

Flip Flap Flop - Reading Guide

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Themes: self-esteem, responding to teasing, worry, conflict resolution

Lesson/Notes: Kermit's feelings are hurt when his friends joke about the sound his feet make. His self-esteem runs low as he worries they are not really his friends. This story models several social skills including going to an adult for help, talking directly to the friends involved in conflict, apologizing, affirming, and forgiving.

Discussion Questions

- See back of book for discussion questions.

Activity: Puppet Play

Supplies: at least 3 puppets (or action figures, stuffed animals)

- Encourage child to choose puppets to represent key characters from the story.
 - Puppet 1 = Kermit
 - Puppet 2 = Mr. Bumper
 - 1+ puppets = Friends
- Let the child lead. (S)he may want to play all the characters or have adult join.
- Use the puppets to act out the story (can change it up based on puppets, child's creativity, etc.) including these events:
 - Friends laugh at something unique to Puppet 1
 - Puppet 1 feels sad/hurt/worried, questions friendship and self-worth
 - Discuss body language: *How might Puppet 1 act if sad?*
 - "Are they really my friends? Am I good enough?"
 - Puppet 1 talks to a trusted adult Puppet 2
 - Puppet 2 reminds Puppet 1 (s)he is "not bad, just different. Everyone has things that are different/unique."
 - Friends apologize.
 - Friends say something nice to Puppet 1, affirm friendship. Examples:
 - "We like you how you are."
 - "I'm glad we're friends."
 - Friends and Puppet 1 go play together.