



Kindness Puppet Program (In Person!)

Suggested Number of Students: 25
Program Length: 35 minutes

Program Synopsis

The story: Bernard is troubled because others have been unkind online and in person. Delores offers some advice and they practice Kindness tools. Included are a puppet knock-knock joke, quarantine pets, and a heartwarming story. Students will have an opportunity to talk to the puppets and can email the puppets after the show to share additional thoughts or questions. This is our adapted Bullying Prevention program.

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.
- 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@vtn.org