



Kindness AND Anxiety Puppet Program *Grades K-4*

Maximum Number of Students: 60 (2-3 classes)
Program Length: 30-35 minutes

Program Synopsis

Natalie doesn't like how her body feels when she is worried and is concerned because others have been unkind. Sometimes, when her worry is really big, she is unkind to others, too. 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, and encourage the audience to participate. They also explore several tools to help manage Natalie's worry and talk about different tips they can use when they experience unkindness.

Key Program Points:

- Worry is normal. Everyone experiences it.
- Sometimes we worry about someone being unkind, or our own worry may be so big that we are unkind to others.
- Our bodies have built-in alarm systems that tell us when there is a problem. But sometimes our alarm system goes off too often or when it is not necessary. That can make it hard to do the things we want and need to do or be kind to others.
- There are lots of ways we make worry smaller, so it doesn't get in the way. It won't disappear completely because it is a normal part of life.
- Worry tries to boss us around, but we can boss worry back and be empowered!
- There are many tools we can use when we feel worried, and when unkindness is happening.

Resources

[The Child Mind Institute](#)

Anxiety and Depression Association of America ([ADAA](#))

[Anxiety Canada](#)

Vermont Family Network's informational PDF about [Anxiety Disorders in Children](#)

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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