



# Kindness Puppet Program (Virtual!)

Suggested Number of Students: 25  
Program Length: 35 minutes

## Program Synopsis

This program will begin with a live, virtual introduction with a puppet (5 minutes), include a professionally filmed and engaging skit (12 minutes), and end with a live Q&A with a puppet! It will generally run 35 minutes long depending on how many responses students have. We will make space for up to 40 minutes if students are enthusiastic about talking to the Puppets!

**The story:** Bernard is troubled because others have been unkind online. Delores offers some advice that can work in-person or online. Included are a puppet knock-knock joke, quarantine pets, and a heartwarming story. Students can email the puppets after the show to share their thoughts at [puppets@vtfn.org](mailto:puppets@vtfn.org).

## Key Program Points:

- There are many strategies to use if someone is unkind, either online or in-person.
- It can be hard to connect with or understand people when we are wearing masks and/or we are online. We need to use our eyes, gestures, or words (in-person or through chat) to communicate.
- Identifying a grown-up to talk to is important. Students will be asked to think of at least 3 safe adults.
- Taking care of our mental health is important
- Delores offers 9 Kindness Tips that can work in-person or online: Show kindness; Ask questions; Notice kindness; Block, report and take screenshots; Talk to a grown-up; Talk to the person; Name your Feelings; Take care of your mental health; Be an UPSTANDER! They encourage students to find the right tools for themselves.

## Resources

Vermont Family Network's Bullying and Harassment [Information Packet](#)

[British Red Cross Kindness Resources](#)

[Mental Health Foundation](#)

[Stomp Out Bullying During COVID-19](#)

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