

Objective

The objective is identify hopes, dreams, and comforts. This activity will build self-esteem and relationships between classmates. It will give the students the opportunity to share parts of their lives with the group and point out to each other what strengths each individual has.

Materials

Any type of translucent cloth for pillowcase
Embroidery thread
Multi colored feathers
Needles

Preparation

1. Cut the cloth for the pillowcases before class. Each side of the pillowcase should be six inches by six inches.
2. Count to make sure there are two pieces of cloth per student.

Activity

1. Hand out thread and needles. Show the students how to thread the needles. Tie a knot at the end of the thread.
2. Take the pre cut pieces of fabric and sew the edges together on three of the four sides. Turn the pillow inside out so that the seams are on the inside. The fourth side will be left as the opening in which to place the feathers.
3. Once everyone has completed their pillows the class will assemble in a circle.
4. Explain the way one receives a feather: In order to receive a feather each person must give a feather to someone else while telling that person one good thing about themselves. Make sure that no one is left out.
5. Give examples of what one might say as a good quality: "You are a good listener, you help me understand things."
6. Make sure that everyone understands the rules:
 1. You must receive at least four feathers from each person.
 2. You must give a feather to receive one.
7. Decorate the outside of the pillowcase and sew it shut.

Discussion

1. The main discussion of this project will come from each student. They are expected to hand out feathers to their classmates. As they give one feather, they will receive one.
2. Students should consider meaning in color as they choose a feather to give. Refer to the discussion section in *Wishing Sticks*.

How does that person act in class?

Is your classmate friendly?

Are they a good, supportive friend to you?

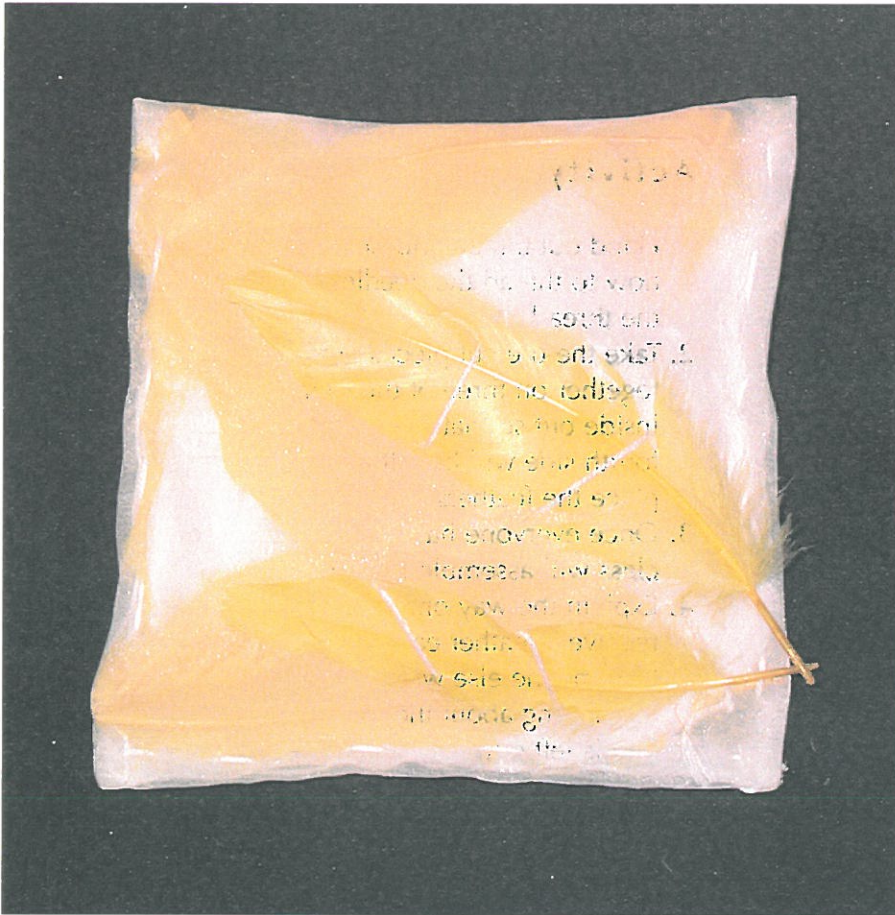
Did they perform well in school recently?

Are they a good brother or sister?

Are they good at sports?

Are they courageous?

Do they have good behavior in class?



Finished Pillow

