Similar to stories and role play, using puppets to act out social situations and emotions is a good way to develop children’s recognition and understanding of emotions as well as explore ways for managing social scenarios and feelings.

Here are a few simple puppets you can make at home:

1. Paper bag puppet: you can add googly eyes, strings, or even just color on the bag. Have your child make a puppet about how they are feeling and then put the paper bag puppet on & they can talk for it.

2. Stick puppets: draw a face on a popsicle stick or use feathers, googly eyes and pipe cleaners.

These puppets can give your children a way to express themselves and their feelings!