

Feelings Puppet Show

PLAY

To help students understand vulnerability by using puppets to safely explore and share emotions. Acting out feelings through characters allows students to practise naming and expressing how they feel, just as the Playful Astronauts learn on Venus that being open takes bravery but helps us grow closer to others.



Learning Intentions

I can explore different emotions by acting them out with puppets:

This helps students recognise and understand their feelings in a safe and playful way.

I can practise saying how I feel, even if it's a little scary:

This builds confidence in emotional expression and supports open communication.

I can listen to others share their feelings and respond kindly:

This promotes empathy, emotional awareness, and respectful social interaction.



Success Criteria

I can choose a puppet and show how it feels using words or actions:

This supports self-expression through imaginative play.

I can share how the puppet feels and why it feels that way:

This encourages students to name emotions and explain their causes.

I can listen and watch others' puppet shows with kindness and interest:

This builds a respectful, supportive environment where vulnerability is celebrated.



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Objective:

To help students understand vulnerability by using puppets to safely explore and share emotions. Acting out feelings through characters allows students to practise naming and expressing how they feel, just as the Playful Astronauts learn on Venus that being open takes bravery but helps us grow closer to others.

Players:

Ideal for 4–26 students in pairs or small groups.

Materials:

- Puppets (sock puppets, glove puppets, paper bag puppets, or toys). This could be a brilliant pre activity to do with the students, ask them to bring in an old sock from home and spend a session creating their own unique sock puppets! Alternatively you can have 2-4 puppets that the whole class can share.
- Optional: Emotions cards (happy, sad, nervous, excited, angry, worried)(can also brainstorm this list on the board with the students prior to starting).
- Simple “mini stage” area or classroom mat for performance

Time Required:

10–15 minutes

Setup:

Create a small performance space where students can act with their puppets. Begin by revisiting the Venus page in the book and discussing how showing your feelings can be scary, but also really brave. Introduce the puppets and let students know they will use them to explore feelings in a fun and safe way.



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Gameplay:

Explain the Game:

Give each student (or pair) a puppet and ask them to decide how their puppet is feeling. They can use an emotion card if needed or think of their own. Encourage the students to use their puppets to offer up praise or words of encouragement or strategies that could be used to help with each emotion.

Encourage them to act out a short scene where their puppet shows or talks about a feeling.

For example:

- "I feel sad because I miss my mum."
- "I'm nervous about trying something new."
- "I'm happy because I made a new friend."
- "I'm proud of myself for learning a new skill."

Let students perform their scenes for the group or in small circles. We find that having one adult/teacher join in each puppet show will help with the flow of the scene as it allows the adult/teacher to ask prompting questions to the student puppets.

Encourage Sharing and Support:

After each mini-show, invite gentle applause and supportive comments like, "Thank you for sharing how your puppet felt," or "That was brave of your puppet!"

Ask:

- "Have you ever felt the same way as your puppet?"
- "What helped your puppet feel better?"

Winning the Game:

There are no winners. The goal is for students to practise vulnerability, sharing feelings, showing empathy, and creating connection.

Additional Notes:

"Feelings Puppet Show" creates a safe space for emotional exploration. It allows students to express vulnerability indirectly and encourages peer support. Linked to the planet Venus, this activity celebrates the courage it takes to open up, and shows that even soft feelings can make strong connections.

