

The B.O.O.M.E.R. Model

A Step-by-Step Guide

For Big Emotions and New Beginnings

FEELINGS
NEIGHBORHOOD

Hi! I'm Boomer.

I know that sometimes emotions can feel really big.

Sometimes you can feel a big emotion getting closer. You may notice it building **before** the **BOOM**.

And sometimes the **BOOM** has already happened. Something was said, done, hurt, or broken.

The **B.O.O.M.E.R.** Model gives you six simple steps to use before the **BOOM** or after it — when you are ready to understand what happened, consider another perspective, make a choice, and begin again.

Let's take a closer look! 🐾

Big feelings happen.
You can handle them!

Mistakes are part of growth.

KINDNESS

PATIENCE

BRAVER CHOICES

STRONGER RELATIONSHIPS

Feel ♥ Express ♥ Connect

A brighter you is always possible.

The B.O.O.M.E.R. Model

Six Steps for Big Emotions and New Beginnings

B



♥ B – Breathe

Take a deep breath.
Give yourself a moment
to pause.



A calm breath
helps your body
and mind.



O



♥ O – Observe

Notice what is happening
around you and inside you.
Name what you notice.



Pay attention
like a detective
of your heart.



O



♥ O – Open Your Mind

Be curious.
Look at different perspectives
and possibilities.
There may be a different story.



A new perspective
can help you find
new possibilities.



M



♥ M – Make a Choice

Think about what matters.
Consider your choices and
their possible outcomes.



You choose
your actions.
You choose
your path.



E



♥ E – Explore What Can Grow

Think about what could grow
from your choice.
Choose the seed you want
to plant.



Your choices
can help good
things grow.



R



♥ R – Rebuild

Decide what you want to repair,
strengthen, or make better.
Take your next step.



Mistakes don't
stop you.
They help you
build stronger.



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B

Practice Breathe

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NEIGHBORHOOD

Take a deep breath. Give yourself a moment to pause.

A calm breath
can help you
feel more in control.

1

Get Comfortable

Find a comfortable position.
You can sit, stand, or lie down.
Rest your hands wherever
it feels good.



2

Breathe In

Slowly breathe in through
your nose for 4 counts.
Feel your belly fill with air
like a balloon.



3

Breathe Out

Slowly breathe out through
your mouth for 4 counts.
Feel your body getting
a little more relaxed.



4

Keep Going

Try 3–5 breaths.
Notice how your body feels.
Even one breath can help.



MY BREATHING PRACTICE

Take a moment to try it now.

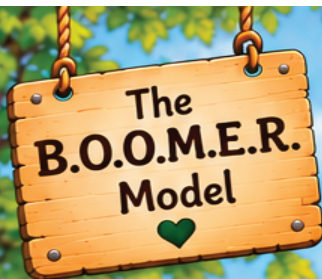


Right now, I feel _____

After a few breaths, I notice _____

I can use my breath when _____

A helpful reminder for me is _____



Practice Observe

Notice what is happening
around you and inside you.



1

Look Around

Notice what is happening
around you.



2

Notice Inside

Notice what is happening
inside you.



3

Name It

Try to name what
you noticed.



MY OBSERVE PRACTICE



Right now, I notice around me _____

Right now, I notice inside me _____

I would like to name it _____

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O

Practice Open Your Mind

FEELINGS
NEIGHBORHOOD

Be curious. Look for new possibilities.

A curious
mind can help you
see new
possibilities.

1

Be Curious

Be curious about
what is happening.
Ask yourself:
What is really happening?



2

Look at Different Perspectives

Try to see the situation
from another point of view.



3

Explore Options

Think of different
possible situations.



4

Stay Open

You don't have to decide yet.
Keep an open mind.



Take a moment to reflect.

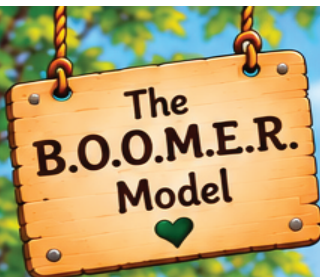


One situation I'm thinking about is _____

A different perspective I want to consider is _____

One option I can explore is _____

Something I'm learning from this is _____



Practice Make Your Choice

Choose what feels right, helpful,
and kind — for you and others.



Good choices
help me move
forward.



I can make
choices that help
me and others.



Take a moment to reflect.



What matters most to me in this situation is _____

Three possible solutions I can try are _____

I think the best choice for me is _____

1

Think About What Matters

Take a moment to think about
what is important to you.
What really matters
in this situation?



2

Look at Least Three Solutions

Think of at least three
possible ways you could
handle this situation.

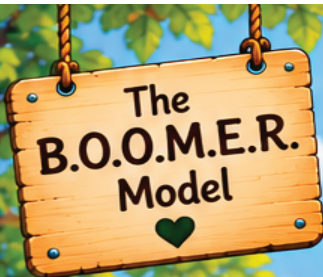


3

Think About the Outcomes

Consider what might happen
with each choice.
How might it affect you?
How might it affect others?





Practice Explore



Look at the bigger picture. See what can grow.

Your choices today can grow a brighter tomorrow.

1

Look at Your Choice

Think about the choice you are considering.



2

What Could Grow?

What could grow from this choice? Think about what might happen over time.



3

Choose Your Seed

What do you want to grow? Kindness, trust, understanding, courage, or something else?



Take a moment to reflect.



The choice I am considering is _____

This choice could grow _____

The seed I want to plant is _____

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B

Practice Rebuild

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Take what you've learned and take action.

Mistakes
don't stop me.
They help me
grow.

1

Decide What to Rebuild

What do you want to rebuild?
A habit? A skill?
A relationship?
Something else?



2

Plan Your Next Step

Use what you've learned
from the earlier steps.
Make a simple plan.
What can you do first?



3

Take Action

Start putting your plan
into action.
One step at a time.
You can do it!



I can rebuild
and create
a brighter me.



Take a moment to reflect.



Something I want to rebuild is _____

My next step is _____

I can keep rebuilding by _____



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Keep Practicing

Sometimes you can rebuild.
Sometimes you might need to let go
and make space for something new.
Both are part of growth.



Even when things don't go as planned,
you can always come back to the
B.O.O.M.E.R. Model to rebuild,
repair, or find a new path forward.

Keep going.



Progress
looks different.
for everyone.
And that's okay.



Feel ♥ Express ♥ Connect