



Kindness Puppet Program (Virtual!)

Suggested Number of Students: 25
Program Length: 35 to 40 minutes

Virtual Program Synopsis

This program begins with a live introduction with a puppet and a person, includes a professionally filmed skit, and ends with a live Q&A with a puppet and a person!

Bernard is troubled because he has seen and experienced unkindness at school and online. Delores offers some advice that can work in-person or online. Included are a puppet knock-knock joke, cute new pets, and a heartwarming story. Students can email the puppets after the show to share their thoughts at 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; and Be an UPSTANDER! We encourage kids to come up with their own tools, too!

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.sharewolf@vtfn.org



For more information about our programs, or ways we support families, please visit www.VermontFamilyNetwork.org or call (800) 800-4005

