



**Objective:** To reinforce strategies children can use to feel better when they are upset.

**Teacher:** A puppet show can remind children to integrate calming strategies into their daily lives. You can create a play about any strategy. This play is about breathing with pinwheels.

**Materials:**  
2 puppets  
1 pinwheel

## Puppet Show

### INTRODUCTION

Hi Friends! Today we are going to watch a puppet show.  
Piggy and Chef are going to talk about what choices we have when we are upset.  
What are some things we do when we are upset? Let's see what Piggy and Chef do.

### PUPPET SHOW – CALMING YOUR BODY

Piggy: I really want that toy car right now!

Chef: I'm sorry, Piggy, but another friend has that toy right now. You can have it when that friend is done.

Piggy: Oh, no! I want that toy! *(Crying in frustration)*

Chef: Hey, let's think of the ways we can calm down. What do we do first?

Piggy: *(crying)* I notice how I am feeling and then I say how I am feeling. *(pause)* I feel angry.

Chef: Ok, and then what do we do?

Piggy: *(more calm)* Um...Let's see...I can pick a "calm down" choice. Hmm...I think I am going to blow a pinwheel.

Chef: Ok, I'll get the pinwheel, and you stay here.

Piggy: *(with some crying in her voice)* Ok.

*(Chef comes back with a pinwheel)*

## PUPPET SHOW cont.

Chef: Alright, here's the pinwheel, Piggy. Take a deep breath and blow on the pinwheel.

Piggy: *(Makes noise inhaling and blowing on the pinwheel.)*

Chef: Take another deep breath and blow it out.

Piggy: *(Makes noise inhaling and blowing on the pinwheel.)*

Chef: How do you feel now?

Piggy: I feel better. My body feels more relaxed and calm. I feel like I want to read a book now, until the toy is free.

Chef: That sounds good. Thank you for finding a way to calm you body down.  
*(Chef hugs Piggy)*

Piggy: I'm glad I didn't get too upset. I am glad I calmed my body. I feel better.

*[The End]*

## TIPS

- A variation of this activity is to have a puppet and a child play the different roles. For example, the puppet can be upset and the child helps the puppet find a way to calm her body.
- Also, the two puppets can ask the audience (the children) how to solve Piggy's problem. The children then can suggest ways Piggy can calm her body.
- If a child is having a challenging time, the teacher can use a puppet to communicate to the child and help the child choose a calming strategy.
- Different strategies for helping children self-regulate when they are upset can be used in this script (i.e., deep breathing, pinwheel blowing, breathing hands, sensory bottles, looking outside, etc.).

*Adapted from: "How to Calm Your Body – Puppet Show" by Christina Nelson of Lincoln Educare*