

Shadow puppets at home

The Yoga Zoo Challenge

Guidance for parents

As part of the NSPCC's Yoga Zoo challenge — 'Yoga Dog's night-time adventure' — we'll be making shadow puppets with the children.

You can use the shadow puppet flashcards to practice making the animals as a calming activity before bed or naptime.

A nightlight or torch is a great way to help make the animal shapes against the wall.

Creating the puppets:

- Shine a torch against the wall.
- Model for the children how to make the animal shapes with their hands.
- Take turns making the shadow shapes in front of the torch.

What you need:

- Our Yoga Zoo shadow puppet flashcards.
- Your hands.
- A torch.

