

# PUPPETS



## EQUIPMENT >>>

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- ✓ Music (optional)

## SET UP >>>

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- ✓ Participants stand a safe distance apart from each other in the activity area.
- ✓ The activity leader acts as the “puppeteer” and participants act as the “puppets”.

## ACTIVITY >>>

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- ✓ The puppeteer demonstrates and/or calls out a series of actions for puppets to follow, such as:
  - “I’m loosening strings!” (Puppets go loose and floppy.)
  - “I’m tightening strings!” (Puppets stretch right up with toes, arms, legs, and whole body.)
  - “I’m collapsing to the floor!” (Puppets “melt” to the floor in a heap.)