Allen learns about feelings – puppet instructions
People of all ages love puppets!

Puppets are fun and have a well-known role helping young children talk about themselves, understand feelings and learn about appropriate social and emotional behaviours.

Puppet play is one option parents and teachers may like to consider when helping children to experience and understand feelings and develop social and emotional skills – such as sharing, listening to others and cooperating with peers.

*The Allen Adventure hand puppet*, and *The Allen Adventure finger puppets* can help you and your child act out *The Allen Adventure* story, as well as make up stories and explore problem solving using pretend situations. Children have incredible imaginations and using puppets to explore new concepts can be a great way to help your child develop empathy for others.

Instructions for specific activities are not included with *The Allen Adventure hand puppet* – parents, carers, teachers and children will have their own ideas on how best to incorporate puppets into a child’s learning and play.

This document contains instructions for creating:

- *The Allen Adventure hand puppet* (felt);
- *The Allen Adventure hand puppet* (cardboard); and
- *The Allen Adventure finger puppets*.

*The Allen Adventure* puppet patterns can also be found in the *Early childhood resources* page on the Bullying. No Way! website.
The Allen Adventure hand puppet (felt)

Before you begin

Before you begin, collect all of the tools and materials you need to make The Allen Adventure hand puppet.

Felt has been chosen as it doesn’t need to be hemmed once you cut it. You could also use whatever other fabric you like to make your hand puppet – just remember that you may need to hem it to prevent fraying. The material needs to be something that you can stitch together, but otherwise it’s totally up to you. You could use an old pillowcase or even the old curtains!

The pattern provides a colour guide similar to the illustrations in The Allen Adventure story, but you can make Allen any colour!

It is recommended that you read through all of the instructions before you start – step 9 provides different alternatives for constructing the eyes and mouth.

Tools

- printer
- sharp scissors (supervision required if you are making the puppet with children)
- sewing pins (to hold items in place during construction)
- large needle (helps with drawing thread through holes)
- permanent marker pen

Materials

- 2 pieces* of dark green felt
- 1 piece of grey felt
- 1 piece of light beige felt
- 1 piece of white felt
- 1 piece of yellow felt
- embroidery thread (approximately 1m)
- tacky glue, PVA glue or craft glue
- stick on hook and loop fastener

*Felt can be found pre-cut into squares approximately 22.5cm x 30cm.

If you have access to a sewing machine, you may also choose to machine sew your puppet together. Alternative directions have been provided for this option where appropriate.

Now that you’ve got your tools and materials, let’s get started!
### Instructions – felt puppet

| Step 1: | Assemble your materials  
|---------|------------------------|
|         | - print the puppet pattern pieces on A3 paper  
|         | - print the puppet mouths and eyes on A4.  

| Step 2: | Cut out all the pattern pieces.  

| Step 3: | Pin the *main body* pattern piece through two pieces of green felt and cut.  
|         | N.B. If you have difficulty cutting through two pieces of felt, you can cut one piece, then re-pin pattern to felt and cut the second piece.  

| Step 4: | Pin all others pattern pieces to a single sheet of felt and cut.  

Step 5:
- Glue the *suit*, *tie* and *neckband* onto the one *main body* piece of felt to make the front of Allen’s body.

Alternative Step 5:
- Sew the *suit*, *tie* and *neckband* onto the front piece of felt to make Allen’s body.

Step 6:
- Glue the *hands* and *ears* to the *reverse side* of the front of Allen’s body.
Alternative Step 6:
- Sew the hands and ears to the reverse side of the front of Allen’s body.

Step 7:
- Position the helmet between the front and back pieces of the main body.
- Pin the edges of the main body front and main body back pieces together.

Step 8:
- Thread the needle with embroidery thread and hand stitch the edges of the main body together, leaving the bottom edge open.
Alternative Step 8:
- Machine stitch the edges of the main body together, leaving the bottom edge open

Step 9 – paper eyes and mouths:
- Cut out all printed compiled eyes and mouths

Step 9 – felt eyes and mouths:
- Pin all pattern pieces for felt eyes and felt mouths to felt and cut out
- Glue pieces together to form a complete eye/mouth

Step 9 – alternative:
- Pin scleras (the white of eyes) pattern pieces and mouth (white border) pattern pieces to felt and cut out
- Use permanent marker pen and draw detail of eyes onto felt pieces
Step 10:
- Stick loop side of hook and loop fastener to the face as shown in the image on the left
- Attach hook side of hook and loop fastener to the reverse side of all mouth and eye pieces.

The Allen Adventure hand puppet is now ready to use!

Different combinations of eye and mouth shapes can be used to show different emotions!
The Allen Adventure hand puppet (cardboard)

Before you begin

Before you begin, collect all of the tools and materials you need to make *The Allen Adventure hand puppet*.

The pattern provides a colour guide similar to the illustrations in *The Allen Adventure* story, but you can make Allen any colour!

It is recommended that you read through all of the instructions before you start.

Tools

- printer
- sharp scissors (supervision is required if you are making the puppet with children)
- stapler
- permanent marker pen

Materials

- 1 A4 piece of dark green cardboard
- 1 A4 piece of grey cardboard
- 1 A4 piece metallic silver cardboard
- 1 small piece of yellow cardboard (at least 4cm x 4cm)
- 1 small piece of white cardboard (at least 8cm x 2cm)
- approximately 15cm of elastic (3.5cm wide)
- tacky glue, PVA glue or craft glue
- stick on hook and look fasteners

Now that you've got your tools and materials, let's get started!
Instructions – cardboard puppet

Step 1:
- Assemble your materials
  - print the puppet pattern pieces on A3 paper
  - print the puppet mouths and eyes on A4
- Cut out all pattern pieces.

Step 2:
- Trace around all pattern pieces onto cardboard. Use:
  - green for the main body and ears
  - grey for suit
  - metallic silver for helmet
  - white for neck spacesuit
  - yellow for tie.

Step 3:
- Cut out all cardboard pieces
- Glue the tie and neck spacesuit onto the front of the suit
- Glue the ears to the front of the main body.

Step 4:
- Staple one end of your elastic to the back of the main body
- Place your hand under the elastic and adjust the length to make sure the puppet fits your (or your child’s) hand
- Staple the other end of the elastic to the cardboard.
### Step 5:
- Glue the *helmet* to the back of the *main body*.
- Glue the *suit* to the front of the *main body*.

### Step 6:
- Stick loop side of hook and loop fastener to the face in the correct position for the eyes and mouth.
- Attach hook side of hook and loop fastener to the reverse side of all mouth and eye pieces.

*The Allen Adventure hand puppet* is now ready to use!

Different combinations of *eye* and *mouth* shapes can be used to show different emotions!
The Allen Adventure finger puppets

Before you begin
Before you begin, collect all of the tools and materials you need to make *The Allen Adventure finger puppets*.

The pattern provides a colour guide similar to the illustrations in *The Allen Adventure* story, but you can make Allen any colour!

It is recommended that you read through all of the instructions before you start.

Tools
- printer
- sharp scissors (supervision required if you are making the puppets with children)
- colouring in pencils/pens
- permanent marker pen
- tacky glue, PVA glue or craft glue

Now that you’ve got your tools and materials, let’s get started!
Instructions – finger puppets

Step 1:
- Assemble your materials
  - print the finger puppet (either blank or with expressions) pattern pieces on A4 paper.

Step 2:
- Colour in all finger puppets.

Alternative Step 2:
- If you printed the blank patterns:
  - draw expressions onto puppets
  - colour in all finger puppets

Step 3:
- Cut out all pattern pieces.
Step 4:
- On the backside of each puppet, glue one of the tabs that will make up the finger loop
- Press together with the other tab to form a loop and allow to dry
- N.B. Tabs can also be taped together using sticky tape.

The Allen Adventure finger puppets are now ready to use!