

MISSION: CONTROL!

A BIG FEELINGS ADVENTURE!



Parent Power Pack

"The Big Feelings Adventure Explained"

By

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Just so readers don't miss any of the fun elements of *Mission: CONTROL! A Big Feelings Adventure!* I have provided a "cheat sheet" for your enjoyment.

Get Ready,

Get Set,

Launch!

Our story begins with Joseph and his pup, Gretchen, enjoying his childhood hero, Spaceman Sam, on television. Nearly every parent knows how hard it is to pull a child away from their favorite TV show, and Joseph's mom is no different. Upon her initiation of bedtime routine, including turning off the show, Joseph comes unhinged. Familiar, right? Maybe it's not a TV show in your home, but you've seen something like this if you've ever told your child, "No," or "Not now."

And I'm sure, like Joseph's mom, you've had to self-talk yourself to some calm so you could respond in a helpful way. We've *all* lost our cool and seen how our lack of calm can quickly escalate an outburst. Fortunately, in this story, Joseph's mom has had some practice and can model for all of us the importance (and power) of bringing her calm to Joseph's big feelings.

While Mom shares her calm with him, Joseph launches into his imaginary adventure where he, with the help of his loyal sidekick, Gretchen, struggles to gain control over his big feelings.

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Once in his imagination, the reader is given some fun visuals as background information:

Reflecting Joseph's interest in space, the scene starts with Joseph on Planet Kelvin 273. Command Central Monitor on the planet gives him an update on the current status of various situations:

Mom is home base, safety and connection. Oh, good, she's still there waiting for him!

Robojo is introduced. Both he and Joseph are suited up with matching headbands, so the observant reader can guess that there might be a connection between them.

The blobby green creature suggests a threat. In fact, the sign and flashing red light confirm "danger" and show that the enemy is approaching right where they are standing. We find out on the next page that the enemy is... The Green HypnoZoids.

Joseph and Gretchen have suited up and are ready to deal with The Green HypnoZoids together. With the command, "Robojo... Go," the battle begins. If the reader has not yet put on the required safety gear, now is the time to do so!

Wearing his special gear, Joseph launches Robojo onto the planet's surface to check out the threat. What will happen next? What is Robojo going to do? His dynamic presence in the rocketship, and the way he jumps down onto the planet, shows the reader that he's on a MISSION! He meets the enemy, The Green HypnoZoids, who have control over the HypnoTron. Robojo intuitively knows the HypnoTron is dangerous and is poised to fight.

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But, when The Green HypnoZoids click the remote-control button and launch the HypnoCable that immobilizes Robojo, he is rendered helpless. Since Joseph, wearing the haptic suit inside the rocket ship, experiences everything that Robojo does on the planet's terrain, he is also immobilized and helpless. (Robojo is like Joseph's avatar.)

The reader sees on the next page that the HypnoTron is now at its most powerful, with its non-stop HypnoRays firing at the fallen Robojo. It looks like The Green HypnoZoids will win the battle, no problem!

But thank goodness, the HypnoTron doesn't work on Gretchen! Joseph knows that if Gretchen can help Robojo get free, he'll also get free.

We pause for an infomercial here. Have you figured out that The Green HypnoZoids have hypnotizing powers and represent what we would like to do without limit, but would not be in our best interest? They threaten to get the best of Joseph. The HypnoTron represents the television that puts him into a hypnotic state, which is so hard to break free of when his mom tells him it's time to turn off the television. With an inflexible and immature brain, Joseph feels controlled by his mom's rules. The HypnoCable that immobilizes him represents the constraints he feels because he can't have what he wants and also the decreased ability to use his frontal lobes for problem-solving. Notice Robojo's yellow mouth, indicating alarm.

Thank goodness Gretchen reminds Joseph he can "unlock" his brain by choosing one of the buttons on his gauntlet. Once he pushes the "breathe" button, and he begins to breathe, he can then access his Will Power to resist the strong pull of the television and the Big Feelings he has about grownups telling him what to do. If he

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doesn't do this, his Big Feelings will take over and The Green HypnoZoids will win the battle.

A little fun with words: You can change **WILL** power to "we'll power" to motivate your child when it is time to do something hard. "We'll do it together." Suddenly it feels possible to do it.

Okay. *Back to the story now.*

Once Gretchen hears the command to activate **WILL** Power, she taps her dog tag activator, starting her jet pack, and blasting off on her MISSION. There she goes out of the rocket ship window, jetting across the sky, surveying the scene below, which clearly shows the battle playing out between Robojo and The Green HypnoZoids.

Well, it does look like The Green HypnoZoids are winning, since the HypnoTron continues to fire its HypnoRays nonstop. But The Green HypnoZoids are so focused on congratulating themselves on winning, that they don't see Gretchen stealthily fly in to fulfill her MISSION.

Gretchen accesses **WILL** Power on the side of Robojo's head by scanning her paw and flipping the switch to Full Power mode. This activates the opening in Robojo's head where the **W**ired **I**mmobilization **L**iberator **L**aser (**WILL**) pops out, lowering the shield to block the HypnoRays. The HypnoCables wrapped around Robojo's body are zapped off. With **WILL** Power fully ON, Robojo is free of the cables and can now turn off the HypnoTron.

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At the same time **WILL** Power is activated for Robojo, Joseph's **WILL** Power is activated. The lure of the television has lost its power over him. The opening of Robojo's head allows him to open his mind and access the thinking part of his brain.

The release from the HypnoCables frees him from feeling controlled by the rules he was expected to follow.

Now, as he turns off the HypnoRay using the Hologram, he realizes he has the power to turn off the television. With one last look before departing, Robojo victoriously and boldly stands before The Green Hypnozoids as they accept defeat and slink away, threatening to engage in battle again soon. And, of course, Joseph's Big Feelings dissipate too, for now.

Gretchen hovers in the air to survey the scene, feeling heroic, before heading back to the rocket ship where Joseph is mirroring the bold and victorious pose of Robojo. As Joseph surveys his Command Central Monitor, he sees all is well on Earth, The Green HypnoZoids are retreating, and Robojo and Gretchen are "All Good".

With Robojo's thumbs up, he will be deactivated until needed again. Gretchen flies back into the rocket ship where she is enthusiastically welcomed by Joseph, who is fully back in control of his emotions and proud of himself for using **WILL** Power and overcoming his Big Feelings. With a heart-felt thanks to Gretchen for helping him, he returns to Earth.

Now that his big feelings have passed and he feels connected to his mom again, he's ready to try again to do what's expected and turn off the television.

His mom helps him identify and process his Big Feelings and then helps him see himself as a kid who can do hard things, grow a stronger and smarter brain, believe

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in himself, be in charge of his own emotions, and see himself in the future, tomorrow, as someone who will be able to do hard things just a little bit easier because he will be one day older, and more practiced.

Upward and Onward, Joseph!

Be Strong!

You Got This!

So, who hasn't had big feelings like Joseph? In challenging circumstances, we all want to feel seen and heard, valued and loved, connected and safe, and supported by someone who is present with us in the moment and can share their calm, just like Joseph's mom did.

In difficult circumstances, who is like Joseph's mom for you?

Who has needed you to be like Joseph's mom when they were in difficult circumstances?

Please share your experiences on social media.

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