



iNFamily

EMOTION PUPPETS

Emotion puppets are a great way to start a conversation with your kids about feelings.

Here's how to get started:

1. Let your child have paper lunch sacks, crayons/markers, yarn, glitter, construction paper, ribbon, fabric, scissors, glue and anything else you can imagine.
2. Let the child create puppets with the materials provided.
3. Have the child choose an emotion for each puppet. Let the child display the emotion on the puppet in whatever way he or she feels best expresses the emotion.
4. On the back of each puppet, have the child write words he or she associates with each emotion, including things that make him or her feel each of the emotions.
5. Let the child have a puppet show. Participate as the child sees fit as either a viewer or a participant.
6. Use the puppet show as a starting point for a discussion about feelings and how all feelings are okay as long as we know how to express them safely.