BLUEY EPISODE GUIDE

Driving

DGO #16 · Grade 4 · Age 9+

Episode Name	Driving
Season & Episode	Season 3, Episode 20
Age Group	DGO #16 - Grade 4 (Age 9+)
Key Concept	Self-reliance isn't isolation — it's freedom. The person who can enjoy being alone chooses their relationships out of want, not desperation

ABOUT THIS EPISODE

Chilli and Bluey play a pretend car trip together. But this isn't really a game about driving. It's about Chilli modelling something for Bluey: how to be content in your own company. How to entertain yourself. How to solve your own small problems without needing someone else to provide the solution or the fun.

Chilli demonstrates boundaries and balance not through a lecture but through doing. She shows Bluey what it looks like to be a person who is comfortable being alone — not lonely, not abandoned, but genuinely okay and even enjoying it. The pretend car trip turns into something larger: a lesson in the quiet confidence of self-reliance.

WHY IT MATTERS (FOR PARENTS)

A child who struggles with neediness often believes that being alone means being unwanted. Solitude gets experienced as rejection rather than as a resource. This episode rewrites that story directly. Chilli doesn't abandon Bluey — she demonstrates that being comfortable alone is a skill worth having and a state worth enjoying. Independence is modelled as positive and joyful, not as punishment or exclusion.

For a nine-year-old watching a parent show that you can genuinely relish your own company, this plants a crucial idea: the person who can be happy alone is the person who enters relationships from a place of choice rather than desperation. They don't need someone to make them okay. They just want someone to share with. That distinction is the foundation of every healthy relationship they will ever have.

DISCUSSION QUESTIONS (FOR YOUR CHILD)

1. *Chilli showed Bluey how to have fun on her own. Do you find it easy or hard to enjoy time by yourself? Why?*
2. *What's the difference between being alone because nobody wants you around and choosing to spend time with yourself?*
3. *What's something you actually enjoy doing by yourself — something that feels good rather than lonely?*
4. *How does learning to be happy on your own actually make your friendships and relationships better?*

AFTER THE EPISODE — ACTIVITIES & EXTENSIONS

Try one of these to keep the learning going:

- Give your child an hour of genuinely unstructured solo time — no screens, no organised activities, just themselves and whatever they choose to do. Afterwards, talk about it: what did they do? What came easily? What was hard? What surprised them? This is the most direct version of what Chilli is modelling.
- Ask question two and really develop the distinction. Unchosen aloneness — when nobody invited you, when you're being excluded — feels completely different from chosen solitude. Ask: what makes the difference? Is it just about control? Or is there something else going on? Help your child see that the state is the same but the experience is entirely different.
- Ask question three and build a list. What are the things your child actually enjoys alone — not things they do when there's nothing else, but things that are genuinely better solo? That list is their self-reliance toolkit. It's worth knowing clearly.
- Ask question four and trace the logic. A person who is happy alone doesn't need their friends to always be available or always be in the right mood. They can tolerate space without panicking. They can choose when to reach out rather than reaching out whenever they feel empty. Ask: does that sound like a good kind of friendship to be on the receiving end of?

Tip for parents: The most powerful thing in this episode isn't what Chilli says — it's what she demonstrates. She shows Bluey what enjoying your own company looks like from the outside. If your child has never seen you genuinely, contentedly alone — reading, thinking, walking, doing nothing in particular — this episode is a prompt to let them see it. Not as a lesson, not as a boundary-setting exercise. Just as a demonstration that being with yourself is a good place to be. Children absorb this more deeply than any conversation about it.