

Magic Asparagus

What should be included:

- Book – **Bad Mood**
- Dine in With Bluey Set
- Squishmallow Bluey
- Feelings and Emotions puzzle
- Paper
- Crayons
- Stickers

Book and Activity:

Read – Bad Mood:

The book, **Bad Mood**: finds Dad and Bingo playing a game of “Bad Mood,” which has Dad stomping around the house with Bingo on his feet causing chaos to redirect her from having a meltdown. The family all works together to help Bingo get out of her bad mood.

This episode of Bluey helps us understand that “Bad Moods” are something that can take over one’s actions and reactions in some situations, and may have them do something they would not normally do. Also, that we don’t think the child is “BAD” just their action or reaction.

This is a good opportunity to talk with your child about how to handle different emotions and appropriately express them.

Dad gives us a good idea to redirect our child in a **FUN/FUNNY** way when he/she is not wanting to do something or is about to just melt down.

HUMOR is a great tool for a child to have in his/her tool box of ways to handle life 😊

Activity:

Bluey tried thinking of several different things for Bingo to do that might help her get out of her “Bad Mood”:

- Taking relaxing breaths
- Drawing
- Dancing
- Seeing someone else HAPPY

Using the paper provided, help your child think of things that he/she could do when he/she is in a “Bad Mood”:

- Make a list of things that makes your child happy
- Decorate it with the Bluey stickers and crayons
- Hang it where your child can easily see it, so he/she can look at it when the time is needed

Social Emotional Activity:

Using the 12 double sided little puzzles, talk with your child about different emotions.

Match an Emotion:

- Start by placing all of the puzzle pieces with the children’s faces out in front of your child
- Then show your child one emoji emotion - identify the emotion
- Let your child then find the emoji’s matching picture on the puzzle pieces with the children’s faces
- Continue this until all emojis and faces have been matched

Scenarios and Emotions:

- Once again, lay the puzzle pieces with the children’s faces out in front of your child
- Now flip the emoji pieces over to show the picture of a scenario that caused a feeling and talk about what is happening in that picture
- Let your child then find the piece of puzzle that best shows how the child might feel if he/she had been in the scenario
- Continue this until all scenarios and faces have been matched

Bluey Fun:

Magic Asparagus (Season 1, Episode 49)

If you and your child are not familiar with this episode, you can watch it together. It can be found on YouTube or Disney+.

This episode finds Bluey and her family eating together. Dad decides to try and teach the girls some manners, but all Mom seems to be worried about is them eating their vegetables. Mom gives Bluey a piece of asparagus and declares it is a magic asparagus and turns people into animals. After Bluey turns Dad, Bingo and Mom into animals, the animals get out of control. Bluey decides that there is a need for manners and that rules have a place.

Activity:

Using the dinner set and the Squishmallow Bluey, set up a pretend dinner time for you and Bluey:

- Help Bluey take the “Magic Asparagus” and point it at someone, and shout the name of an animal
- Then, that person has to do their best animal impression with animal sounds and motions

Variation:

- Instead of **NAMING** the animal, **DESCRIBE** an animal. The person you point the asparagus at has to guess what animal you are turning them into. For example: “Be that animal that swings from trees and loves to eat bananas” - monkey