



# Feelings Puppet Program

Maximum Number of Students: 50  
Program Length: 30 minutes

## Program Synopsis

Natalie and Adam are working together on a class project to find a creative way to present information about emotions. Their ideas—including drama and art—involve 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, or voices to show how they are feeling. Students identify sad, angry, and happy feelings that the puppets act out.
- Students identify what makes them feel sad, angry, and happy.
- Students discuss what they can do to make themselves feel better.
- Some feelings are comfortable, but some feelings are uncomfortable and that is okay.
- There are adults who can help you with uncomfortable feelings. Students identify adults they can talk to.
- Counselors (in 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. The puppets ask children how they feel about certain colors to illuminate this point.

## Resources

Have a good resource you'd like to share? Email Karen at: [karen.sharpwolf@vtfn.org](mailto:karen.sharpwolf@vtfn.org)

