



EMPATHY PROGRAM OVERVIEW

The Empathy Program is modular, flexible, and customizable, making it easy to implement into a school's current curriculum.

COMPONENTS-AT-A-GLANCE

On-boarding session establishes goals and objectives

Who: School administration, teachers, and Pillows with Wings staff

What: Review of launch event, book, lesson planner, art activation module, celebration event

Launch event unveils the program

Who: Administration, teachers, students, parents, Pillows with Wings staff

What: Reading of the book, My Pillow Has Wings presentation of program, gifting of book and cloud pillowcases to students

Classroom teaching brings learning to life

Who: Students and teachers

What: 10-week curriculum, 1 lesson per week
Based on the workbook, Ten Lessons to Understanding Big Feelings

Art activation module engages and inspires

Who: Students and teachers

What: Students create their own "cloud pillowcase" just like in the book

Celebration event for all stakeholders upon program completion

Who: Administration, teachers, parents, students, Pillows with Wings staff

What: "Pillowcase Gallery" display of student creations
Dinner, results presentation, sharing of personal experiences/insights

Program review to refine components going forward

Who: Administration, teachers, parents, Pillows with Wings staff

What: Evaluate content, process, effectiveness

The book, My Pillow Has Wings, introduces children to the concept and power of empathy.

The companion lesson planner, 10 Lessons to Understanding Big Feelings, helps children understand that it's okay to open up emotionally and be vulnerable.

The painting of pillowcases in the art activation module provides the children with an important opportunity for emotional expression.

The celebration event, which is part of our Connect, Nourish, Grow offering, encourages parents to become more involved in their children's education.