



# SOMETIMES I'M BOMBALOO

by Rachel Vail

## **Things to get ready:**

### **Extension activity**

1. Gather magazines with pictures of people that are happy, sad or angry.
2. Gather red, yellow and blue crayons, paint or markers, glue or tape.

## **Getting the children ready to listen:**

1. Have students stand in a circle.
2. Tell the students that you will be reading a book about a girl who feels angry.
3. Read the following poem or sing If You're Happy And You Know It.

### **Feelings** by Karen Folk

Sometimes on my face you'll see

*(Point to face.)*

How I feel inside of me.

*(Point to chest.)*

A smile means happy, a frown means sad,

*(Smile, then frown.)*

And when I grit my teeth, I'm mad.

*(Grit teeth and frown.)*

When I'm shy, my head hangs low,

*(Bow head.)*

But when I'm proud I beam and glow.

*(Smile.)*

## **If You're Happy And You Know It**

1. If you're happy and you know clap your hands.  
If you're happy and you know clap your hands.  
If you're happy and you know it than your face will surely show it.  
If you're happy and you know clap your hands.

2. If you're happy and you know it stamp you feet.
3. If you're happy and you know it shout hooray.
4. If you're happy and you know it do all three.

Feel free to make up your own verses.

**BEFORE** you read the book:

1. Show the children the book, the cover and read the title, author and illustrator. Tell the children to listen to the story and they will find out what a bombaloo is.
2. Explain that the book is about Katie and how she feels and what she does when she gets angry.
3. Have children discuss what they do when they get angry and how it makes them feel.

**DURING** reading:

1. This is a good book that discusses expressing feelings.
2. Read up to what Katie does that makes her a good and happy kid. Have the children tell you the things that Katie does that makes her a good and happy kid.
3. Read the page about when Katie's brother knocks over her castle. Ask the children what Katie does instead of getting angry.
4. Read about what she does when she is bombaloo, up to the point when she gets sent to time out. Have the children tell you some of the things that Katie does when she is bombaloo. Discuss with the kids if this is how they feel when they are angry about something and what makes them angry.
5. Have students make predictions about the story. Such as, do they think Katie will stop being angry.
6. Finish reading the story.

**AFTER** reading:

1. Ask the children if they can tell you what bombaloo is.
2. Ask the children how Katie stopped being bombaloo and ask them how Katie felt when she was bombaloo.
3. Discuss what children can do when they feel angry.

### **Extension Activity**

Show children a weather thermometer and talk about how it works. Create a classroom thermometer. Color the top portion, red (angry), the middle portion, yellow (happy), and the bottom portion, blue (sad). If you want you can have the children help you create the thermometer. Give the children the magazines and help them cut out happy, angry, and sad pictures. After the pictures are cut out the children will paste them onto the thermometer. The angry pictures should be placed on the red section, the happy pictures go on the yellow section and the sad pictures go on the blue section. Refer back to the class thermometer when you are helping children cope with their feelings.

### **Related Books**

**When Sophie Gets Angry-Really, Really Angry...**

by Molly Bang

**Goldie is Mad**

Margie Palatini

**How are You Peeling: Foods with Moods**

Saxton Freymann and Joost Elffers

**I Was So Mad**

Mercer Meyer