



Feelings Puppet Program

PK-1

Maximum Number of Students: 40 (2 classes)
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 include drama and art and involve the audience. They ask for suggestions about what makes students sad, angry, or joyful. They explore how it is healthy to understand our and express our feelings, as well as ways we can make ourselves feel better when we're experiencing Big Feelings. The puppets also discuss empathy.

Key Program Points:

- People may use their bodies, faces, or voices to show how they are feeling. Students identify a variety of 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.

Resources

From Edutopia:

Video: [Ways to Build Emotional Literacy](#)

Video: [Emotional Literacy in Preschoolers](#)

Article: [Developing Emotional Literacy Across Grade Levels](#)

Article : [Going Beyond "How Are You Feeling?"](#)

From Sesame Street

Song: [Exploring Big Feelings](#)

Video: [Name That Feeling!](#)



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