

BLUEY EPISODE GUIDE

Exercise

DGO #9 · Grade 3 · Age 8+

Episode Name	Exercise
Season & Episode	Season 3, Episode 48
Age Group	DGO #9 - Grade 3 (Age 8+)
Key Concept	Well-being isn't a product you buy or a punishment you endure — it's a way of living that values joy, connection, and balance

ABOUT THIS EPISODE

Bandit feels self-conscious about his weight and decides to exercise. He sets up a serious workout in the backyard. Bluey and Bingo immediately turn it into a game — obstacle courses, imaginary missions, physical comedy. Bandit's initial frustration gives way to something unexpected: he's moving more, enjoying it more, and feeling better than he would have grinding through a joyless routine alone.

The episode models self-acceptance alongside self-improvement, without pretending the tension between them doesn't exist. Bandit starts wanting to fix something. He ends having discovered something better: that well-being isn't punishment, and joy is not a distraction from health.

WHY IT MATTERS (FOR PARENTS)

Consumerism isn't just about buying things — it's a mindset that says you're not enough as you are and that the solution is always external. Buy this product, follow this program, fix this flaw. Bandit starts the episode in that headspace: something's wrong with me and I need to fix it. But through playing with his kids, he discovers something the wellness industry rarely advertises: you can't buy your way to well-being, and punishing yourself into shape doesn't work as well as moving your body with people you love.

For an eight-year-old already absorbing messages about body image, self-worth, and the idea that happiness is always one purchase away, this episode offers a counter-narrative that lands gently and sticks. You don't need to buy anything. Sometimes the answer is already in your backyard, and it's wearing a silly costume and asking you to play.

DISCUSSION QUESTIONS (FOR YOUR CHILD)

1

Bandit felt bad about his body and tried to fix it with serious exercise. But playing with the kids ended up being better for him. Why do you think that is?

2

Advertisements often tell us we need to buy something to feel better about ourselves. Can you think of an example? Do you think it's true?

3

What's the difference between taking care of yourself because you value your body and trying to change yourself because you feel like you're not good enough?

4

What are some ways you can feel good about yourself that don't cost any money at all?

AFTER THE EPISODE — ACTIVITIES & EXTENSIONS**Try one of these to keep the learning going:**

- Go outside and move together — not as exercise, as play. Make up a game, chase each other, build an obstacle course, invent something ridiculous. Afterwards, ask: did that feel like exercise? Does it matter if it does or doesn't?
- Look at some advertisements together — for food, fitness, toys, clothes — and ask: what is this ad telling you that you're missing? Do you actually feel like you're missing that? How does the ad try to make you feel before it shows you the product?
- Ask question four and write a list together. Keep it somewhere visible. When your child says they need something to feel better, you can ask: is this on the list, or is there something else going on?
- Talk about question three honestly. Share your own experience of the difference between caring for yourself and criticising yourself into action. Let your child hear that adults navigate this too — and that it's not always easy to tell the difference.

Tip for parents: This episode handles body image with remarkable care for a children's show. Bandit's discomfort is real, his desire to change is valid, and the episode doesn't dismiss either. What it does is shift the frame: from fixing a flaw to finding joy. If your child has ever expressed discomfort about their own body — or yours — this is a gentle opening to talk about that, using Bandit as the frame rather than putting them on the spot.