



Sooper Puppy: Once Upon a Feeling

Theme

Understanding and managing your feelings

Background

Children who are not aware of their feelings and how to deal with them often have difficulty getting along with others. They can be helped to understand the power of their emotions and how to make life easier and happier for themselves and those around them. In this video, Baxter (also known as Sooper Puppy) experiences a variety of feelings, and Grandpaw helps him identify them and sort them out.

Outcomes

Viewers will

- identify and explore their feelings
- acknowledge that the emotions they feel are shared by others
- use coping skills such as recognizing their feelings and talking about them to a trusted adult

Before Viewing

Invite children to discuss what they know about feelings such as anger, happiness, and sadness. Use questions such as the following to get started:

1. What are some feelings you have had today?
2. What caused you to feel the way you did? Did your feelings change during the day?
3. How does it feel to be angry? Happy? Sad?
4. If you fight with a friend, how do you think that person feels about you? How do you feel?
5. What if you don't want someone else to know you are angry or upset? How does it feel to try to hide your feelings?
6. What does having friends mean to you?

After Viewing

Encourage discussion of the tape, perhaps by using questions like these:

1. What were some of Baxter's feelings? Have you ever had any of those feelings?
2. What were some of Big John's and Pickles's feelings? Have you ever felt like that?
3. Why was Baxter sent to the doghouse? How did he feel?
4. Do you think Grandpaw helped Baxter? How?
5. What happened when Baxter shared his feelings with his friends?
6. How did Baxter learn what it means to be a friend?

School Activities

- Provide puppets or have children make their own by pasting faces they have drawn onto small sticks such as tongue depressors. Ask them to have their puppets act out a scene between friends who are not understanding each other, then the same situation in which the friends share their feelings.
- Grandpaw said that Felix's feelings were like different flavors in one ice cream cone. Suggest that children each draw a big cone with some of their feelings on it. Tell them to choose colors to match their feelings.

Home Activities

Give each child a copy of Home Activities 9 and 10 to take home. Encourage families to carry out the activities with their children. It is not necessary to have children return the worksheets; they should not feel pressured if their families choose not to participate.

Sooper Puppy: Once Upon a Feeling

To the Family from Your Child's Teacher:

We have seen a videotape called "Sooper Puppy: Once Upon a Feeling." It has helped us realize how important it is to identify our feelings as a first step to learning how to manage them. Below is part of the story from the videotape that your child will probably remember. In it, Grandpaw encourages Baxter (also known as Sooper Puppy) to tell the story of his day, including what his feelings were when certain things happened. Read the story aloud with your child, pausing before each underlined word or phrase to let your child volunteer what Sooper Puppy felt at that point. If your child does not remember, read the word and continue. Encourage your child to expand the story as you go along, giving you more details that he or she remembers from the video. Then go on to the activity on the following page.

Once upon a time, there was a puppy named Baxter, who used to call himself Sooper Puppy because he usually felt super. One day, he was guarding the back porch and feeling very brave. When he was praised for being such a good little watchdog, he felt happy! Then he learned that he was about to make a new friend, someone he could play with, and he felt excited. He felt so excited that he ran off to share the good news with his friend, Big John.

Something happened right after that that made the puppy feel very different. The puppy found his new friend eating out of his very own super-special dog dish with his name written on it and everything. So now the puppy felt angry. The puppy got a new toy and decided he didn't want to share it. And so he decided to just throw it away. And then, when he realized that he'd thrown away a wonderful new toy, he felt frustrated. Then the puppy felt guilty about throwing away the toy, and then he felt curious. So he peeked in the house and saw Pickles playing with all the neat toys and getting lots of attention. Then he felt jealous. And then he got stuck on the window and felt scared. And he had to be rescued, and he felt embarrassed. And then he had to stay in the doghouse, and he felt sad.

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Follow Sooper Puppy's example. Ask your child to tell you the story of his or her own day, naming feelings the way Sooper Puppy did. Use the lines below to write the story as your child dictates it, or let your child do the writing.

Write your own story here. Tell how you felt when things happened, just the way Sooper Puppy told how he felt.
