

## No Sew Pillow

Elect: 2.1 Self Concept - Being increasingly responsible and independent  
2.3 Self Esteem – Showing pride in work and achievements  
2.5 Regulating Emotions – Using private speech to regulate emotions

### Materials:

- An old shirt or fabric
- A cushion, pillow or stuffing
- Scissors

### Instructions:

- Flatten out the shirt or fabric, place the pillow on top and carefully cut around it making sure to leave an extra 1 1/2 to 2 inches around the pillow. You should end up with a square bigger than your pillow.
- Cut a square into each corner about 1 inch x 1 inch to match the corners of your pillow.
- Remove the pillow and begin cutting strips into the edges of the shirt only going as deep as the corner square.
- Once you are done all four sides, put your pillow back in.
- Start at one corner; begin to tie the top layer to the bottom layer by tying tight knots all the way around.

**Now you have a cute new pillow!**

