker Turtle's secret strategy for calming down when he gets angry. For detailed information on the turtle strategy, refer to the CSEFEL website at www.vanderbilt.edu/csefel/practical-ideas.html. Read the story "Tucker Turtle Takes Time to Tuck and Think," which can also be found on the website. Remember to provide lots of opportunities to practice using the turtle technique. Have the children role play how they would teach Katie the turtle technique.
- "Bombaloo" is a funny word that Katie uses when she is very angry or upset. Help children think of a word they can use as a class to explain how they feel when they are angry or upset. Think of times when they might use the word and what they might do to not feel that way anymore.
- Remind the children how Katie smiles and gives good hugs when she is happy. What do they do when they are happy? What makes them feel happy? How do they show other people they are happy?
- Talk about how Katie can do all kinds of things by herself! She can brush her teeth and put on her shoes! How do they think Katie feels when she does things all by herself? Ask the children what they can do all by themselves? How do they feel when they do something all by themselves? Do they feel proud?



- The story talks about how Katie has good manners. Ask the children what it means to have good manners. Give examples to help children understand. What are some good manners they use at school and at home? How do they think it makes others feel when they use good manners? How do they feel?

Reading the same book for several days in a row is a great way to provide opportunities for infants, toddlers, and preschoolers to develop a sense of competence and confidence, which is an important part of social and emotional development. They become able to turn pages, point at and label pictures, talk about the story, predict what will happen next, learn new vocabulary words, talk about their own experiences in relation to the story and even make up their own story! Try reading *Sometimes I'm Bombaloo* for several days in a row and use some of the ideas, activities, and teaching opportunities listed below to enhance social and emotional skills.

Dealing with Angry Feelings

Art: Make a classroom “Feel Better Book.” Remind the children how Katie started to feel better when something funny happened and she laughed. Ask the children to think of things that make them feel better when they are angry. Have the children draw pictures of things that make them feel better when they are upset and write about them. Compile the pictures to make a “Feel Better” book of all the things that make the children happy. Refer to the class “Feel Better” book for ideas children can use when they are feeling angry or upset. Post ideas on a bulletin board in the room — *Our “Bombaloo” Board!*

Sensory: Use play dough as a way to get angry feelings out. Talk with the children about how Katie wanted to use her hands and feet to hurt her brother when she was “bombaloo.” Talk with the children about how it is okay to feel angry, but it is not okay to use our hands to hit or hurt friends. One way to get out some of that “bombaloo” feeling might be to work it out by playing with play dough. Invite children to knead the dough using their hands. They can pound the play dough using their hands or plastic hammers. They can also create things that make them feel better. For example, if a child really likes to play with trains, he can use the play dough to make a train, which might help him feel happy again. Encourage children to talk about how this might help them feel better when they are angry. Talk about other ways children can deal with their anger.

Music and Movement: Draw or paint to music with sounds that represent many emotions. Pick some music that might portray different emotions: happy, sad, angry, excited, etc. Play the different types of music and let the children draw or paint to each type. While they are working, talk with the children about the feeling that it represents to them. What are they drawing, and why? After an angry piece of music, try to play some calming music. Discuss with the children how listening to music might be one way to calm down when they are angry.

Dramatic Play: Provide a cardboard box for children to decorate as the Bombaloo House. This can be a place to go when they are feeling bombaloo (of whatever class word the children picked to represent bombaloo!) or they just want to be alone. Provide copies of the turtle technique steps to put inside their house to help them remember Tucker Turtle’s secret way of calming down. Encourage the children to “try out” their Bombaloo house by thinking of a time they might feel bombaloo. They can then go inside the Bombaloo House and try to calm down and think of a way to feel better.