

## WEEK ONE: Wee Wellness! Kids Cooking Camp

### Pretend Play – “Use Your Words” Puppet

**Description:** When children learn to express their feelings through words and play, they are developing healthy self-control. Being able to use words to express their feelings with others is a valuable skill that will serve them all their lives—in school, at work and in their families

#### Materials

- Adhesive Foam or paper in assorted colors (orange, yellow, red, pink, black) pieces
- Googly eyes
- Glue tabs, or Glue sticks
- Black marker
- Popsicle stick
- [Daniel Tiger Finger Puppet Template](#) (this is for the tracing- can also use for paper cut out as an alternative)

#### Steps:

Trace Daniel’s Body on yellow or orange paper, or foam piece. Trace Daniel’s Hoodie on red, or a different color paper or foam piece. Trace and cut out Tiger stripes, whiskers, and nose on paper or foam pieces. Trace on the white side of the adhesive foam for ease in cutting out pieces.



Use glue and stick the body to the Popsicle stick.



Use glue to stick in order: hoodie, tiger stripes, nose, whiskers.



Use glue to add googly eyes.



Have fun and create ways to have your Daniel Tiger Puppet help others and yourself Use Your Words!

