



Act it Out

Use puppets, dolls, or figurines to act out different scenarios. Ask the children how they think the puppet is feeling. Talk about what you could do to help them feel better.

More Support: Narrate how the puppets are feeling and why they might be feeling that way. For example, “Dog feels sad because he lost his bone.”

Narrate and Label Empathy

“They were sad that they didn’t get a turn. What could we do to help them?”

“How do you think the turtle felt when the dog took his toy. You think he felt sad? What would make the turtle feel better?”

“Oh, the doll is crying. I think when it fell off the bike, it got an owie. What can we do?”