

Pillowcase Project Presentation Outline

60 Minutes Total

Introduction (5 min)

- Who are you?
- Introduce and explain the work of the American Red Cross
- Briefly review Home Fire Safety because the Red Cross responds to so many home fires
- Introduce and explain the Pillowcase Project

Learn, Practice Share (5 min)

Learn: Learning about preparedness like you would learn about playing a new sport or instrument

Practice: Practice skills learned to prepare like you would practice a sport or instrument to get good at it

Share: Share your new skills and information with friends and family like you would share your ability to play a sport or instrument

Local Hazard (15 min)

1. Choose a hazard to teach of the 10 provided
2. Cover **mandatory facts**
3. Cover **optional facts** if time permits
4. Lead students in at least one **practice** activity
5. Lead students in the **sharing** activity that will bridge to Coping Skills
6. Show students that they can learn more about this and other hazards in their workbook and **share information they learned** with their families

Coping Skills (10 min)

Breathing with Color

Learn: Explain this as a new tool to use, when it can be used, how it works

Practice: Lead students in 5 minute Breathing with Color activity as described

Share: Ask students for ideas of when they may use this, tell them they can easily teach friends or family members, and show them the poster their teacher will get for the classroom

Symbol of Strength

Learn: Ask students what strength means to them and share examples of other kinds of strength like confidence

Practice: Ask students to think of their own symbol of strength, take the mental picture, and design their invisible shield

Share: Talk about when this can come in handy, where in their workbook they can continue thinking about this, and ways in which they can talk to friends or family about it

General Preparedness (10 min)

Learn: Explain and show Communications Plan, Contact Cards, Emergency Supplies kit checklist, and home fire resources

Practice: Demonstrate your personal Pillowcase Kit and discuss with students why certain objects are good or bad ideas to contain in a kit; if time permits and if one is available, use a chapter-created activity to engage students in building a kit

Share: Encourage students to complete these pages with household members; engage students in a discussion or ask for volunteers to talk about phone numbers they'll write down or plans they have; ask if students have any questions

Wrap-Up (10-15 min)

Learn: Ask students to show what they know by completing the Quiz!

Practice: Hand out pillowcases for decoration and emphasize that these are to build kits with at home to practice what they learned today

Share: Lead students in the pledge or simply give out certificates and emphasize again to share with friends and family