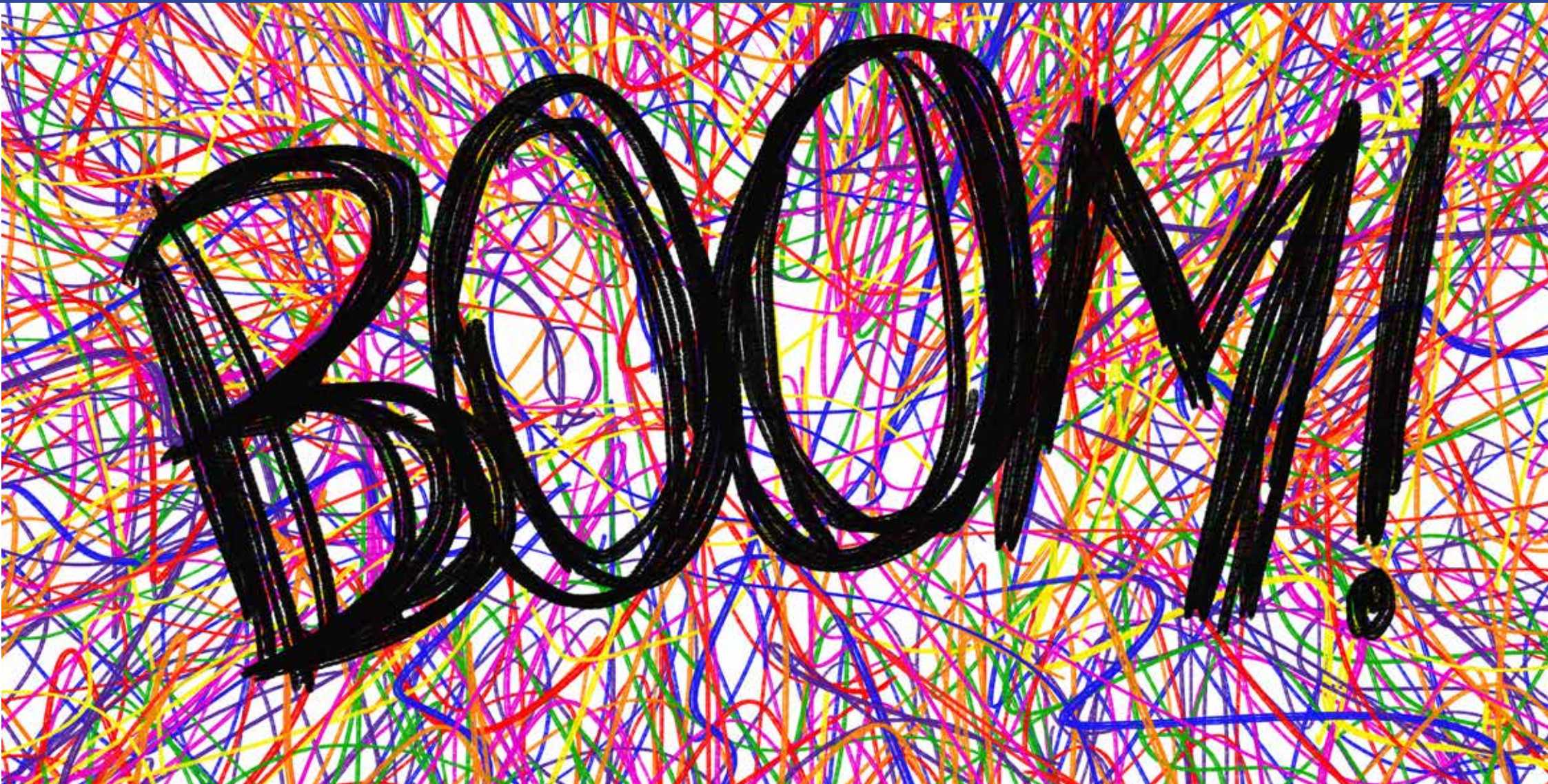
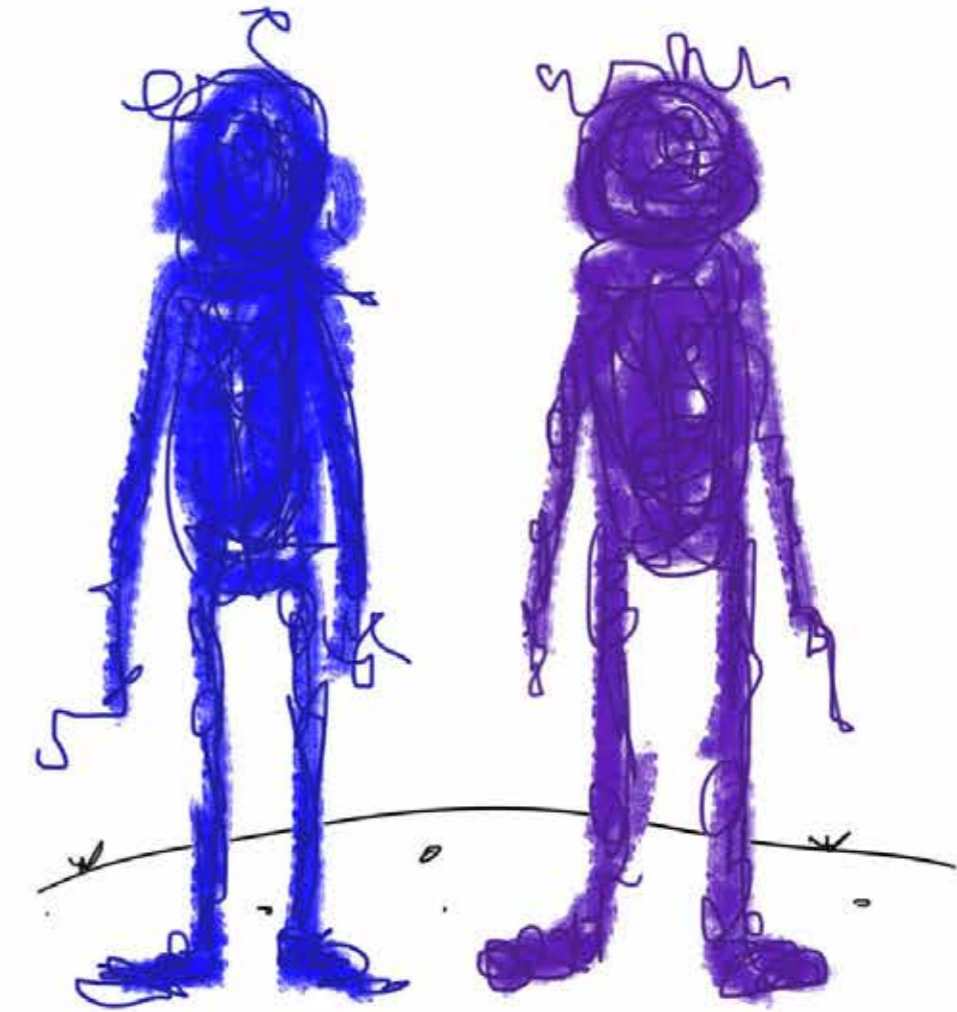


WORDS BY JENNIFER LUNN

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on a street in the city, in the house on the end,
Live the twins JAZ and JET, both each other's best friend.



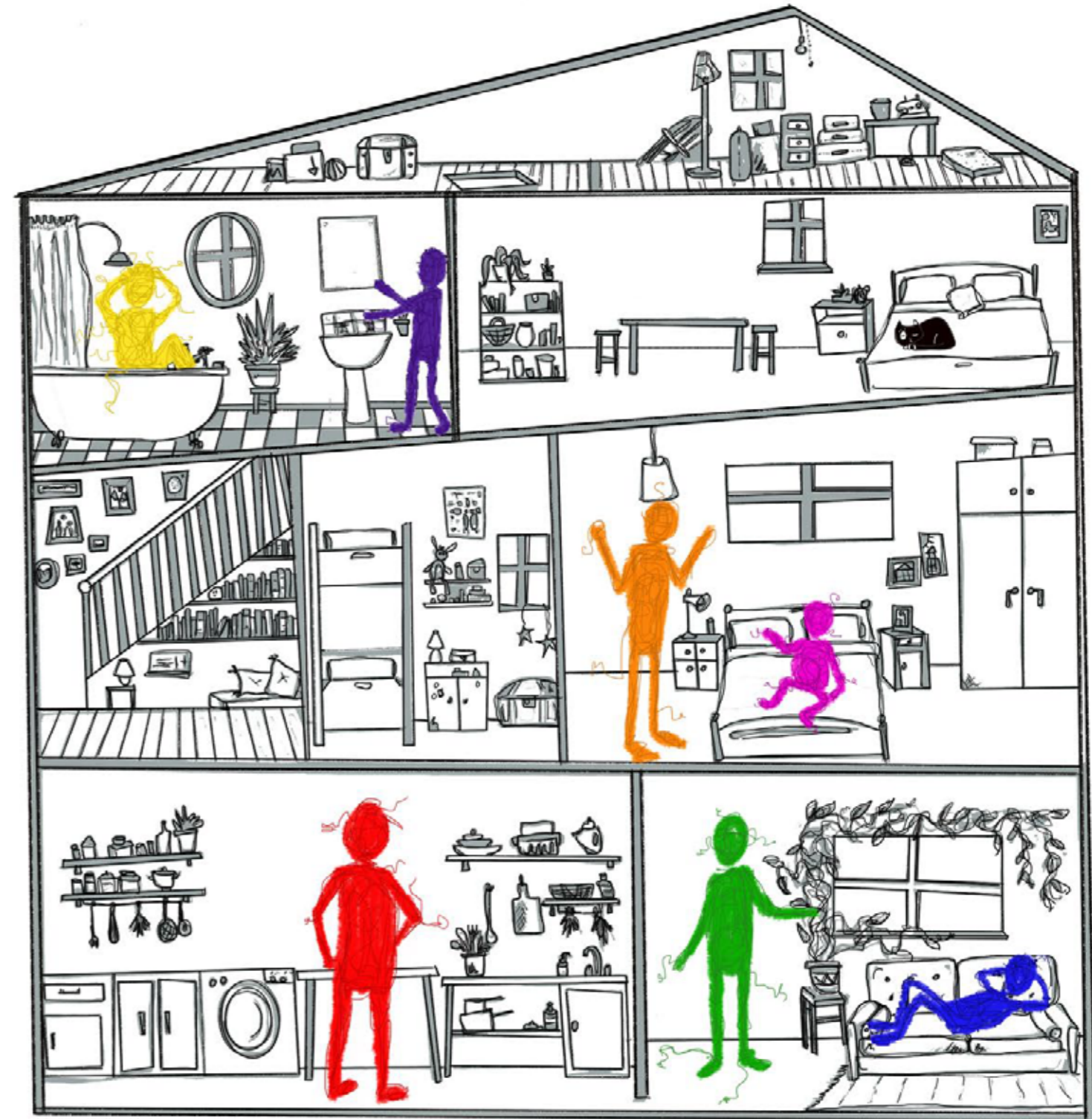
They live with their parents, their grandparents too,



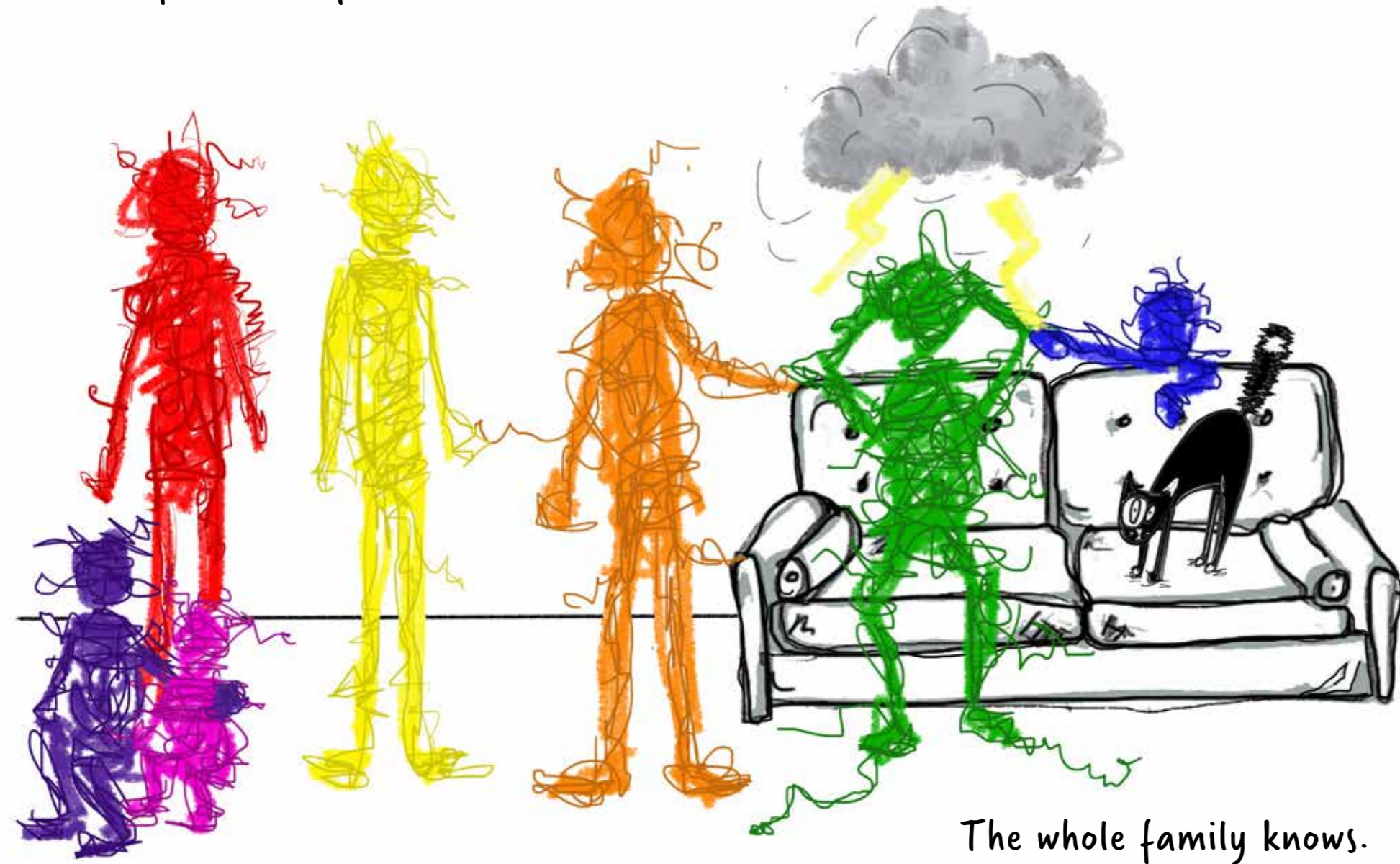
Their cute baby sister...
and their cat called KAZOO!

With ALL of the
family sharing
one home...

It gets very
noisy, and no-
one's ever alone.



So if someone feels ANGRY...

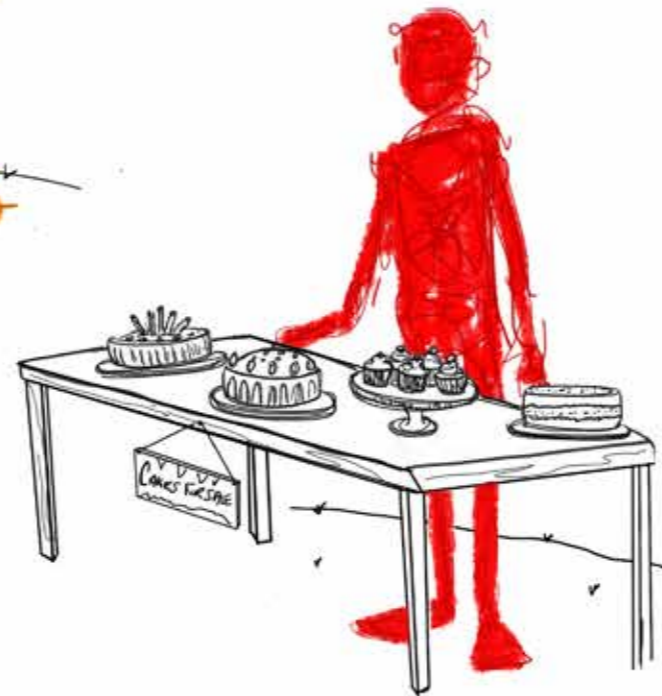
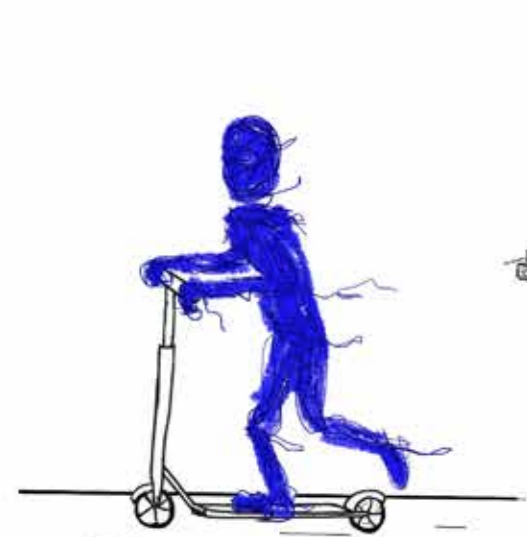


The whole family knows.

And if someone feels SAD...
Well then that also shows.



But if they're wound up
there are ways to unwind.



There is football to play
and treasure to find.



There is singing and scootering, swimming in lakes,
There is reading of books and baking of cakes!



And if all of that fails and they're still in a fug,
Someone's always around who can give them a hug.

Then one day the world spins about and around

And it feels like their house has been turned ...

UPSIDE DOWN!
УБЗИДЕ ДОМНИ

They aren't allowed out quite as much any more.

They can't scooter or swim or play ball like before.

They all feel quite strange, with their feet on the ceiling.

In this downside-up world, all their feelings start reeling!



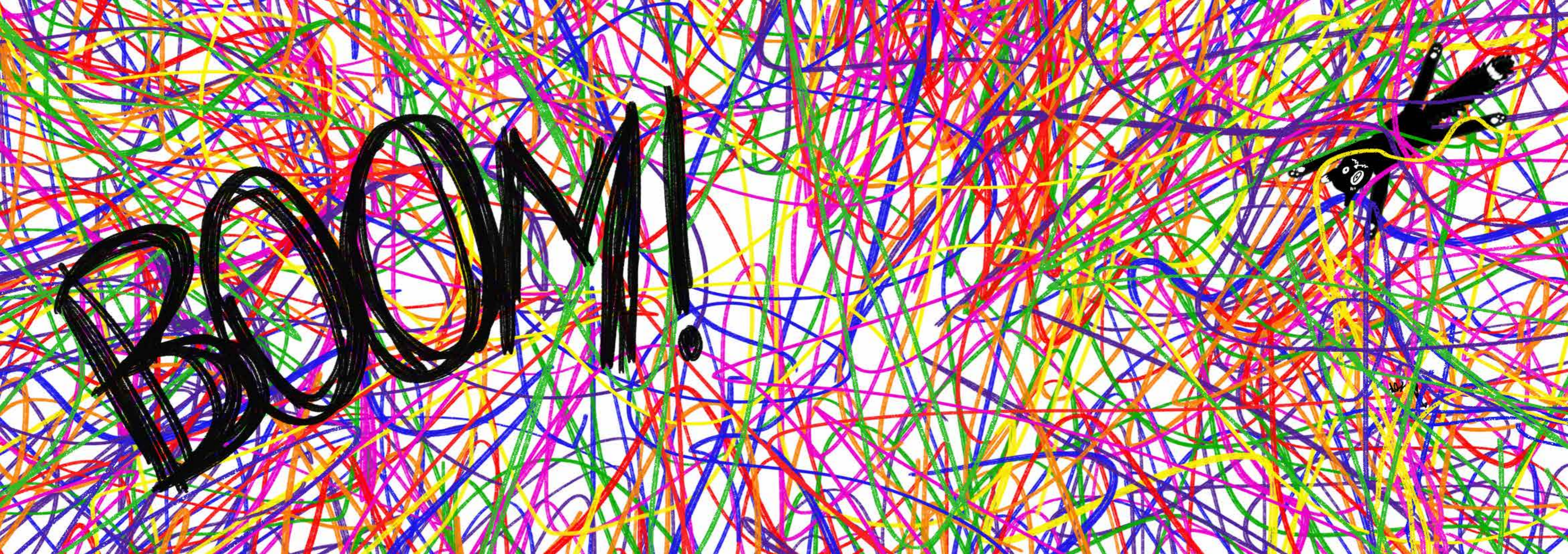
one minute bored, the next, worried and jumpy.
Irritable, anxious, stressed-out and grumpy.



Their feelings unravel like big balls of wool...
Rolling and reeling til the house is quite full.



Twisting and tangling through all of the rooms
Binding and bundling and balling till...



BOOM!



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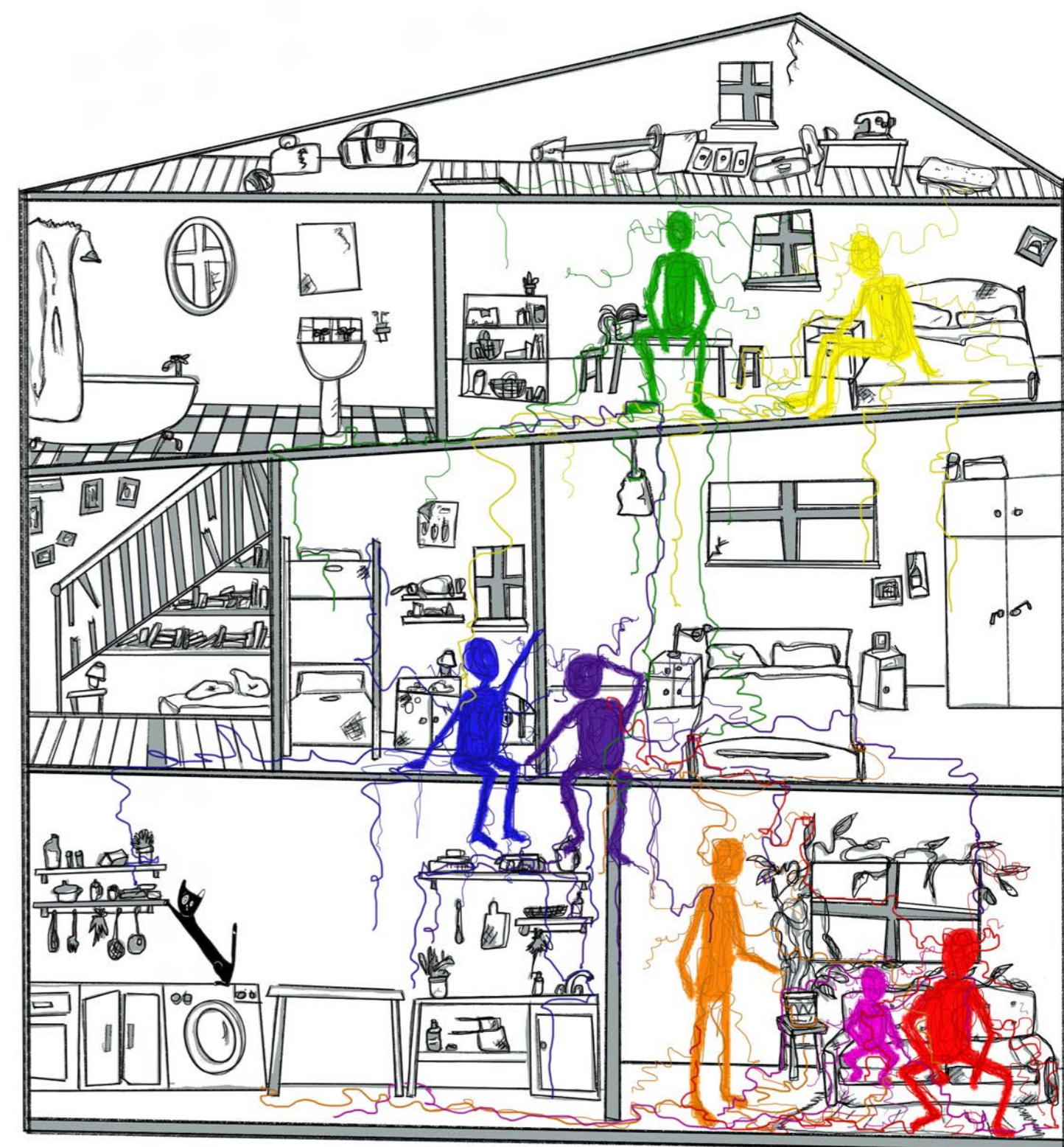
After all that kerfuffle, the place is a mess
And the kids have to figure out what to do next.

JAZ and JET wonder - would the feelings untangle
If they looked at it all from a different angle?

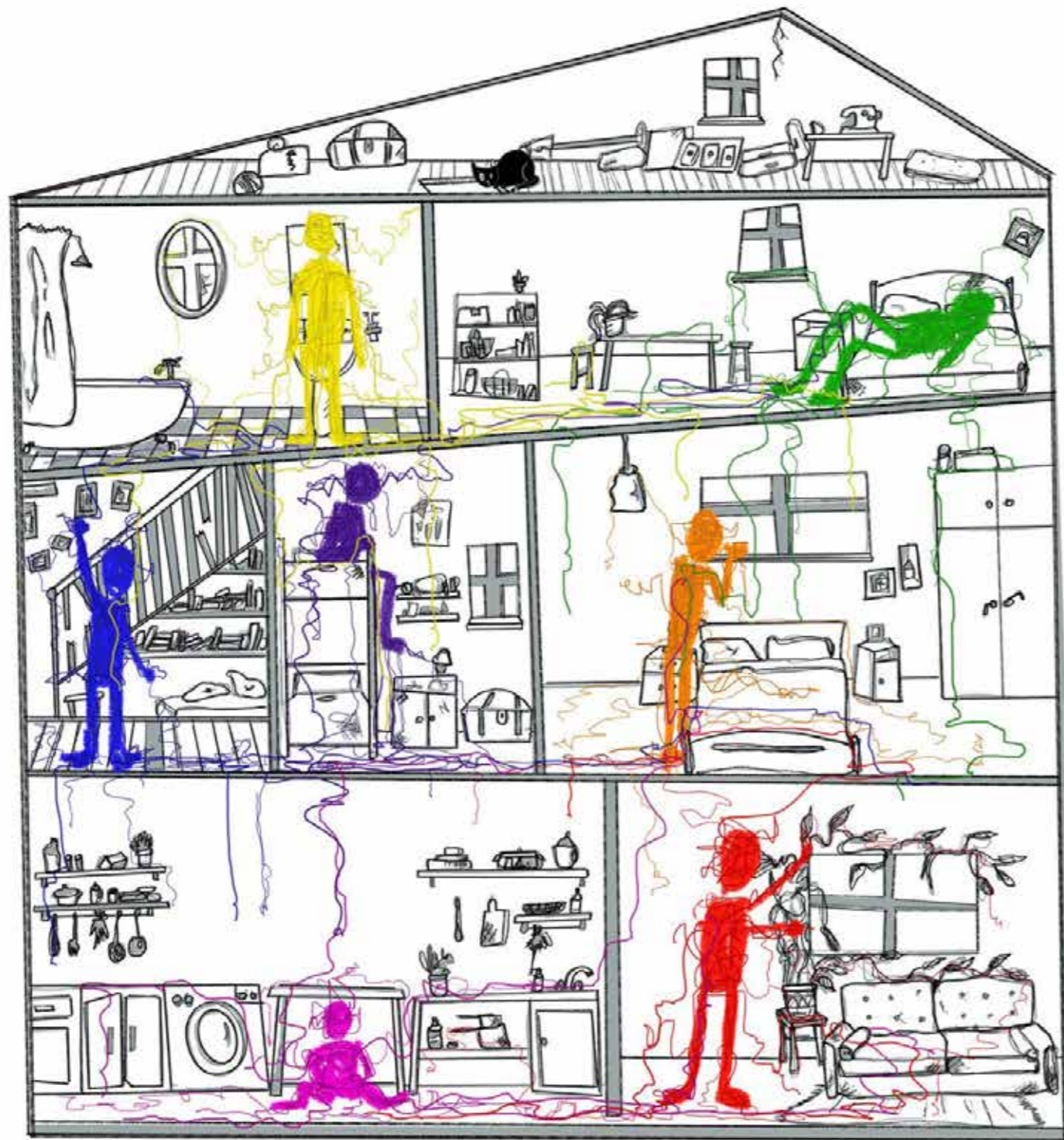


When they look they can see that the problem is clear:
They need all these tangles to just disappear.

The feelings are tied up like knotted shoelaces,
So JAZ sends them all off to find their own places.

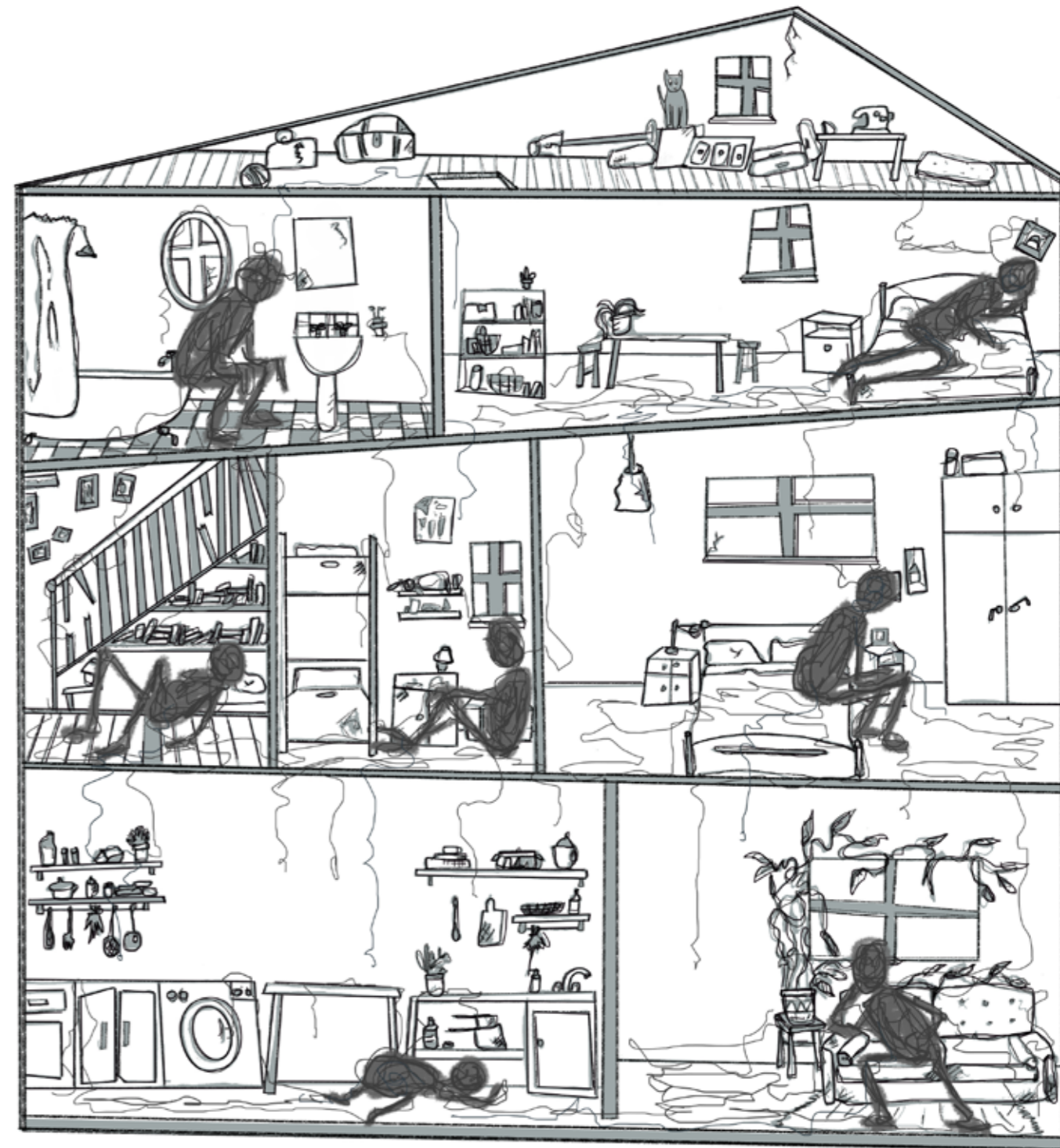


But the
feelings get
STRONGER
when they sit
on their own....



And then they get
worse because they
all feel

ALONE.



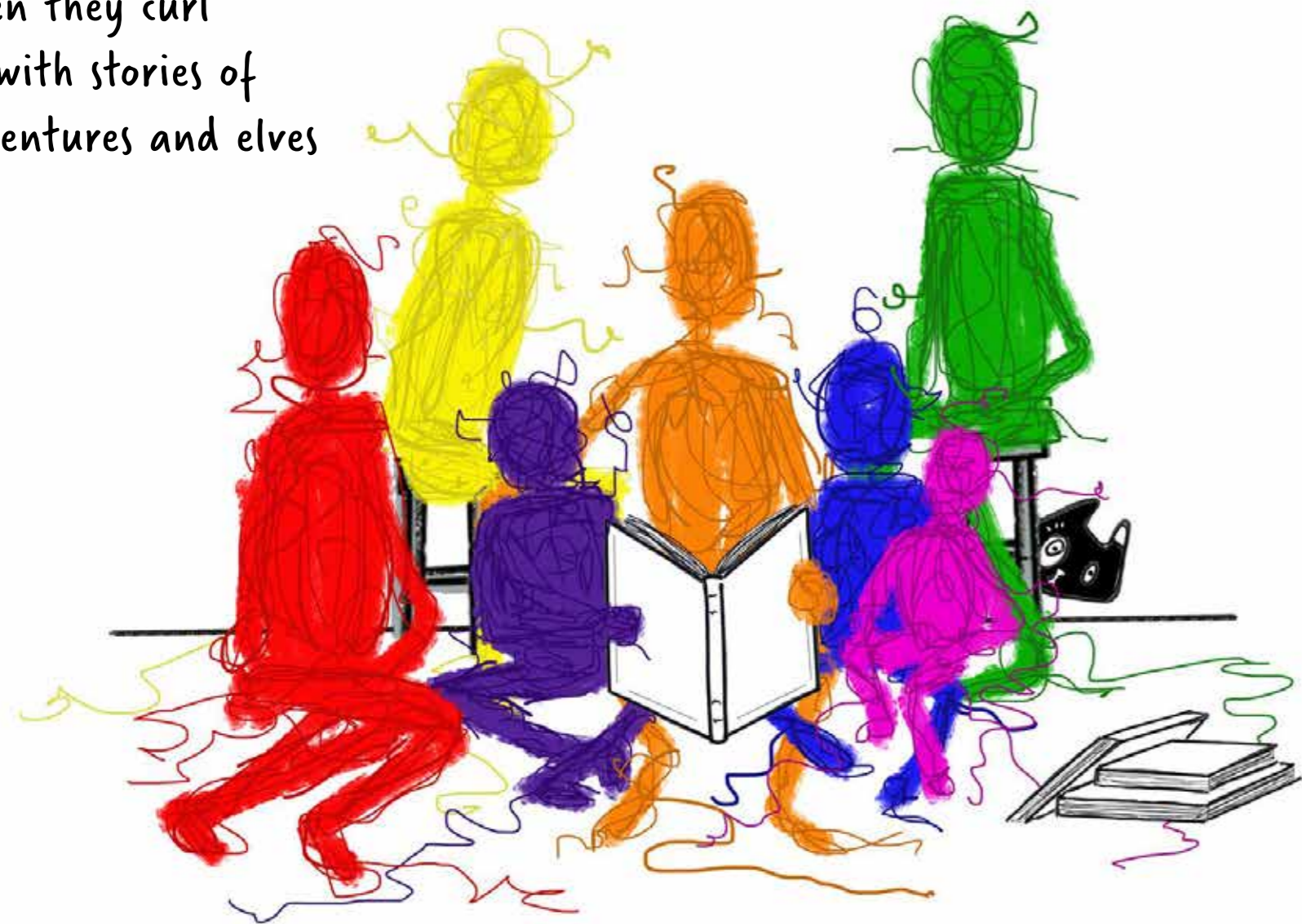
Then JET has an idea!

"LET'S ALL MOVE ABOUT!"

So they jump, stretch and balance
until they are worn out.



Then they curl
up with stories of
adventures and elves



And while they all listen....
The feelings untangle themselves.

All talking and sharing, the family soon find
That things are much easier when you are KIND.



As they laugh over dinner, a much HAPPIER lot,
The day's tangles and troubles are finally forgot.

There will always be tangles. Feelings don't disappear.
But with LOVE, CARE and KINDNESS,
we can make Smiles appear.

When we help one another, both the big and the small...



Then the world doesn't feel UPSIDE DOWN after all.

Boom! The Book was created to help make sense of a challenging time in all our lives,
when families and individuals have had a lot of big feelings to cope with.

It reflects a team of individuals making something in collaboration,
free-of-charge, to help children and families pause, reflect and recover.

Jaz and Jet somehow find their way through this topsy-turvy, upside-down,
explosive time. How about you and your family?

Please note: If difficult things come up, be sure to discuss your concerns with your local health professionals.

Find us at

Twitter: @Boom_thebook

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