

# What Is That Sound



## INTRODUCTION TO THE PUPPET SHOW 'What Is That Sound'

Dear Teachers, Librarians and Presenters,

Before the performance, I want to introduce you to this little puppet show. I have created this presentation with the intention of helping young children gain awareness of their emotions in a safe and playful way and to explore tools that will help the children both identify and cope more skillfully with their emotions. It's important that you watch the show with them and be part of the experience.

'What Is That Sound' is about a little boy facing his fears. The Show: It's bedtime and Tom (the main character) is tucked in for the night. In bed and alone, Tom hears a sound. His imagination propels the story, which is both funny and a bit scary. From the start, the audience meets the puppeteer who weaves in and out of the show, at times not visible as the manipulator of the puppets and at times visible, intrigued and curious as the story unfolds.

When the show ends and after the applause and 'easy talk' with the audience, the puppeteer will steer the conversation: "What happened to Tom when he heard the sound? How did he feel? He is afraid of the sound and imagines scary things, what could he do? Do you have any suggestions? Is there anything you do when you are afraid that makes you feel safer?" As the conversation unfolds and the children put into words how they feel when they are afraid, the puppeteer will conversationally introduce healthy ways to deal with stress, fear and anxiety.

Step 3: As the conversation comes to an end, the puppeteer will lead the conversation into a direct experience of a coping skill: deep breathing. Along with an explanation as to how deep breathing brings oxygen to the brain, makes us feel calmer, think better, and make good decisions, the puppeteer and children will breathe deeply together. This gives the children their own felt experience of what a difference this small action can make. The change in the energy of the room is tangible to everyone participating!

I hope that this little story can serve as a seed for you to continue exploring feelings with the children.

Suggested art project after the show:

Back in the classroom you can give the children crayons and paper to draw pictures of their scared feelings, another tool for feeling expression.

### LOGISTICS:

Recommended age: Four, five, six and seven years old. Pre-K. Kindergarten and First & Second grade.

Ideal audience size: Approximately twenty children. One classroom per show.

Program length: between forty-five minutes to one hour

Indoor performance.

Space needed to set up the show is 10 feet by 10 feet.

For best viewing children will need adult size chairs. Please make available.

CONTACT:

Puppet Theatre los Titiriteros

Cristina Masoliver

575-7798576

[teatro1vagabundo@gmail.com](mailto:teatro1vagabundo@gmail.com)

[taospuppettheater.org](http://taospuppettheater.org)