

Shadow Puppets

Shadow Puppets in a Cereal Box Theatre

Creativity– no matter whether you choose to create it yourself or simply observe and enjoy it – is a relaxing and inspiring activity for many people. However, the particular benefits of artistic expression go much further than relaxation and enjoyment. It is a great way to express your emotions without words, process complex feelings and find relief.

Does this craft bring you back? Even if you never made a shadow puppet theatre from a cereal box, you've definitely made shadow puppets on the wall with your hands. This cereal box theatre allows you to put on a fun shadow puppet show in front of a live audience!

You will need:

- Empty cereal box
- 1 sheet of grease proof paper
- Dowels/ lollypop sticks/ kabab sticks
- Black paper
- Tape
- Scissors
- Glue stick
- Desk lamp



Start by opening the cereal box so that it's one big piece. Don't tear or cut anything as you will be putting the box back together.

From the front panel, cut a rectangular hole, leaving about 2 cm border. Repeat this process on the back panel as well. Don't throw away the pieces you cut out as they can be used to make the puppets.



This is what it should look like. We will be reassembling the box inside out; crease all of the existing creases, only in the opposite direction. This will make it easier to reassemble.

Trim your piece of grease proof paper to fit neatly over the opening (covering the borders as well) on one side of the box. Tape the grease proof paper over the opening.

Reassemble the box by following the crease lines and taping it all back together. The inside of the box should now be on the outside!

Decorate your theatre to make it really dramatic!

Cut out puppet shapes from black construction paper. You can freehand your own characters, or use these shadow puppet printables we found on 100 Directions <https://www.100directions.com/shadow-puppet-printable-play-sets/>.

Or for more advanced stencils go to <https://www.adventure-in-a-box.com/product-category/printables/shadow-puppets-to-print-free/>

Tape a dowel or craft stick to the back of the puppet. Hint: to make sturdier puppets, use a glue stick to cover those extra cardboard pieces you saved from the cereal box with construction paper. Cut out the patterns from the paper covered cardboard and proceed as above.

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Now that you are ready to put on the show, all you need is a desk lamp. Set up your box theatre on a table or chair and position your lamp behind the box. The puppeteer should be able to position the puppets behind the theatre so that the light shines through!

