

THE ALLEN ADVENTURE

EARTH TO ALLEN



The Allen Adventure app was developed by Bullying. No Way!
www.bullyingnoway.gov.au

To download the app and to read more information for parents and early childhood educators go to the Young Children section of Bullying. No Way! or search for **The Allen Adventure** on...



Bullying. No Way! is an activity of the national Safe and Supportive School Communities Working Group which includes representatives from all Australian educational sectors.

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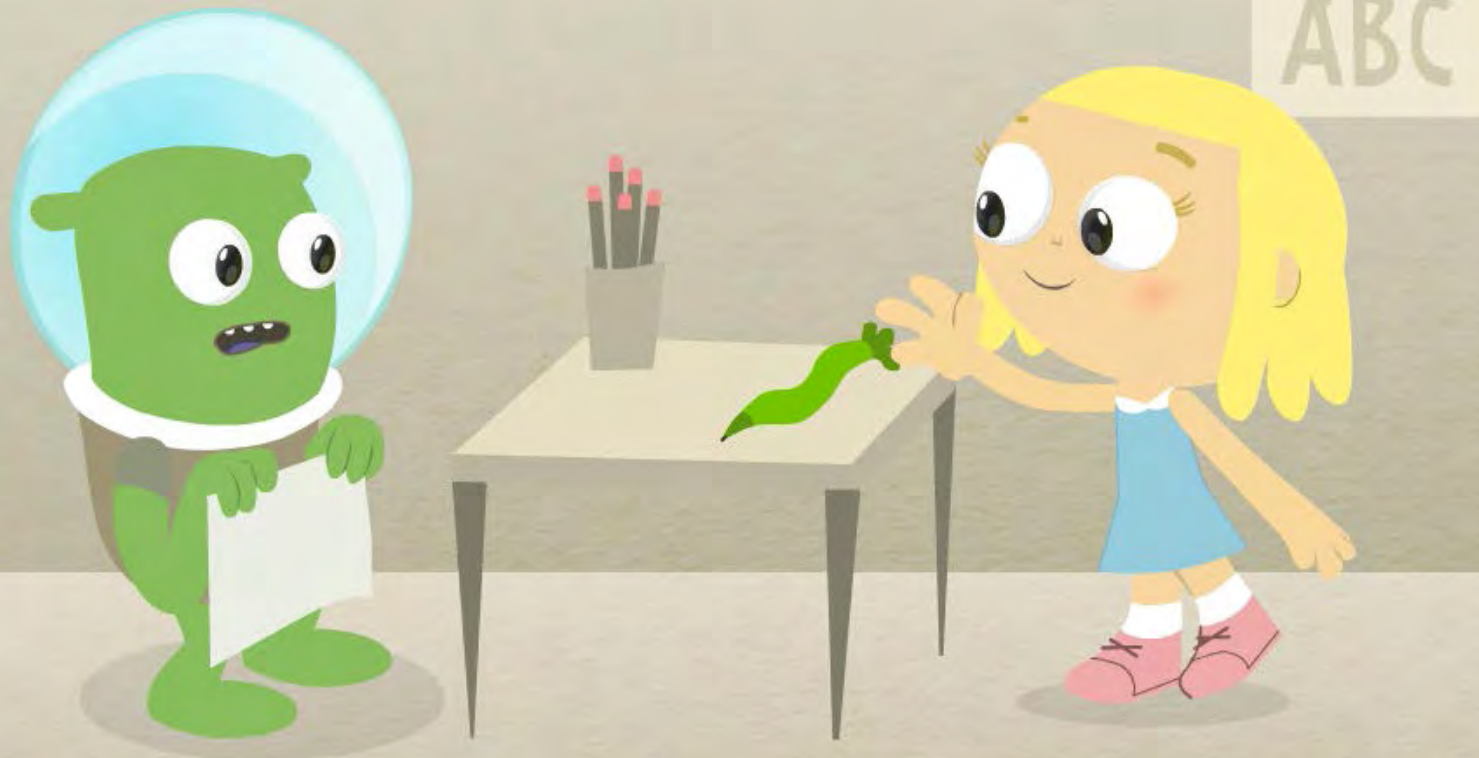
Sometimes Allen wasn't quite himself.

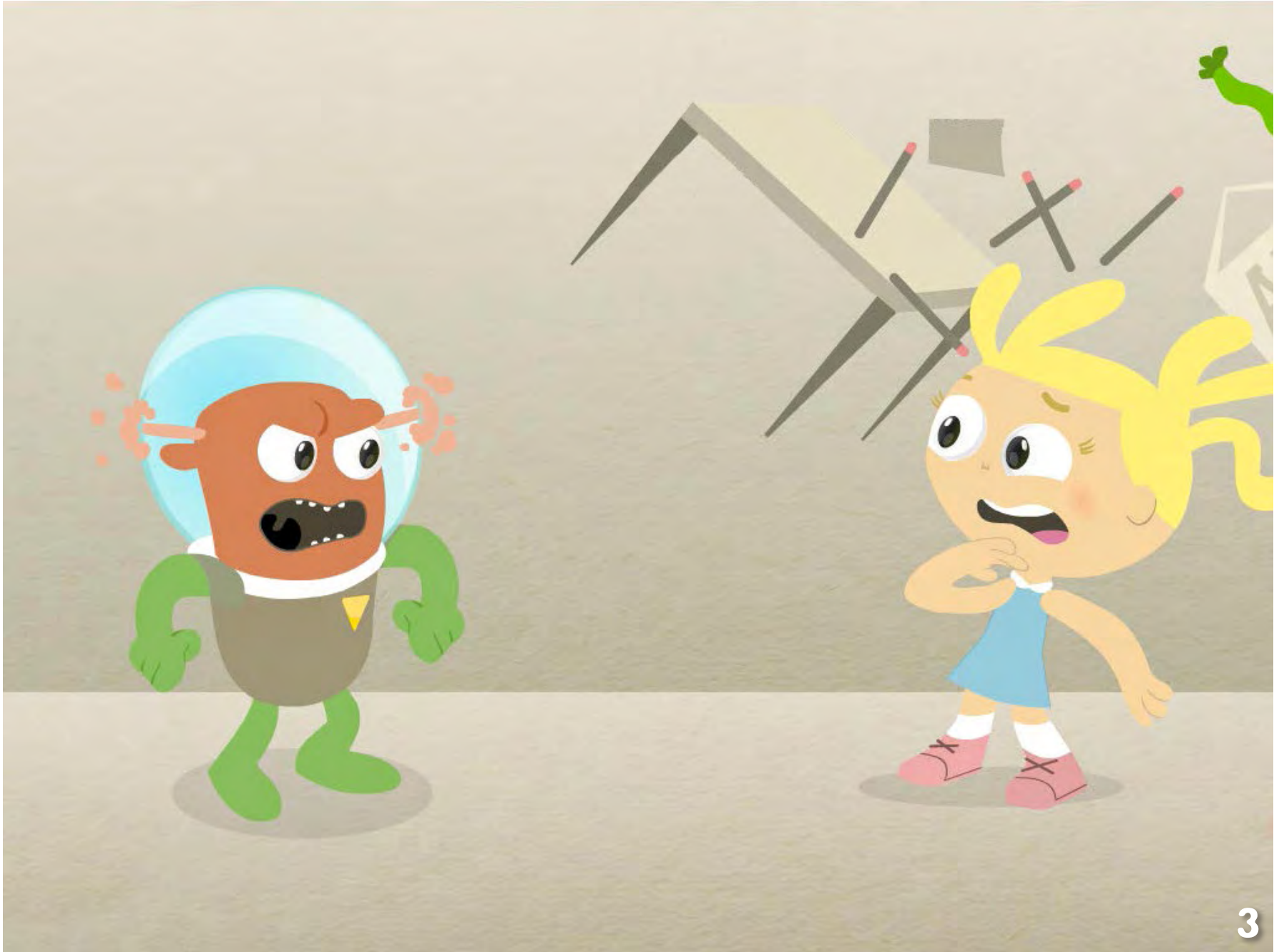
When Allen won an award he was so excited that he became Look At Me Allen who couldn't stop being silly.

I'm the best! Look at me!
I'm king of the world!

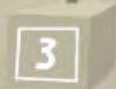


Allen loved writing in his book - and illustrating his stories too. But if someone took his special pen without asking, he'd turn into Steamhead Allen and he'd get very loud.



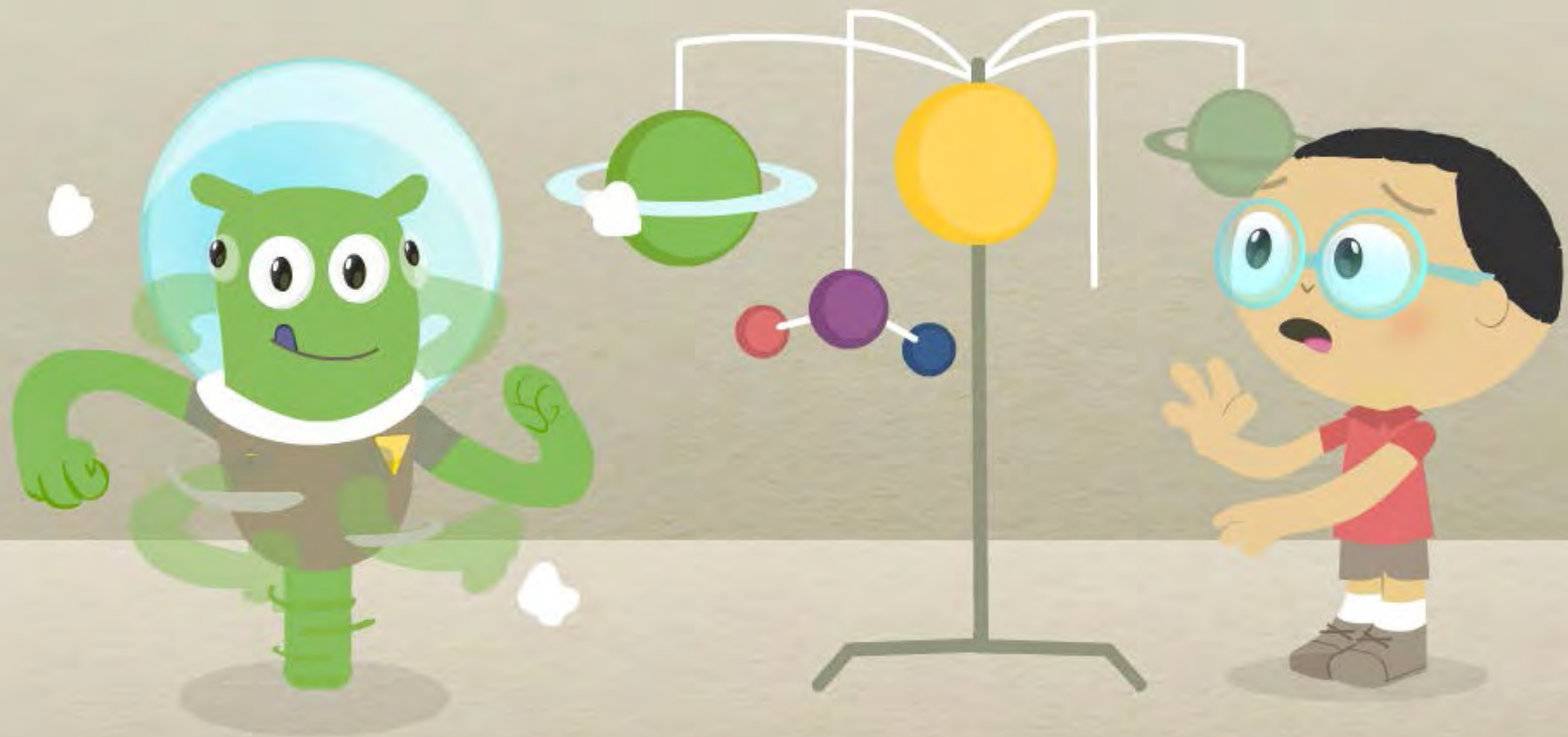


Allen was very good at maths. But sometimes things didn't quite turn out right. That's when he'd turn into Spikey Allen and everyone knew to stay out of his way until he was a little less prickly.





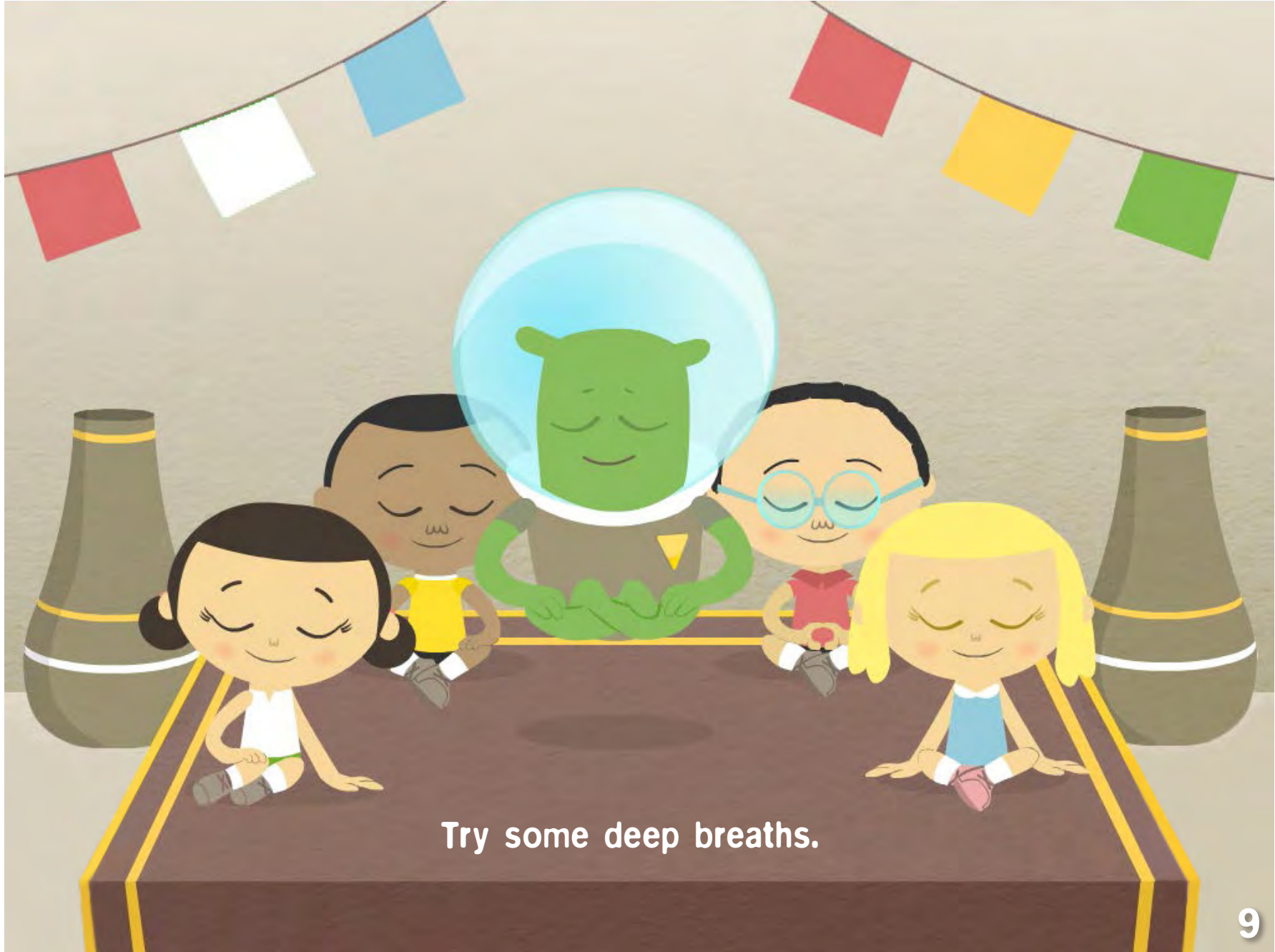
One day Allen was so excited that he turned into Windup Allen. He was wound up so tight that he couldn't stop spinning. He went around and around and he knocked over somebody's science project.





Allen didn't mean to do it, but he was so wound up that he lost control. Even though he was disappointed, the boy didn't get cross. He just took a deep breath and said "Allen, you need to find your Calm Space".





Try some deep breaths.

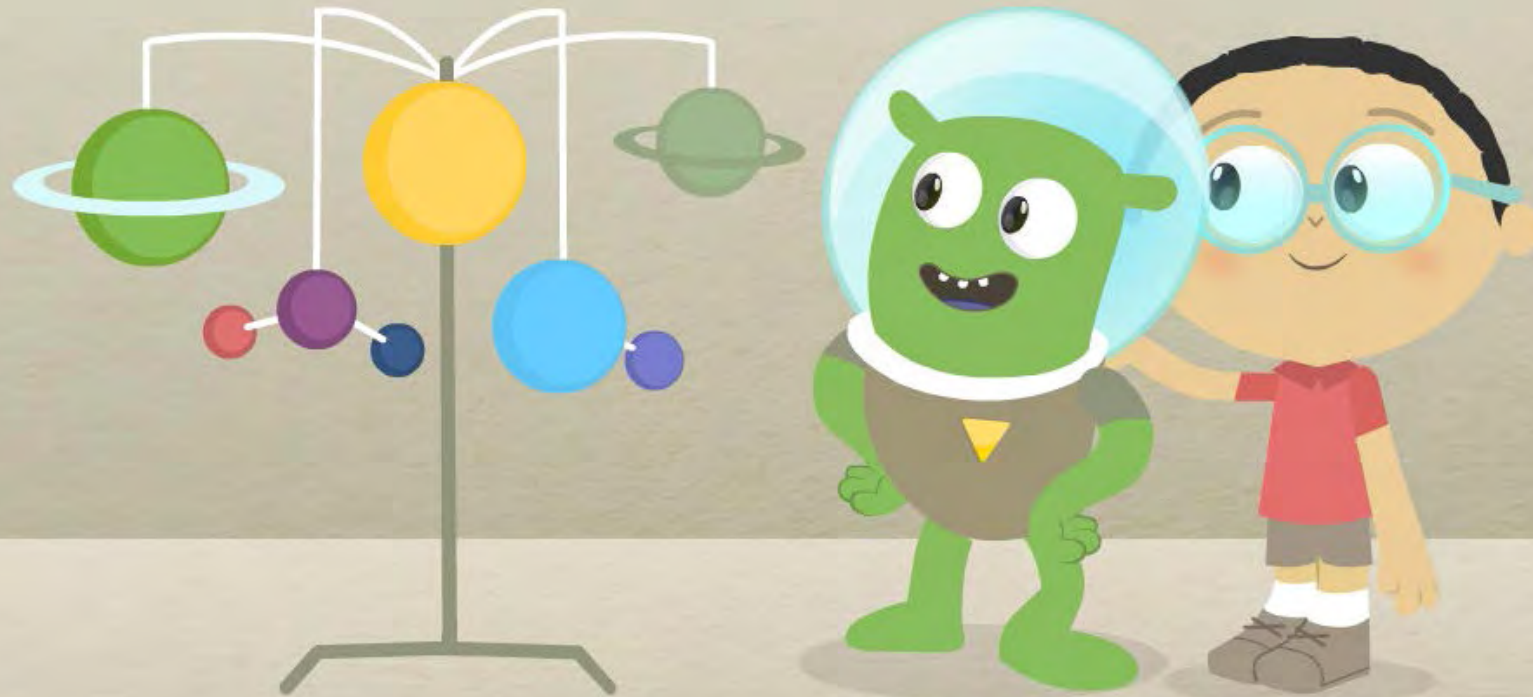


Try counting slowly up to 10.

Just a few slow, deep breaths had really helped Allen to calm down. His heart wasn't racing and his head wasn't spinning any more. He thanked his friend for his help and they started putting the galaxy back together again.



Just when they finished the school bell rang. It was the end of the day. The end of the week. Time to blast off and fly back home to Goopitor.



Allen waved goodbye and headed home. As he took off, he decided that one of these days he would invite all of his new friends back to his place.

Maybe, they could even have a sleepover.





THE END