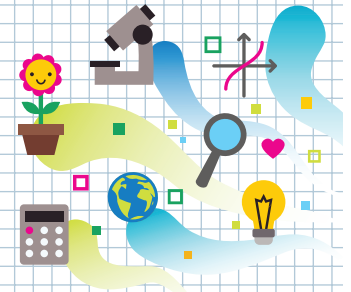




HEADS IN, HEARTS IN

Feelings Puppet Show

Instructions for Set-Up



Supplies

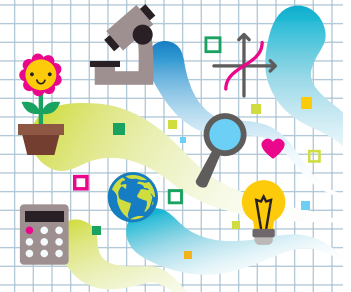
- “Guide for Families” handout
- Clear plastic standup display (optional)
- 6 brown paper lunch bags
- “Feelings Chart” handout
- Markers or crayons
- Construction paper (optional)
- Scissors (optional)
- Other craft supplies (glitter, glue, stickers or other) (optional)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print out “Feelings Chart” handout.
- ▶ Arrange display table with instruction.



HEADS IN, HEARTS IN



Feelings Puppet Show

Guide for Families

Learning Objectives

What you need to know:

Social emotional health is a critical component of healthy development for young children. Social emotional development includes the ability to identify and label or name emotions, and find appropriate ways to express or manage those emotions. For young children, strong emotions can be overwhelming. Since they do not have the skills to handle them, they might act out, get clingy or withdraw. You can help them manage their emotions by giving them permission to feel the way they do, helping to identify how they feel, supporting them and teaching them emotion regulation strategies. You can teach them multiple ways to feel calm and then let them decide which technique they want to try.

Emotional literacy, an important life skill, refers to the ability to understand, identify and respond to your own emotions as well as the emotions of other people. Helping children learn to identify and label different emotions will help them build up their emotional literacy.

What you will do and learn:

In this activity, you will create feelings puppets with the child. These feelings puppets will allow the child to practice identifying and acting out emotions. Playing and talking about emotions will help the child understand all the emotions they feel and learn some ways to manage their big feelings.

Instructions

1. Tell the child that you will be making some puppets together.
2. Turn the bag upside down so that the closed end becomes the top and the open end becomes the bottom.
3. Using the “Feelings Chart” handout as a guide, draw a face for each emotion on all six bags: happy, scared, sad, angry, surprised, frustrated.
4. Decorate the bags as much as you want, using additional craft supplies.
5. Encourage the child to pick one of the puppets, and talk about the emotion that they picked: “Your puppet is feeling surprised! Look at her surprised face!”
6. Play with the puppets along with the child and act out the different emotions. Talk about what our faces look like when we feel those feelings. What might we do when we experience those emotions?
7. Leave the puppets where the child can reach them and encourage them to play with the puppets.

Feelings Puppet Show

Feelings Chart Handout

Happy



Scared



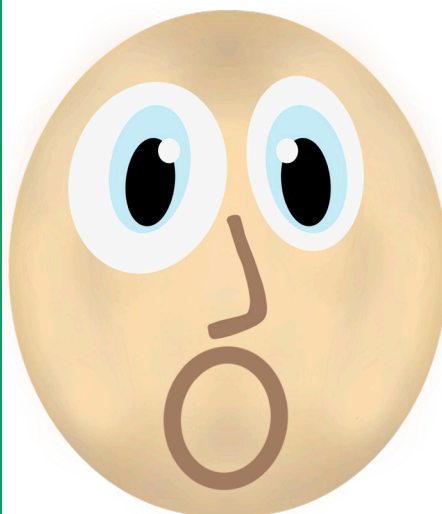
Sad



Angry



Surprised



Frustrated

