

BLUEY EPISODE GUIDE

Yoga Ball

Grade 3 · Age 8

Episode Name	Yoga Ball
Season & Episode	Season 1, Episode 16
Age Group	Grade 3 (Age 8)
Key Concept	You are allowed to say when something is too much — and the people who love you will listen when you do

ABOUT THIS EPISODE

Dad is working from home, perched on a yoga ball. The girls commandeer it, and games escalate rapidly — bouncing, Delivery Chair, and finally Raiders of the Lost Ark down the hallway, with Dad chasing them. Bluey is in heaven. Bingo is smaller, and each game hits her a little harder. She doesn't say anything. She doesn't cry in front of anyone. She goes outside alone, curls up under the porch, and weeps.

Chilli finds her there. She doesn't march inside and confront Bandit. She sits with Bingo and teaches her something: "Use your big girl bark." Bingo goes back in, tells Dad he was playing too rough, and Bandit — without a moment of defensiveness — says sorry. They recalibrate together. "Is this okay? What about this?" Until they find where Bingo's line is. The game continues, now built around both daughters instead of just one.

WHY IT MATTERS (FOR PARENTS)

This is one of the most important episodes in the series for a child learning about personal power, because it shows both sides of the equation simultaneously. Bingo isn't being bullied. Bandit isn't being cruel. He's playing the same games with both daughters and genuinely doesn't realise that what thrills Bluey is hurting Bingo. The problem isn't malice — it's assumption. He's treating them as interchangeable when they're not.

Bingo hiding under the porch is the episode's most important image. Every child has been there — had a moment where something was too much but they didn't know how to say so, or didn't believe they were allowed to. Chilli's response is the model: she gives Bingo the tool, the permission, the practice — and then steps back and lets Bingo use it. The lesson is double: you are allowed to say when something is too much, and the people who love you will listen when you do. Bandit's immediate, undefensive apology is what makes the second half of that true.

DISCUSSION QUESTIONS (FOR YOUR CHILD)

1

Bingo didn't tell Dad he was being too rough during the game. She went outside and cried by herself. Why didn't she say something sooner?

2

Mum didn't go tell Dad off. She taught Bingo to use her 'big girl bark' instead. Why was that better than fixing it for her?

3

Dad said sorry straight away when Bingo told him. He wasn't being mean on purpose — he just didn't notice. Can someone hurt you without meaning to? What should happen then?

4

Bluey loved all the rough games. Bingo didn't. Does that mean one of them is wrong? Can two people have different limits for the same thing?

5

Have you ever been in a situation where something was too much but you didn't say anything? What stopped you? What would your 'big girl bark' — or 'big boy bark' — sound like?

AFTER THE EPISODE — ACTIVITIES & EXTENSIONS

Try one of these to keep the learning going:

- Practise the big girl/boy bark together. Pick something low-stakes — a game that's getting too rough, a joke that's gone too far, a request that feels like too much — and practise saying 'stop, that's too much' out loud. Make it physical. Make it loud. Let them feel what it's like to use the voice.
- Ask your child: 'Is there something that people do that you find hard to say stop to? Not because you're in trouble — just to know.' Then ask: 'What would help you say it?' Don't fix it for them. Just listen.
- Talk about question three directly: can someone hurt you without meaning to? What should happen then? This is important because eight-year-olds are starting to navigate the difference between intent and impact in friendships, and the answer matters a great deal.
- Watch the recalibration scene again — the part where Bandit asks 'is this okay? what about this?' Talk about what that looks like: someone checking, adjusting, taking the other person seriously. Ask: 'Have you ever had someone do that with you? Did it help?'

Tip for parents: Bingo under the porch is one of the most quietly devastating images in the series. If your child has ever hidden their distress — crying alone, pretending they're fine, laughing along when they're not — this episode is a gentle opening to ask about it. Not 'why didn't you tell me' (which is a reproach), but 'what would make it easier to use your bark with me?'