



Anxiety/Worry Puppet Program (Virtual!)

What to Expect

This program will begin with a live, virtual introduction with a puppet (5 minutes), include a professionally filmed and engaging skit (18 minutes), and end with a live Q&A with a puppet (7-25 minutes depending on how many questions students have).

The story: Natalie doesn't like how her body feels when she is worried. Adam explains that worry is normal, but sometimes it can become a problem. They talk to Natalie's worry, which takes the form of a red octopus. They try out tools to deal with worry including: Stand Up to Worry, Busy Mind, Calm Breath, Talk to a Grown-up, and Move My Body. They encourage students to find the right tools.

Puppets will be available for emailing with students after the show!

Logistics:

- Link to Virtual Platform will be emailed to you.
- Please log in 5 minutes before the program. We will have a waiting room and then a fun countdown with music and photos before we begin the live show.
- At the end of the show, students have a chance to talk to Natalie (puppet) and ask questions and give suggestions. We can usually take about 10 questions in our time frame. Never fear, if a student doesn't get to ask a question, they can email the puppets after (see sidebar).
- If students are logged in at home, by themselves, we will call on them by their screen name. If only one classroom is logged in, but sitting together, we will ask the teacher to call on students. If more than one classroom is logged on and they are sitting together in separate squares, we will first call on a teacher and then have the teacher call on a student.

Flexibility!

We are all getting to be masters of flexibility!

Thank you for your patience if any glitches arise during the program.

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Do students have another question or suggestion for a puppet? Puppets share an email with Karen at: karen.sharpwolf@vtfn.org

They would love to hear from students!