

Make a Sock Puppet to Act Out Feelings!

1. Gather your materials.

- Old socks
- Scrap fabrics (e.g., from old clothes)
- Buttons, ribbons, shoelaces, and other things that you are not using anymore
- Child-friendly scissors
- Glue or a hot glue gun



2. Mark the mouth and eyes.

- Put the sock on your hand to find the “mouth”; it will be created by the crease between your fingers and thumb.
- Draw the mouth with a marker.



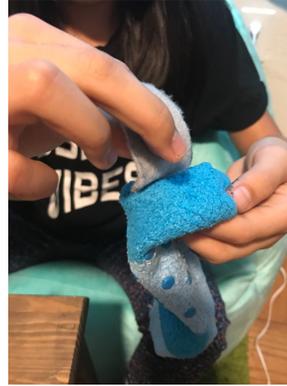
3. Customize your puppet.

- If you like, use some paper to draw and color other body parts (tentacles, ears, wings) or fun elements (a hat).
- This is a chance to make the puppet your own. There is no right or wrong way to do this. Have fun!



4. Glue it all together.

- Glue buttons (or if you have them, googly eyes) for the eyes.
- Glue the additional body parts and fun elements.
- If you are using a hot glue gun, make sure there is an adult around to help.



5. Your puppet is ready.

- Put the sock on your hand; open and close your fingers to make the puppet “talk”.
- Have a pretend conversation with your puppet: Ask the puppet how they’re feeling, what made them feel that way, and, if it makes sense, what will make them feel better.
- If you have two puppets, your pretend conversation can be the puppets talking to one another!

