

BLUEY EPISODE GUIDE

Dragon

DGO #5 · Grade 2 · Age 7+

Episode Name	Dragon
Season & Episode	Season 3, Episode 43
Age Group	DGO #5 - Grade 2 (Age 7+)
Key Concept	Self-awareness isn't just knowing what you feel — it's catching yourself in the moment before a feeling takes over, and choosing what to do with it

ABOUT THIS EPISODE

Bluey and Bandit are drawing together. Dad keeps trying to control the story — adjusting the dragon, redirecting the plot, adding details Bluey didn't ask for. What starts as shared creativity gradually becomes a contest of wills. Frustration builds on both sides without either of them quite realising it.

The escalation nearly tips into a real fight. Then something shifts — one of them pauses, steps back from the edge, and chooses to collaborate instead of compete. The drawing that emerges from that choice is better than either of them would have made alone. But the drawing isn't really the point. The choice is.

WHY IT MATTERS (FOR PARENTS)

Self-awareness isn't just knowing what you feel — it's catching yourself in the moment before a feeling takes over completely. That's hard for adults. For seven-year-olds it's considerably harder. This episode shows what it looks like when two people are both reacting emotionally without realising it, and the shift that happens when one of them makes a conscious choice to step back.

Your child has been in this exact situation — with siblings, friends, even you. The lesson isn't 'don't get frustrated.' Frustration is real and valid. The lesson is: notice that you're frustrated, and then choose what to do about it. That distinction — between a feeling and a response to a feeling — is the heart of emotional self-awareness, and it's one of the most practically useful things a child can begin to develop.

DISCUSSION QUESTIONS (FOR YOUR CHILD)

1

Bandit kept taking over the drawing. Have you ever been in a situation where someone took over something you were doing? How did it make you feel?

2

There was a moment where things could have turned into a real fight. What do you think changed? What made them stop and work together?

3

When you start feeling frustrated or angry, do you usually notice it straight away, or only after you've already reacted? What helps you catch it earlier?

4

What's the difference between reacting to a feeling and choosing what to do with it?

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

- Draw together with a rule: you can only add to what the other person has already drawn, never redirect or correct it. See what emerges. Notice when you feel the urge to take over. Talk about it afterwards: when did you feel it? Did you act on it?
- Ask question three honestly and at length. Most people — adults included — notice frustration after they've already reacted. Ask your child: what does frustration feel like just before it arrives? Is there a signal? Can you catch it earlier?
- Talk about question four together. Think of a recent moment when you or your child reacted quickly to a feeling. What would 'choosing what to do with it' have looked like instead? Walk through it together without blame.
- Practice the pause. Agree on a signal — a word, a gesture — that either of you can use when you notice things escalating. Use it once this week, genuinely. Then talk about what happened.

Tip for parents: Bandit is the one who takes over Bluey's drawing, and he's the one who has to catch himself. That's deliberate. This episode is as much about adult reactivity as children's — and it's honest that the adult doesn't always model the ideal behaviour first. If you watch this and recognise yourself in Bandit, that's the most useful thing the episode can do. Share it with your child. Ask them: have you ever seen me do that?