

Puppet Play and Self-Regulation

Children love make-believe play and it can teach them important social and emotional skills. Make-believe play provides opportunities to practice important self-regulation skills by preparing for and planning out a scene, negotiating roles, and using practice skills.



In this video, the puppet role-play allows children to explore a variety of feelings within the different scenarios. They can also learn and practice a variety of effective self-regulation strategies to help their puppets (and themselves!) be more alert and engaged.

The teacher also, role models how emotions and behaviours can be self-regulated. Adult role modeling is an effective way to help children build their own repertoire of strategies for improved self-regulation.

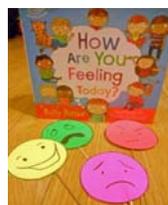
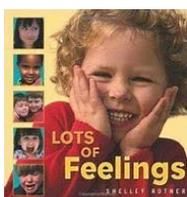
Puppets are a delightful way to encourage children to exercise their language and self-regulation skills. Puppets are created from many different things: paper bags, cardboard tubes, tissue paper, even socks, and they are always a blast to make! Here are a few ideas for simple puppets you can create:



The following is a small sample of the great self-regulation books available.

Lots of Feelings

By Shelley Rotner

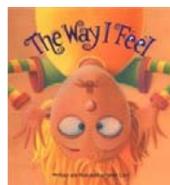


How Are You Feeling Today?

By Molly Potter

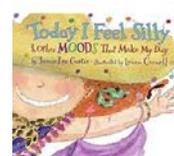
The Way I Feel

By Janan Cain



Today I Feel Silly & Other Moods That Make My Day

By Jamie Lee Curtis



What Are You Feeling?

Feeling Books for Children

By Baby Professor



Big Benefits of Puppet-Play for Children

No Strings Attached!



Puppets can increase children's communication and social skills by providing opportunities to interact with the **puppets**. **Puppets** can support children emotionally by giving them a "friend" to talk to, or a way to talk to other children without having to speak directly.

Puppets offer children an engaging way to interact and explore their knowledge and understanding of the world. Also, children can learn to formulate their thoughts and have conversations. **Puppets** are an effective way to develop children's language skills, boost confidence in speaking and learn new vocabulary.

Puppets can provide a safe place where children can find opportunities for role-playing and performing plays.

The most obvious benefit of puppet-play is encouraging the child's imagination and creativity.



Puppets can be made from anything in your home.

We are inviting families to participate in this challenge. If you choose to share pictures or videos of your puppets they can be sent to earlyon@ccrconnect.ca

DIY Puppet-Making Challenge! Children Will Love Making and Playing With:

- Popsicle stick and foam puppets
- Cut foam and sock puppets
- Felt or glove finger puppets
- Box or jug puppets
- Simple paper puppets
- Felt, faux fur, and fabric puppets

The EarlyON staff are looking forward to seeing your puppets.

