

## Feelings Puppet Program



**What to expect:** Natalie and Adam are working together to find a creative way to present information about emotions for a class project. Their ideas—including drama and art—include the audience. They ask for suggestions about what makes students sad and angry, and what they can do to make themselves feel better. The Puppets also discuss Empathy.

### Key Program Points:

- People may use their bodies, faces and voices to show how they are feeling. Students will identify sad, angry and happy (that the puppets act out).
- Students will identify what makes them feel sad, angry and happy.
- Students will discuss what they can do to make themselves feel better.
- Some feelings are comfortable, some are uncomfortable and that is okay.
- There are adults who can help with uncomfortable feelings. Students will identify adults they can talk to.
- Counselors (in school and outside of school) are people who talk to kids and help them with uncomfortable feelings.
- Not all people feel the same way about things. Puppets will ask children how they feel about certain colors to illuminate this point.
- Empathy means thinking about how someone else is feeling about something



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or ways we support families, please visit  
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