



MAKE

SOCK PUPPETS



It can be difficult to say nice things to ourselves. So, you are going to make sock puppets whose only job is to encourage you.

Instructions:

1. Find an old sock. The more imperfect, the better. This sock puppet is your champion. This sock admires and loves you.
2. Decorate the sock with whatever you have available: markers, glue, pipe cleaners, whatever. It doesn't have to be perfect!
3. Name your sock: _____
4. Print out the sentences on the next page and have the sock puppet read them to you. In the empty spaces, write some nice things for the sock puppet to say to you – help each other with this part.

Put the sock puppet somewhere you will see it for the next week or two. Stuff it full of compliments. Draw one compliment out of the sock every day and have the sock puppet read it aloud to you.



FUN IS MORE
IMPORTANT THAN
PERFECTION!

YOU ARE SO
GOOD AT
READING!!



SOCK PUPPET SAYS...

Nobody is perfect. Socks get holes...it means that they are loved. I love you just the way you are.

You don't have to be in a good mood all the time. Sometimes I smell. I like you when you smell, too.

Some people are not going to be your friend, and that's okay. I fit well on some feet and not so well on others. I think you are a good friend to have.

Gym socks are great for the gym. Dress socks are great for parties. You don't have to fit in everywhere you go. I love to be with you where YOU are happiest.

Everyone makes mistakes. Sometimes blue socks get paired with black ones. Our mistakes make us interesting!

Socks can be silly! The sillier the sock, the better. I like you when you are silly, too.