



Imaginari Theatre  
presents

# Puppetry Lab: Unlock The World of Emotions



**Puppetry & Wellbeing Programmes for  
Year Groups 2 & 4**

# TABLE OF CONTENTS

- 03**    Puppetry Lab: Unlock The World of Emotions
  
- 05**    My Bag of Feelings: Puppetry, Poetry & Emotional Awareness Programme for Year 2 Groups
  
- 08**    Feelings & Shadows: Shadow Theatre & Regulating Difficult Emotions for Year 4 Groups
  
- 11**    More About Imaginari Theatre
  
- 12**    Meet Our Team
  
- 13**    Fees & Costs Breakdown
  
- 15**    Bookings
  
- 16**    Puppetry Lab: Igniting Creativity & Nurturing Young Minds for Year Groups 1 to 6.
  
- 19**    Funding Available
  
- 20**    Contact Us



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# Puppetry Lab: Unlock The World of Emotions



Teaching children about emotions can feel like a very abstract subject and a hard one to put across. These carefully designed 6-week programmes for Year 2 and Year 4 groups allow children to experience the magic of puppets and explore their emotions in a fun and engaging environment. With various activities tailored to their specific age group, our programmes help children develop key emotional awareness and self-regulation — all while having fun!

## Develop self-regulation skills.

Our programmes are specially designed to help children explore and understand their emotions playfully. Focusing on creativity and self-expression, they enable children to develop key emotional skills that will serve them well beyond the programme's duration.

## Enrich the curriculum creatively and effectively.

*My Bag of Feelings + Feelings & Shadows* offers all pupils a powerful, inclusive and cross-curricular learning experience. It also enriches PSHE, Design & Technology and English curriculum delivery. Watch children deepen their learning in different areas while having a blast!

## No Child Left Behind

By extending access to high-quality artistic and cultural experiences, we contribute to breaking the cycle of inequality. Exposure to diverse art forms enhances a child's cultural awareness and instils empathy and understanding of different perspectives. We believe that every child, regardless of their socio-economic background, deserves the chance to unlock their creative potential and develop skills that will benefit them throughout their lives.

## Ignite the power of imagination and play.

Our team of experienced puppeteers will guide your pupils through interactive workshops filled with creativity, experimentation, and fun. **Watch as their imaginations soar and their skills in puppetry, poetry writing, storyboarding, staging, emotional awareness and self-regulation thrive.**



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**Unlock The World of Emotions provides two distinct 6-weeks programmes for Year Groups 2 & 4. On each programme children will access an enchanting puppetry show, embark on a creative adventure through 5 puppetry & wellbeing lessons and access exclusive home learning resources. Check out the programmes included:**

- My Bag of Feelings: Puppetry, Poetry & Emotional Awareness Programme for Year 2 Groups
- Feelings & Shadows: Shadow Theatre & Regulating Difficult Emotions for Year 4 Groups



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

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.

## Key Programme Highlights for Children:

- **Access Ophelia's Shadow Theatre**, a beautiful puppetry show about tricky emotions.
- **Explore 8 Emotions.** Explore eight distinct emotions—Happy, Sad, Calm, Angry, Curious, Bored, Confident, and Scared—through the creation of expressive glove puppets and the art of poetry writing.
- **Craft 8 Unique Puppets.** Unleash creativity by handcrafting eight individual puppets, each representing a different emotion, fostering a tangible connection between the children and their emotional expressions.
- **Create Mini-Poetry Books.** Engage in the art of writing by creating mini-poetry books containing eight unique poems, providing an outlet for self-expression and reflection.
- **Learn Puppet Manipulation.** Acquire valuable skills in puppet manipulation, gaining insights into the art of bringing these expressive characters to life.
- **Fun Learning Experience.** Enhance understanding and knowledge of emotions in a playful and enjoyable manner, fostering a positive and supportive atmosphere.





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## The Impact Beyond:

As a culmination of the program, each child will receive special resources to continue their emotional exploration at home:

- **My Bag of Emotions.** A personalized collection of the puppets they crafted, allowing for ongoing exploration and offering a valuable resource for families to express and comprehend each other's emotions better.
- **My Little Poetry Book.** A charming booklet containing all the mini-poems created during the programme, serving as a keepsake of their poetic journey.
- **Video Recording.** Capture the magic with a video recording of each child's favourite puppet and poem, providing a lasting memory of their creative endeavours.

## Programme Overview

*My Bag of Feelings* presents a thoughtfully structured 6-week program tailored for Year 2 children, with each engaging session spanning 1 hour and 30 minutes. Designed to seamlessly integrate into the classroom environment, all sessions can be conveniently delivered on-site.

## Lesson Plans

[Feeling curious? You can check My Bag of Feelings Lessons Plans here.](#)



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# Weekly Schedule: My Bag of Feelings

Check our carefully curated schedule below.

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

- Immerse the children in the captivating Ophelia's Shadow Theatre puppetry show, followed by a hands-on shadow theatre workshop, setting the stage for a transformative journey.

## **Week 2: Puppets & Poems Creation - Happy & Sad**

- Unleash creativity within the classroom as children craft expressive puppets and compose poems, focusing on the emotions of happiness and sadness.

## **Week 3: Puppets & Poems Creation - Calm & Angry**

- Continue the artistic exploration within the familiar classroom setting, navigating the emotions of calmness and anger through puppetry and poetry creation.

## **Week 4: Puppets & Poems Creation - Curious & Bored**

- Dive into the realms of curiosity and boredom, fostering artistic expression and emotional understanding.

## **Week 5: Puppets & Poems Creation - Confident & Scared**

- Explore the contrasting emotions of confidence and fear in a supportive classroom environment, refining puppetry and poetry skills.

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

- Conclude the enriching journey by celebrating children's creativity and emotional learning. Assemble the personalized "My Bag of Feelings" and capture the culmination of their amazing learning journey with a video recording, creating lasting memories within the classroom setting.

*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.*





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# Feelings & Shadows: Shadow Theatre & Regulating Difficult Emotions for Year 4 Groups

Throughout this six-week journey, each engaging session spanning 90 minutes, children will delve into the captivating world of shadow puppetry and storyboarding, culminating in the staging of a mesmerising shadow theatre production. Witness the enchanting *Ophelia's Shadow Theatre*, a puppetry show that delves into the complexities of negative emotions, leading to a final presentation based on the insightful children's book, *The Bag of Worries*, by Virginia Ironside. Throughout the programme, children actively participate in a deep learning journey that fosters emotional intelligence, creativity, and teamwork.

## Key Programme Highlights for Children:

- **Ophelia's Shadow Theatre.** Immerse in a beautiful puppetry show that navigates the nuances of tricky emotions.
- **Comprehensive Shadow Puppetry Exploration.** Dive into the history and various techniques of this exquisite form of theatre.
- **The Bag of Worries Exploration.** Playfully delve into the story, exploring ways to cope with difficult emotions.
- **Crafting Shadow Puppets.** Unleash creativity by handcrafting diverse puppets, each representing a unique character.
- **Storyboarding.** Engage in the art of storyboarding, providing an outlet for self-expression and reflection.
- **Shadow Theatre Show.** Collaboratively stage a shadow theatre production.





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## Learning Experience

- **Shadow Theatre & Puppet Manipulation.** Acquire valuable creative skills in shadow theatre and puppet manipulation, bringing expressive characters to life.
- **Teamwork Skills.** Foster collaboration and teamwork among the pupils.
- **Fun Learning.** Enhance understanding of regulating difficult emotions in a playful and enjoyable manner, fostering a positive atmosphere in the classroom.

## Impact Beyond

As a culmination, each child receives special resources to continue their creative exploration beyond the classroom:

- **My Shadow Theatre Guide.** This comprehensive, step-by-step manual ensures children enjoy a delightful and educational experience and serves as a dedicated space for recording their learning journey. Furthermore, it acts as a portable guide, empowering them to continue exploring shadow theatre at home. Unveil the magic of shadows and keep the wonder alive with this all-in-one resource.
- **My Book Of Feelings.** An interactive resource for continued exploration of emotional awareness and self-regulation.

## Lesson Plans

*Would you like to know more? Check out our "Feelings & Shadows Lesson Plans" for more details.*



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# Weekly Schedules

Check our carefully curated schedule below.

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

- Immerse the children in the enchanting puppetry show, *Ophelia's Shadow Theatre*, and follow it up with a hands-on workshop, setting the stage for an inspiring and transformative journey into the realm of emotions.

## **Week 2: Introduction to Shadow Theatre**

- Explore the history, techniques, and art of building articulated characters in shadow theatre, laying the foundation for a comprehensive understanding of this exquisite form of storytelling.

## **Week 3: The Bag of Worries**

- Delve into exploring challenging emotions such as anger, sadness, fear, and worry through the story *The Bag of Worries*, by Virginia Ironside. Children create unique shadow puppets representing each emotion, fostering both artistic expression and emotional awareness.

## **Week 4: Storyboarding & Teamwork**

- Engage in the art of storyboarding as the story is divided among groups. Each group creates its own storyboard, shadow puppets, and props, emphasising teamwork and collaborative creativity.

## **Week 5: Rehearsal**

- Groups rehearse their segments on the big shadow theatre screen, providing an opportunity for refining their performances and ensuring a cohesive presentation.

## **Week 6: Final Rehearsal & Presentation**

- Pupils conduct three final run-throughs before presenting their shadow theatre production to parents and the school community, showcasing their newfound skills in puppetry, storytelling, emotional awareness and self-regulation.

*By actively participating in each carefully curated activity, children unlock their full creative potential and embark on a profound learning journey encompassing shadow puppetry, storyboarding, staging, and emotional regulation.*



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# More About Imaginari Theatre



**Imaginari Theatre is a contemporary theatre company passionately committed to firing up children's creativity and wellbeing.**

We create thoughtful, imaginative and interactive theatre shows and experiences for young people and families, combining puppetry, storytelling and the latest discoveries on children's mental wellbeing.

Our mission is to craft innovative educational programmes, captivating shows, and immersive experiences for young audiences and families, seamlessly blending puppetry, storytelling, and cutting-edge insights into children's mental health.

Emerging research underscores the intricate connection between children's emotional health and their capacity for imaginative exploration. Puppetry offers a unique and multifaceted approach to promoting children's mental health and wellbeing, fostering emotional, social, cognitive, and creative development. We aim to provide a vibrant and safe 'rehearsal' space for children and families to cultivate essential emotional and interpersonal skills, such as self-confidence, creativity, emotional intelligence, conflict resolution, communication, teamwork, empathy and an insatiable hunger for learning.

We firmly believe that every child, regardless of their personal or socio-economic circumstances, deserves access to the tools that unlock their boundless creative potential and equip them for life-long success. To achieve this vision, we forge partnerships with schools and children's organisations, striving to extend our reach and impact to as many young minds as possible.



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**PSHE**  
Association  
Member



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# Meet Our Team



**Raquel Bellastella**  
Artistic Director &  
Creative Facilitator



**Joni-Rae Carrack**  
Puppeteer & Creative  
Facilitator



**Nix Wood**  
Puppeteer & Creative  
Facilitator

[To know more about all the interesting things our team has been up to, click here.](#)



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# Our Fees

£ 3,000 + VAT  
or **£8 per child on each activity.**



The fees two 6-Week Puppetry & Wellbeing Programmes at a primary schools, with the total capacity of 60 to 70 children. (Two Year Groups of 30-35 children). It covers three theatre professionals, all the necessary workshop materials for crafting different types of puppets, and exclusive educational resources designed for classroom and at-home learning.





# Fees & Costs Breakdown

6 Weeks Puppetry & Wellbeing Programme at a primary schools, for 60 to 70 children. (Two year groups of 30-35 children).

EXPENSE CATEGORY	DETAILS	COST PER SHOW OR WORKSHOP (£)	NUMBER OF SHOWS OR WORKSHOPS	TOTAL COST (£)
Puppeteers	3 Puppeteers for Shadow Theatre Performance @£165 per Show (Week 1)	£ 495	2	£990
Puppetry Facilitator	Puppetry Facilitator	£165	10	£1650
Materials	Puppet-making supplies and workshop handouts/materials (30 @£1 per child)	£30	12	£360
VAT	20% x £3,000	--	--	£600
Total				£3,600



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# Book Now

We would be delighted to offer our Puppetry Lab programmes at your school.

Contact Raquel to book your hands-on theatrical experience on:

07985 654640  
info@imaginari.org

Thanks for considering our programmes. We look forward to hearing from you.





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## Know More About Puppetry Lab: Comprehensive Programmes for Year 1 to 6 Groups.

The urgency surrounding children's mental health in the UK demands immediate attention. Primary schools find themselves at the forefront of this challenge, grappling with issues such as heightened anxiety, low attendance, lateness, and struggles with emotional self-regulation. These challenges contribute significantly to suboptimal learning outcomes, particularly for children contending with adverse personal and socio-economic circumstances, attachment issues, trauma, and the effects of being in care. In the face of overwhelming emotions, many young minds lack the necessary tools to navigate them, resulting in challenging behaviours and learning disengagement.

Puppetry Lab is carefully designed to address these challenges by guiding children in expanding their emotional awareness and essential interpersonal skills. Through engaging activities, our Puppetry & Wellbeing Programmes aim to elevate emotional self-regulation while instilling crucial wellbeing skills such as confidence, engagement, empathy, conflict resolution, effective communication, community service, resiliency, and teamwork.

### Our Puppetry & Wellbeing Programmes:

- 1. Facilitate Emotional Self-Regulation.** Support children in regulating their emotions through tailored activities.
- 2. Enhance Interpersonal Skills.** Cultivate key interpersonal skills, including empathy, conflict resolution, agency, and community service.
- 3. Provide Equal Opportunities.** Ensure inclusivity by offering high-quality artistic and creative activities, enriching children's cultural capital from disadvantaged backgrounds.
- 4. Foster Cross-Curricular Learning.** Create deep, cross-curricular learning experiences through puppet-making, emotional awareness exercises, and storytelling.
- 5. Deliver Impactful Learning Experiences.** Enrich the Design & Technology, PSHE, and English curriculum through impactful learning experiences.
- 6. Offer Continuous Progression.** Enable ongoing development of puppet-making skills, ensuring a sustained and evolving learning journey.
- 7. Create Lasting Impact.** Extend the impact beyond the programme's duration, serving as a hands-on resource for expressing feelings, dealing effectively with conflicts and difficult emotions and contributing to the local community.



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# Puppetry Lab: Ignite Creativity & Nurture Young Minds

Check an overview of all our comprehensive Puppetry & Wellbeing Programmes below.

## Year 1 - Little Monsters: An Introduction to Puppetry

In this enchanting initiation into the world of puppetry, Year 1 pupils embark on a captivating journey to create three distinct types of puppets using easily accessible household materials. Through engaging activities, they not only master the art of puppetry manipulation but also explore the feelings of courage and fear and breathe life into their unique monster characters, fostering creativity and self-expression.

## Year 2 - Unlock The World of Emotions: My Bag of Feelings Programme

Year 2 children explore the world of emotions through the *My Bag of Feelings* programme. This immersive experience guides them in exploring a spectrum of emotions, honing their emotional intelligence, and expressing their feelings through puppetry and poetry writing.

## Year 3 - Sock Puppets: Empathy in Action

Year 3 delves into the realm of empathy by creating sock puppets. Through this programme, pupils enhance their puppetry craftsmanship and cultivate a deeper understanding of empathy and compassion, laying the groundwork for meaningful friendships and healthy interpersonal connections.



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## **Year 4 - Feelings & Shadows: Shadow Theatre and Regulating Difficult Emotions**

Year 4 unfolds a captivating exploration of shadow theatre, providing a unique avenue for children to express and cope with difficult emotions. Through the interplay of light and shadow, pupils gain a profound understanding of negative emotions, as anger, sadness and anxiety, while honing their shadow theatre skills, fostering emotional resilience and creative expression.

## **Year 5 - Rod Puppets: Conflict Communication & Resolution**

In this program tailored for Year 5, pupils delve into the art of conflict communication and resolution by creating rod puppets. Through hands-on activities, they learn to navigate conflicts, express themselves constructively, and build essential skills for dealing with conflicts effectively.

## **Year 6 - Giant Puppets: Celebrating Agency, Community, and Kids Who Dared To Be Different**

Year 6 celebrates agency, community, and individuality by creating giant puppets and a school parade. Pupils learn to express their unique perspectives, celebrate diversity, and showcase their creativity on a larger scale, fostering a sense of pride in their accomplishments and a strong connection to their community.

*These carefully crafted programmes enrich and expand children's learning journeys, propelling them forward in the realms of puppetry, creativity, emotional regulation, and crucial interpersonal skills. Each module offers a profound learning experience that equips children with valuable skills and insights that extend well beyond the classroom, supporting their overall development and readiness to navigate the complexities of our world.*



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# Funding Available

Imaginari Theatre's mission is to advocate for the rights of all children to nurture and unleash their full creative potential and wellbeing.

We acknowledge the current financial hardships experienced by many schools and families. If you have a keen desire to have Puppetry Lab Programmes at your school but lack the required funds, please don't hesitate to contact us. We would be delighted to include your school in our upcoming funding applications or support you in your funding process.



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# We'd love to hear from you.



If you have any questions or for anything under the sun, please don't hesitate to contact us.

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