🎈 **Max's Adventures: Teacher Discussion & STEM Guide Series**

Supporting Science, Creativity, and Curiosity for Young Learners (Ages 4–8)

Created for classroom / homeschooling use |

🎓 **Max's Adventures Educational Series**

Teacher Discussion & STEM Guides

About This Series:

- The ***Max's Adventures Educational Series***® combines **storytelling**, **imagination**, and **science** to inspire curiosity and creativity in young learners.
- Each short, 3D-animated episode, explores a real-world science idea through humor, heart, and hands-on discovery.
- These Teacher Guides are designed to help educators and parents connect each story to fun science learning experiences that align with **Next Generation Science Standards (NGSS)** for early elementary learners.

Episode Title: The *Big Feelings Balloon*

About This Resource:

This Teacher Guide supports the animated episode *The Big Feelings Balloon* — where Max meets Bloo, a friendly color-changing balloon who helps him understand his emotions. Together, they explore what happens inside the body during big feelings and how deep breaths help the brain calm down.

This lesson introduces students to **emotional awareness**, the **fight–flight–freeze response**, and **how the body uses breathing to regulate stress**. With guided discussions and calming science activities, students learn to recognize, name, and manage their emotions.

Includes:

- Discussion questions that build emotional awareness and scientific thinking.

- Simple calming experiments and reflection activities.
- NGSS connections to understanding how living things respond to their environment.

 ***The Big Feelings Balloon!***

Lesson Focus: Emotional awareness and brain science
Science Connection: How our body responds to stress (fight, flight, freeze) and calming the brain with deep breaths
NGSS Link: 1-LS1-1 (Structure and Function), K–2-ETS1

 **Use this guide for:**

🧠 Classroom instruction
🏠 Homeschool learning
🎨 Group social-emotional lessons
🧘 Discussion and mindfulness time

 **Discussion Questions**

1. **How was Max feeling at the start of the story?**
   What made his feelings "too big"?
2. **What happened when Bloo the Balloon appeared?**
   How did Bloo help Max understand his emotions?
3. **What do Bloo's colors tell us about feelings?**
   How do our faces or bodies show feelings too?
4. **What happens in our bodies when we feel scared, mad, or excited?**
   (Hint: That's called the *fight, flight, or freeze* response!)

5. **How did Max use science to calm down?**
   What happens in your body when you take deep breaths?
6. **If you were a scientist of feelings, what tool would you invent to help people calm down?**

 **STEM Activities**

💨 1. Breathing Balloon Experiment

Goal: Learn how deep breaths help calm the body.
Materials: A balloon, straw, and marker.
Instructions:

- Draw a **smiley face** on the balloon.
- Breathe slowly into the straw to inflate it while counting.
- Watch the **smiley face** on the balloon grow and shrink — just like our lungs!
  Science Link: Understanding air, lungs, and the body's calming response.

🎨 2. Color and Feelings Lab

Goal: Explore how colors can show emotions.
Materials: Paper, crayons, and colored pencils.
Instructions:

- Draw Bloo changing colors for different emotions.
- Talk about what helps each color feeling calm down.
  Science Link: Observation and classification — connecting color changes to emotional states.

Teacher Reference: Sample Discussion Answers

1. Max felt frustrated and overwhelmed.
2. Bloo appeared to show how emotions change.
3. Red = mad, blue = sad, green = calm — color helps visualize emotion.
4. The body prepares for action (heart beats faster, muscles tense).
5. Deep breaths calm the brain by lowering stress signals.
6. Tools might include a calm-down light or breathing reminder app.

Max's Adventures: Teacher Notes & Key Takeaways

Key Science Ideas to Reinforce

- Emotions cause physical reactions in the body.
- Breathing helps regulate those reactions.
- Recognizing and naming feelings helps us control them.
- Science explains how our brain and body stay balanced.

Teacher Reflection Notes

Extension Ideas for Next Time

- Create a "Feelings Chart" for the classroom.
- Practice daily breathing or mindfulness moments.
- Read books about emotions or body awareness.
- Have students design their own "Bloo Balloon" with colors for different feelings.
