



PILLOWS WITH WINGS™

*Devoted to change, guided by faith.*

# NEW FOR SCHOOL YEAR 2025-26

## Pillows with Wings Empathy Program 2.0!

Guided by Jesus, Pillows with Wings aspires to become a leading, faith-forward, learning-platform committed to social and emotional change, transforming lives, and nurturing communities globally. Since its launch in 2023, the Pillows with Wings Empathy Program is now utilized in 16 schools, with over 3,000 students participating. In the 2025-26 school year, Pillows with Wings will release an updated Version 2.0. The program features a revised lesson planner delivered in PowerPoint, that combines SEL lessons in empathy dovetailed with Catholic doctrine. Along with the PowerPoint presentation a new Student Activity Book has been created. In addition to the flagship 10 Lessons in Understanding Big Feelings, a new program will be released focusing on Resilience. The programs will be available to students in grades K-6.

### EMPATHY PROGRAM 2.0

Updated Lessons to Understanding Big Feelings  
NEW 60 Page Student/Teacher/Parent Activity Book  
The Book: My Pillow has Wings  
A Cloud Pillowcase  
"Here with Me" Bookmark  
Parent Engagement Activities  
Program Launch and Celebration Events  
Pre-, and Post-Measurement

*“At Seton, we want every child and member of our community to know God’s love for them, experience God’s presence in their life, and grow in love for others, the Pillows with Wings Empathy Program does this in a very powerful way. It allows us to integrate a faith language in the dialog about emotions and feelings. At Seton we do it through a Catholic lens, but not every student at Seton is Catholic, and that’s ok, the program allows you to apply any faith lens to the lessons. We cannot be happier that to be the leaders in bring this program into the schools, and there will be more of it as we are incorporating it into all 14 of our schools in 2024-25.”*

Brian Couch  
Superintendent, Seton Catholic Schools

**If you’d like to learn more, and see how your school can participate,  
contact Karen Ellenbecker at [karen@pillowswithwings.com](mailto:karen@pillowswithwings.com)**

# Pillows with Wings - Empathy Program 2.0!

## Sample PowerPoint and Activity Book.

(Sample for Seton Catholic Schools)

