



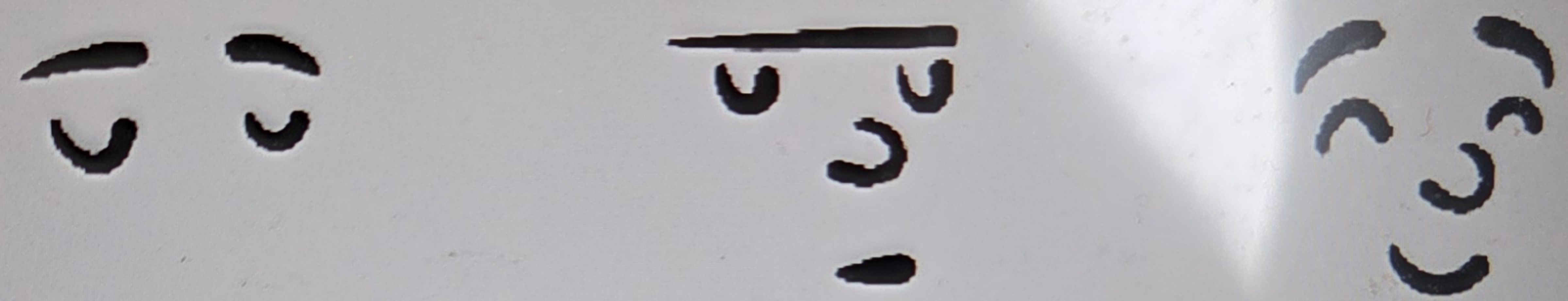
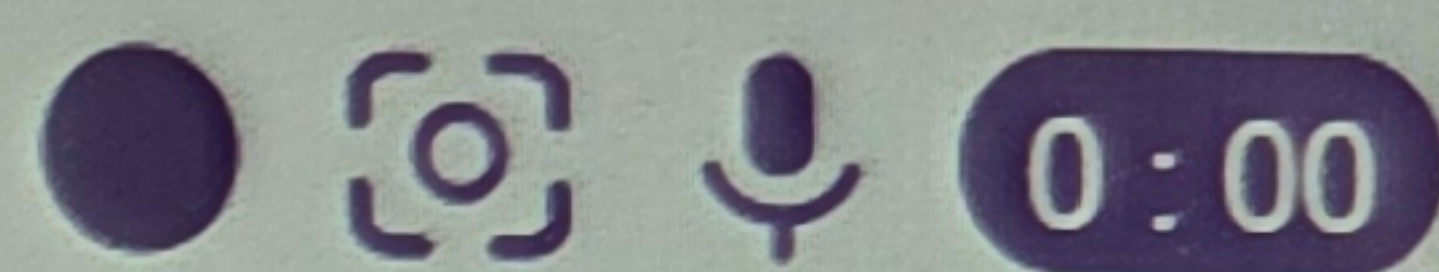
Highly Commended

Programming, Apps & Robotics Year R-2

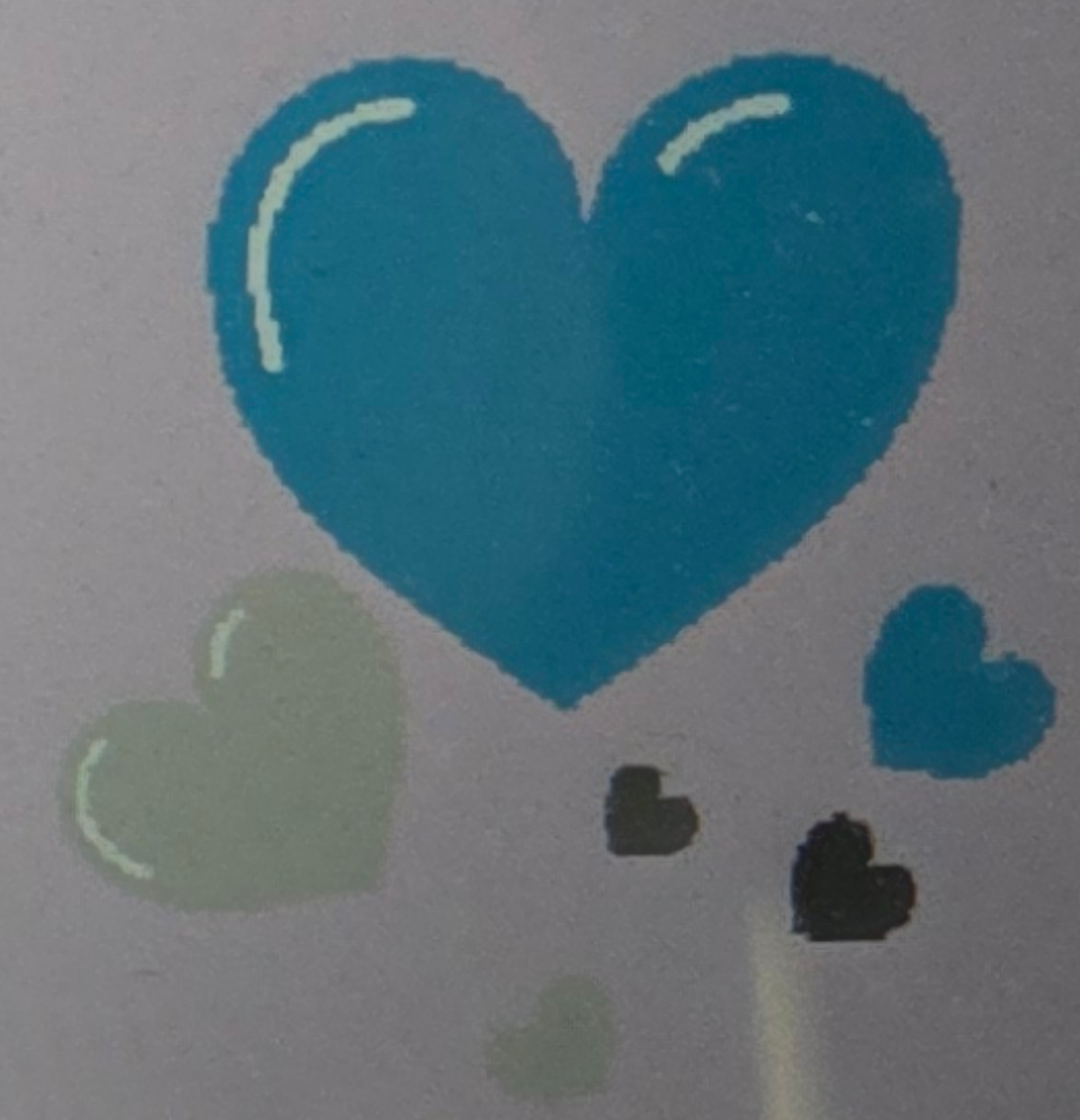
Rhea Kaushik

Burnside Primary School

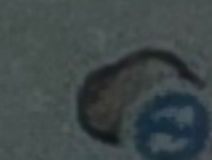
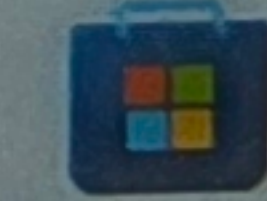




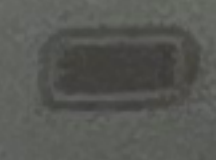
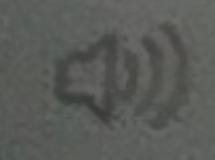
The Big Feelings Helper



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Oliphant Science Awards

Project Report: The Big-Feelings Helper

Name: Rhea Kaushik

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School: Burnside Primary School

Category: Robotics and Coding

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Video URL: https://youtu.be/dlg_32D7g_Q

1. The Problem: What is the issue?

Sometimes, we kids have really BIG feelings. We can get very angry, sad, or upset. When our feelings are too big and our bodies feel squished, it is hard to use our words. Sometimes we don't know how to calm down by ourselves. We need a safe and easy tool to help us relax.

2. My Solution: What did I make?

I made a scratch game called "**The Big-Feelings Helper**".

If you are feeling upset, you can tap the angry face on the screen. The app takes you to a peaceful place. It shows a magic bubble and plays my voice telling you to "Breathe in" and "Breathe out" while the bubble grows and shrinks.

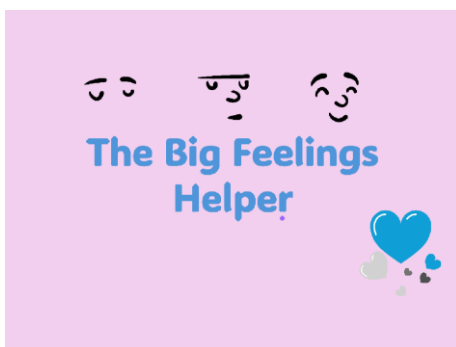
3. What I Used

I used a coding program called **PictoBlox**. In PictoBlox, you click colorful blocks together like Lego to give the computer instructions.

4. My Sprites and Backgrounds

First, I had to create the art for my app. Here are the pictures (Sprites and Backdrops) I used:

- **The Home Screen:** This is where you start.



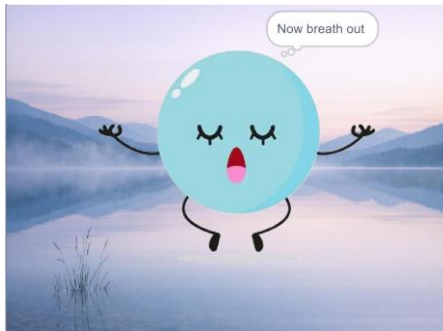
- Press the green flag to start



- **The Angry Face:** This is the button you click when you feel mad.



- **The Peaceful Screen & The Breathing Bubble:** A calm place to relax with a gentle breathing bubble. This bubble grows when you breathe in and shrinks when you breathe out.



5. How I Coded It!

I used special coding words to make my app work:

- **Events (Buttons):** I used a yellow block that says "When this sprite clicked". This tells the computer that when I touch the Angry Face, the app should change the background to the Peaceful Screen.
- **Loops (Repeating):** To make the bubble grow and shrink smoothly, I used an orange "Repeat" block. It tells the bubble to change its size a little bit at a time, over and over again!
- **Sound:** I used the microphone in PictoBlox to record my own voice saying "Breathe in" and "Breathe out". I added "Start Sound" blocks so my voice matches the bubble.

6. The Science: Why does this app help?

Why does breathing make us feel better? When we are angry, our heart beats very fast. But when we look at my app and take slow, deep breaths, it sends a special message to our brain. It tells our brain, *"You are safe. You can relax now."* This slows our heartbeat down and makes our big feelings shrink, just like the bubble!

8. Conclusion

I really liked using PictoBlox to make this project. I hope my app can help my friends, my family, and my classmates calm down when they have big feelings.