



Commissioned by



## PROGRAM INTRODUCTION

Join Cory, Tina, and their scientist grandfather, Pops, as they travel back in time to reflect upon their time in quarantine. This program was created by DLUX Puppets and commissioned by the Diablo Regional Arts Association.

### TOPICS INCLUDE:

#### 1. School is Different

Students will have an opportunity to tell their story and process their emotions about school being different. They will explore strategies to help themselves and others feel better.

#### 2. How to Manage Extreme Emotions

Students will learn how to determine the size of problem they are having and will learn how to respond in a healthy manner. They will also build on their existing feeling vocabulary and learn strategies to help regulate their extreme emotions.

#### 3. Practicing Empathy

Students will practice active listening skills to gain perspective of other student experiences in quarantine. They will learn valuable interpersonal skills that will allow them to support others during this time and in the future.

#### 4. How to Manage Uncertainty

Students will learn to zoom in on what they can control (e.g., thinking), and develop skills that will help them to focus on the positive in order to enhance their optimistic growth mindset.

### THE PROGRAM INCLUDES:

- A brief introduction video
- Four educational and entertaining videos
- Class discussion prompts for each topic
- Curriculum activities to reinforce coping skills
- Quarantine Time Machine Character Paper Puppet Craft Activity
- Advice from a Mental Health Expert on each topic
- A Parent / Guardian Letter
- A Quarantine Time Machine Coloring Page
- A bonus behind the scenes video showing how the puppets were built and how the videos were made

## **HOW TO COMPLETE THE PROGRAM:**

The program was designed for educators to complete with their students via distance or hybrid learning. Here is a recommended schedule, however, this project was created to be very flexible for educators in order to best meet the needs of their students. You may find certain topics need more time to process than others.

### **LESSON 1: INTRODUCTION**

Show Introduction Video

Make Craft Paper Puppet Activity

Send Parent / Guardian Introduction Letter

### **LESSON 2: SCHOOL IS DIFFERENT**

Use pre-video discussion prompts to introduce the video

Watch School is Different Video

Use post-video prompts to reflect upon the video

#### **ACTIVITIES:**

- School is Different Journal Page
- Make a “Feel Good” Plan

Send Parent / Guardians Expert Advice

### **LESSON 3: MANAGING EXTREME EMOTIONS**

Use pre-video discussion prompts to introduce the video

Watch Managing Extreme Emotions Video

Use post-video prompts to reflect upon the video

#### **ACTIVITIES:**

- What feelings have you felt in quarantine?
- Where in your body do you feel your feelings?
- How big is my problem?
- Feelings Word Bank

Send Parent / Guardians Expert Advice



## LESSON 4: EMPATHY

Use pre-video discussion prompts to introduce the video

Watch Empathy Video

Use post-video prompts to reflect upon the video

### ACTIVITIES:

- Share Your Story
- How would I feel?

Send Parent / Guardians Expert Advice

## LESSON 5: MANAGING UNCERTAINTY

Use pre-video discussion prompts to introduce the video

Watch Managing Uncertainty Video

Use post-video prompts to reflect upon the video

### ACTIVITIES:

- Thank the Helpers
- What great thing happened? Journal Entry
- I Choose the Bright Side

Send Parent / Guardians Expert Advice

## LESSON 6: BEHIND THE SCENES

Watch Behind the Scenes Video

### ACTIVITIES:

- Complete Coloring Page

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**We are here for you!** Reach out with questions and comments to [lauren@dluxpuppets.com](mailto:lauren@dluxpuppets.com).