



ART ACTIVATION MODULE

Create your own pillowcase.

The project will provide the students an opportunity to create their very own “cloud” pillowcase. The exercise encourages students to express their own ideas and feelings they’ve learned in the program. Educators will lead a class discussion about important themes for them to remember about Empathy. Once completed, the students and teachers can display the pillowcases in a My Pillow has Wings Art Gallery during the Celebration Dinner.

Class 1

Often done during the Launch Event where students and parents can do the first exercise together, we encourage this first art activation class to focus on the side of the pillow that has the text, *This pillowcase belong to:*. This identification exercise dovetails with the first lesson in the 10 Lessons to Understanding Big Feelings workbook. Students are encouraged to write their name big and bold and surround their name with drawings of people, places and things that bring them joy, love, calm.



Class 2

The second class happens after all 10 Lessons are completed. In this exercise, the students are asked to decorate the other side of their pillowcase with things they learned about feelings and friendship. Students can be asked to draw places they feel safe and comforted and the people that provide those feelings.

