Nursery topic

Feelings Finger Rhyme: The Bear and the Missing Ball

A bear has lost his ball and feels sad, then angry. A shy little mouse knows where it has gone.

Age
from about 3 years

Time
about 20 minutes with the finger rhyme and word cards; the puppet play alone takes about 5 minutes

Puppets
a bear hand puppet and a mouse finger puppet or hand puppet (if you play alone: the bear on one hand, the mouse on the other), plus one child as card helper

Materials
a small ball, and a hand mirror if you like

Puppet play

Read the script through once beforehand. It's fine to read from the page while you play.

Roles

Bramble
the bear (hand puppet)

Pip
the mouse (finger puppet or hand puppet)

Card helper
a child who turns over the word cards when you give the signal

You
in your own voice

Puppet: An animal hand puppet, for example a bear, and a smaller character, for example a mouse. If you are playing alone, use a finger puppet for the mouse so that you still have fingers free on that hand to hold the ball. With two adults, each of you takes one puppet.

Getting ready

Put the bear on one hand. The mouse sits on a finger of your other hand, which you keep behind your back to begin with. The ball is hidden behind you. One child sits next to you as card helper, with the word cards in front of them, picture side down.

Tips for playing the roles

- ✓ Sad: the puppet's head hangs low, its movements are slow and its voice is quiet.
- ✓ Angry: short, sharp up-and-down movements, as if the bear is stamping his feet.
- ✓ Shy: the mouse only half peeps out, then ducks back again.
- ✓ Give each feeling time. The children should see it before anyone names it.
- ✓ Each time a word appears in bold, the card helper turns over the matching card.

Script

Stage directions are in italics. Words in **bold** are on the word cards.

The bear comes out slowly, head down.

You: Good morning, Bramble! Oh dear, you don't look very cheerful today.

Bramble: *(quietly)* No.

You: Look at Bramble, everyone. How do you think he's feeling?

*Let the children answer. Lay the **sad** and **happy** word cards side by side and let the children point.*

You: Are you feeling sad, Bramble?

Bramble: *(nods slowly)* My red ball has gone.

You: Oh. Your ball has gone.

Bramble: *(suddenly lifts his head and raises his voice)* And that's not fair! I'm so … grrr!

The bear stamps with short, sharp movements.

You: Now you're **angry**. We can all see that. Everyone, what do you look like when you're angry?

Let the children show you: fists, stamping feet, a cross face.

You: Bramble, shall we take a big, deep breath together? Breathe in … and breathe out.

Everyone breathes along, the bear too.

Bramble: *(a little quieter)* Hmm. I'm starting to feel **calm** again.

Something rustles behind you. The mouse peeps out for a moment and disappears again.

You: Ooh, you all look very **curious**! Who's that? Hello, Pip!

Pip: *(very quietly)* Hello.

You: Pip doesn't quite dare to come out. How do you think Pip is feeling?

*Let the children answer. Turn over the **shy** and **scared** word cards.*

Pip: I was scared Bramble would be cross with me. I borrowed the ball. Without asking. I'm sorry, Bramble.

The mouse nudges the ball over to the bear.

Bramble: *(throws his head back)* Oh! My ball!

You: Bramble is really **surprised**. And Pip, it was very **brave** of you to tell him.

Pip: *(sits up a little taller)* Really? That makes me feel a little bit **proud**.

Bramble: And I'm **happy** again! Pip, will you play ball with me?

Pip: *(bounces up and down)* Yes! I'm so **excited**!

Roll the ball back and forth between the puppets and the children.

Bramble: *(yawns)* Phew. So many feelings in one morning. Now I'm **tired**.

You: And what about you? How are you feeling right now?

Lay the word cards face up in the middle. Anyone who wants to can point to a card. Nobody has to.

Finger rhyme: “Feelings on My Fingers”

The second time through, the children make a face to match each line: a smile, a sad face, a cross face, a proud face, a scared face and, at the end, a relieved face.

1. **Here's my thumb, so very glad,**
   Hold your thumb up and wiggle it.

2. **Pointer finger's feeling sad.**
   Run your index finger slowly down your cheek like a tear.

3. **Grrr, my hand gets cross and tight,**
   Squeeze your whole hand into a fist and thump it on your knee.

4. **then it stretches, brave and bright.**
   Open your hand and stretch it up high.

5 **Little finger shakes with fear,**
Make just your little finger tremble, as if it were scared.

6 **all the others snuggle near.**
Gently close the other fingers around your little finger.

Original rhyme by the Puppet Play Workshop, licensed under CC BY-NC 4.0.

Word cards

The twelve words from the puppet play come as a printable A4 sheet: twelve cards with a picture and a word, ready to cut out. If you like, draw some more cards with the children.

happy	sad	angry	calm
curious	shy	scared	surprised
brave	proud	excited	tired

Notes for practitioners

1. The set works well for circle time and for small groups. It is worth repeating: the second time round, the children can tell you what happens next.
2. Feelings are named, not judged. Anger has its place in the story too, and nobody tells the bear off for it.
3. No child has to say how they are feeling. Pointing to a card counts as an answer, and so does staying quiet.
4. Pulling faces: the children copy the faces on the cards, in front of a mirror if you have one. This needs very little English, and the children still get to use the words.

5 Home languages: ask the children or their parents how to say ‘happy’ and ‘sad’ in their home language. That way everyone hears that every feeling has a name in lots of languages.

Weitere Ideen zum Thema finden Sie in unserem Ratgeber Gefühle im Kindergarten.

Suitable puppets: Bear hand puppets at Daliono. Many puppets you already have will work just as well.

✓ Free to use and adapt in nurseries, schools and at home. Not for commercial use. Licence: CC BY-NC 4.0 · Puppet Play Workshop · Daliono



happy



sad



angry



calm



curious



shy



scared



surprised



brave



proud



excited



tired

Puppet Play Workshop · Feelings set · daliono.de/puppet-play-workshop/ · Licence CC BY-NC 4.0 (creativecommons.org/licenses/by-nc/4.0/deed.en), Daliono · not for commercial use

PUPPET PLAY WORKSHOP

Feelings



Dear family,

At nursery we have been playing with our hand puppet, **Bramble (the bear)**. Our theme was **Feelings**. Along the way, we learnt these words:

Our words


happy


sad


angry


calm


curious


shy


scared


surprised


brave


proud


excited


tired

Our finger rhyme to join in with

1. Here's my thumb, so very glad,
2. Pointer finger's feeling sad.
3. Grrr, my hand gets cross and tight,
4. then it stretches, brave and bright.
5. Little finger shakes with fear,
6. all the others snuggle near.

Ideas for home

- Ask your child which words they still remember, then say the same words in your language.
- Talk with your child in the language you know best.
- Do the finger rhyme together, in your language too if you like.

Best wishes from all of us at nursery

You can also find this letter, the rhyme and the words here:
www.daliono.de/puppet-play-workshop/feelings/

Puppet Play Workshop by Daliono · daliono.de/puppet-play-workshop/ · CC BY-NC 4.0