



Feelings

Program Synopsis

Natalie and Adam work together on a class project to find a creative way to present information about emotions. Their ideas include drama and art and include the audience. They ask for suggestions about what makes students sad, angry, or joyful. They explore how it is healthy to understand and express our feelings, and how 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 feel. Students identify a variety of feelings that the puppets act out.
- Students identify what makes them feel sad, happy, and angry.
- Students discuss what they can do to make themselves feel better.
- Some feelings are comfortable, but some feelings are uncomfortable, and that's okay.
- There are adults who can help you with your uncomfortable feelings. Students identify who they can talk to.
- Not all people feel the same way about things.

Program Info

Type of Program: Puppets

Suggested grades: PK-1

Suggested # of Students: 40 - 60

Program Length: 30 minutes

Resources

[Ways to Build Emotional Literacy](#) (Edutopia video)

[Emotional Literacy in Preschoolers](#) (Edutopia video)

Edutopia, [Developing Emotional Literacy Across Grade Levels](#)

Edutopia, [Going Beyond "How Are You Feeling?"](#)

[Exploring Big Feelings](#) (Sesame Street video)

[Name that Feeling!](#) (Sesame Street video)

[I Like to be Kind](#) (song, Bandcamp, free download)

Vermont Family Network

We empower and support all Vermont families of children with special needs. For more information, please reach out to us at info@vtfn.org