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# My Bag of Feelings: Puppetry, Poetry & Emotional Awareness Programme for Year 2 Groups

## Lesson Plans

Embark on a journey into the realm of emotions with our "My Bag of Feelings" programme, where Year 2 children delve into the captivating worlds of puppetry and poetry writing. Witness the enchanting "Ophelia's Shadow Theatre," a puppetry show exploring negative emotions, and actively engage pupils in five dynamic puppetry and poetry workshops. Through engaging activities, pupils broaden their emotional awareness and cultivate essential skills in puppet manipulation and presentation.

### Materials

- 8 Children's Gloves per child
- 1 Red Cotton Bag per child
- UHU Glue
- Child-friendly scissors
- Yarn in different colours
- Felt
- Ribbons and pieces of cloth
- Mini pom-poms
- Googly eyes
- Pipe Cleaners
- Table covers (optional)
- Container Box (to keep the puppets created).
- Activity Sheets (Puppet Designs & Mini-Poems booklet)
- Feedback Form (Last session)

For video recording:

- Tablet or phone for video recording.
- Mini-theatre stage made out of cardboard or wood. (optional)

For cleaning:

- Acetone (great for any spills of UHU glue on the tables or clothing)



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# Week 1: Ophelia's Shadow Theatre Showcase & Workshop

Duration: 1 hour 30 minutes

## Learning Objectives

- Experience immersion in the captivating world of puppetry through "Ophelia's Shadow Theatre" puppet show.
- Encourage children to articulate their thoughts and feelings in response to the puppet show, fostering communication and emotional expression.
- Develop fine motor skills and creativity through hands-on participation in crafting simple shadow puppets.

### *Lesson Outline*

#### **Ophelia's Shadow Theatre Puppetry Show (30 minutes):**

- Immerse the children in the captivating puppetry show, "Ophelia's Shadow Theatre."
- Encourage them to express their thoughts and feelings after the show.

#### **Hands-On Workshop (45 minutes):**

- Provide materials for creating simple shadow puppets.
- Guide the children in a hands-on workshop to craft their own shadow puppets.
- Foster creativity and exploration as they experiment with their puppets in a small, informal shadow play.

#### **Reflection and Conclusion (15 minutes):**

- Discuss the children's experiences during the workshop.
- Conclude by expressing excitement about the upcoming weeks of puppetry and emotional exploration.

#### **Assessment**

- Evaluate children's participation and creativity during the hands-on workshop, noting their ability to follow instructions, manipulate materials, and engage in imaginative play with their shadow puppets.
- Monitor children's responses during reflection, noting their ability to articulate thoughts and feelings about the workshop experience and express anticipation for future activities.



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### Home Learning (optional)

- Ask children to bring pictures or drawings representing the feelings of “Happy” and “Sad” to share with the class the following week.
- Encourage children to create a short written or drawn response to the puppet show, reflecting on their favourite moments or characters.
- Invite children to practice storytelling with their shadow puppets at home, independently or with family members, and share their experiences during the next session.



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# Week 2 – 5: Exploring Emotions Through Puppets & Poems Creation

Duration: 1 hour 30 minutes each week

## Learning Objectives

- Explore a spectrum of emotions - Happy, Sad, Calm, Angry, Curious, Bored, Confident, and Scared - through the creation of expressive glove puppets and the art of poetry writing.
- Master the craft of eight unique puppets, each representing a distinct emotion.
- Acquire the skill of writing mini-poems and compile them into a Mini-Poetry Book, reflecting their emotional journeys.
- Develop puppet manipulation and presentation skills, gaining valuable insights into bringing these expressive characters to life.
- Foster a tangible connection between the children's creativity and their emotional expressions.
- Provide a meaningful outlet for self-expression and encourage moments of reflection.

## Week-by-Week Overview:

### Week 2: Happy & Sad Exploration

- Engage in discussions about happiness and sadness.
- Craft expressive glove puppets embodying these emotions.
- Introduce basic poetry concepts and guide the children in composing poems about happiness and sadness.

### Week 3: Calm & Angry Exploration

- Delve into discussions on calmness and anger.
- Create glove puppets symbolising calm and angry expressions.
- Continue the poetry journey by encouraging the children to articulate feelings of calmness and anger through words.



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#### **Week 4: Curious & Bored Exploration**

- Explore the emotions of curiosity and boredom through interactive discussions.
- Craft glove puppets represent curiosity and boredom.
- Extend the poetry writing to capture the essence of curiosity and boredom, fostering artistic expression.

#### **Week 5: Confident & Scared Exploration**

- Discuss situations that evoke feelings of confidence and fear.
- Craft expressive glove puppets embodying confidence and fear.
- Conclude the poetry writing journey by exploring the contrasting emotions of confidence and fear.

**Through this immersive exploration, children will engage with emotions and cultivate essential creative and expressive skills, creating a rich tapestry of emotional understanding and artistic expression.**



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# Sessions Outline:

## Introduction (10 minutes):

- Commence each session with a concise review of the previous week's activities, fostering continuity and engagement.
- Present the emotions to be explored in the session.
- Encourage children to bring pictures or drawings representing these emotions, fostering a collaborative sharing experience within the class.

## Puppet Design (15 minutes):

- Guide children in creating the designs for their puppets, utilising the shared imagery, the contrast between emotions and the corresponding activity sheet as a helpful resource.

## Puppet Crafting (25 minutes):

- Provide a diverse array of materials tailored to create glove puppets.
- Lead the children in turning their designs into reality, crafting expressive puppets that capture and communicate the designated emotions.

## Tidy Up (5 minutes):

- Maintain a structured and organised environment by dedicating a brief period for tidying up the creative workspace.

## Recommended 10-minute Break:

- Encourage a short break, allowing children to indulge in physical activity, enjoy a snack, and return to the session with renewed energy and heightened focus.

## Poetry Writing (15 minutes):

- Engage children in a thoughtful discussion about the session's emotions.
- Facilitate their exploration of these emotions by creating mini-poems following the corresponding activity sheet.
- Offer guidance and support as they articulate their feelings and understanding.



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# Sessions Outline Continued:

## **Creating Mini-Scenes (10 minutes):**

- Working in pairs, encourage children to rehearse mini-scenes where they take turns manipulating the puppets while reading the corresponding mini-poems.
- If there's time, prompt children to employ their crafted puppets in dynamic and imaginative scenarios, encouraging them to act out situations related to the explored emotions.
- Foster a supportive and collaborative atmosphere that enhances creative expression.

## **Sharing and Reflection (10 minutes):**

- Provide a platform for children to proudly showcase their puppets and share their crafted poems with the class.
- Initiate a reflective discussion on the emotions explored and the creative process, fostering a deeper understanding of both the artistic and emotional dimensions of their work. Some great questions are: What did you learn today? Which activity did you enjoy the most? What have you learned about these feelings that you didn't know before?

## **Assessment**

Observe children's engagement and fine motor skills while creating their glove puppets. Evaluate their ability to express different emotions through the design and expression of their puppets. Review the mini-poems the children wrote and assess their ability to use descriptive language and imagery to convey emotions effectively.

## **Home Learning**

- Week 2 - 4: Ask children to bring pictures or drawings representing the feelings that will be explored in the following session.
- Week 5: Ask children to choose their favourite puppet and mini-poem and practice the poem at home.
- Optional: Encourage children to reflect on their emotional experiences throughout the week and write or draw about moments when they felt each explored emotion. Invite children to practice puppetry at home using their glove puppets, exploring different emotional scenarios and creating short puppet shows to share with family members.



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# Week 6: Conclusion & Celebration – Creating My Bag of Feelings and Video Recording

Duration: 1 hour 30 minutes

## Learning Objectives

- Explore creativity and self-expression by presenting favourite puppets and mini-poems, demonstrating an understanding of emotional exploration through artistic mediums.
- Develop presentation skills by presenting favourite puppets and mini-poems to peers and recording them.
- Reflect on the learning journey, discussing insights gained about puppetry, emotions, and the creative process.
- Celebrate achievement and collaboration by recognizing and appreciating efforts and creativity demonstrated throughout the programme by all participants.

### Lesson Outline

#### Introduction (5 minutes):

- Review all the activities developed and emotions explored so far, fostering continuity and engagement.
- Present the activities of this session.

#### Mini-Scenes Rehearsal: Puppets & Mini-Poems (5 minutes)

- Children pick their favourite puppets and mini-poems.
- In pairs, children present to each other a little scene where they present their puppets and corresponding mini-poems.

#### Video Recording 1 (20 minutes):

- Set up a designated area for video recording. We recommend a mini-theatre stage made out of cardboard or wood.
- In groups of 5, each child presents their favourite puppet and recits their poem before the camera while the rest of the class watches. Three groups (15 children) will present and record their mini-scenes.
- If children can't remember their mini-poems by heart, you can record the audio first (while they read their mini-poem) and mix it with the video of their puppet later.



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### **Recommended 10-minute Break:**

- Encourage a short break, allowing children to indulge in physical activity, enjoy a snack, and return to the session with renewed energy and heightened focus.

### **Video Recording 1 (20 minutes):**

- Set up a designated area for video recording. We recommend a mini-theatre stage made out of cardboard or wood.
- In groups of 5, each child presents their favourite puppet and recits their poem before the camera while the rest of the class watches. Three groups (15 children) will present and record their mini-scenes.
- Recordings are to capture the mini-theatre and puppets only and can be shared with parents/carers and the broader school community.

### **Bag of Feelings Creation (15 minutes):**

- Provide materials for creating personalised "My Bags of Feelings."
- Guide children in assembling their bags, including their crafted puppets and written poems.

### **Celebration and Reflection (15 minutes):**

- Distribute Feedback Forms, and reflect on the journey, discussing what they learned about puppetry, emotions, and the creative process.
- Celebrate the culmination of the programme with a short final discussion and sharing. Offer great praise for their efforts and creativity and finish it with a big round of applause to everyone involved in the programme.

### **Assessment**

Observe children's engagement and confidence as they present their favourite puppets and mini-poems to the class. Assess their understanding of emotions and their ability to express them through puppetry and poetry. Using feedback forms to gather children's reflections on their learning journey, evaluate their ability to articulate their insights and experiences, and their overall satisfaction with the program.



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### Home Learning (Optional):

- Invite children to share their favourite puppet and poem with family members at home. Encourage them to recreate the mini-scenes they practised in class or create new puppetry performances together.
- Encourage children to continue adding to their "My Bags of Feelings" at home by writing new poems or crafting additional puppets to represent different emotions they experience.

**By actively participating in each carefully curated activity, children unlock their full creative potential and embark on a deep learning journey of puppetry, poetry writing, and emotional regulation. The concluding celebration and personalised "Bags of Feelings" serve as tangible reminders of their enriching experience within the classroom setting.**

