

Grade/Skill Level: Elementary-Adult

Duration: 1 Session, lasting 60 minutes per session

Media: Writing and Sewing

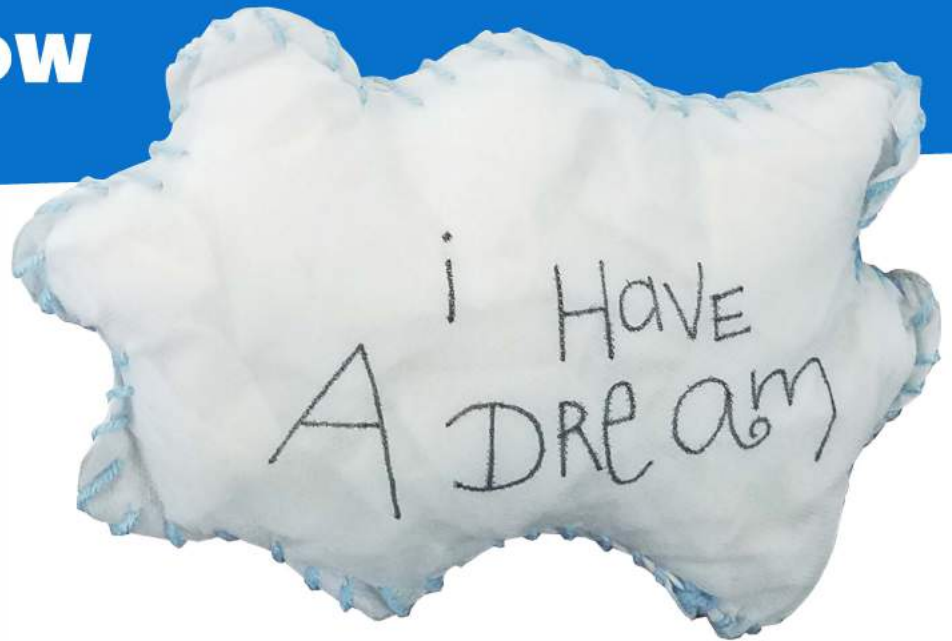
Cross Subject Integration: Writing, Social Emotional Learning

Objective: Discuss empathy towards others, cultural differences and our dreams for the future of the world we live in.

Make a “I Have a Dream” Pillow

Supplies:

- 9x12 Smart-Fab in white
- Plastic sewing needles
- Yarn in desired colors
- Markers
- Batting
- *Optional:* Small hole punch

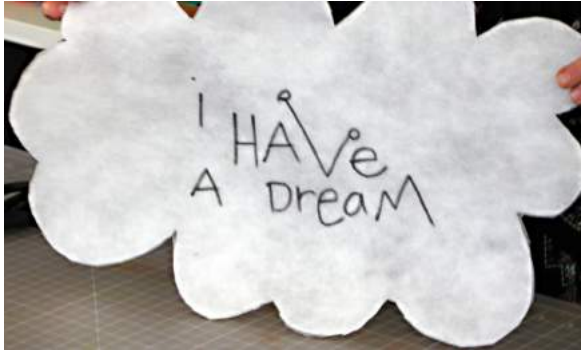


Steps to Make a “I Have a Dream” Pillow

- 1** After class discussion, choose two matching sheets of Smart-Fab in desired color.
- 2** Put two sheets together and cut out desired shape (cloud, heart, star)



Steps to Make a “I Have a Dream” Pillow



- 3** Use marker to write “I have a dream” on one side of the pillow.

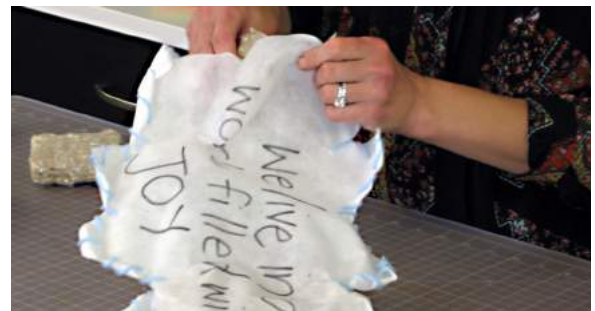
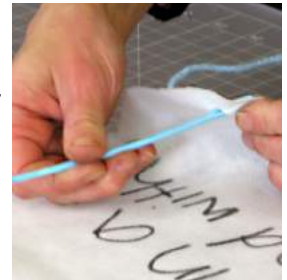


- 4** On the other side of the pillow list or write your dreams for the future.

- 5** Thread plastic needle with a long piece of yarn.



- 6** Tie the end of the yarn around the pillow and sew edge leaving a 1/4-1/2 inch border and 1/4-1/2 inch between stitches.



- 7** Continue sewing until there is only a large enough gap to stuff batting into. Stuff pillow.

- 8** After stuffing, sew opening together.



✓ Your “I Have a Dream” Pillow is ready!

This is a great opportunity to have students share their dreams and hopes for the future.



National Achievement
Standards:

VA:Re7.1.5a
VA:Cn11.1.5a

Compare one’s own interpretation of a work of art with the interpretation of others.
Identify how art is used to inform or change beliefs, values, or behaviors of an individual or society.