HOPE for HIE SUPER SIBS

MIXED TOGETHER FEELINGS

Puppet Creation

Parents: The goal of this activity is to encourage your child to tell stories and share feelings creatively and safely. Puppets allow for exploration and expression of emotions in a fun and non-threatening way. Remember, the goal isn't about making a perfect mask or puppet; it's about enjoying the process of play. Have fun with the experience!

SUPPLIES:

- *I'm Happy-Sad Today* book (optional)
- Paper lunch bag or sock
- Jewels, beads, or buttons
- Markers or fabric markers

DIRECTIONS:

- **Read:** If available, begin by reading Lory Britain's book *I'm Happy Sad Today*. If you don't have this book, no worries! Just follow the directions below!
- **Make Your Puppet:** Grab a paper bag or an old sock and let your imagination run wild! Use markers or fabric markers to draw a face, hair, and clothes—your puppet can be anything you want, even an animal, alien, or robot!
- **Add Some Fun:** Look around your house for extra items to add to your puppet. Yarn, buttons, googly eyes, glitter, felt, or fabric can all bring your puppet to life.
- **Explore Different Feelings:** The character in the book had lots of different feelings. Can you create puppets that show different emotions? What could you add to make your puppet look excited, mad, or happy?