

Paddy Pillow

Skill Area(s):
Feelings/Emotions
Stress/Behavior

Level: beginner, intermediate

Goal: Students are able to identify basic feelings

Materials needed: Paddy Pillow, book and CD, by Aimee J. Markelz, narrated by Ryan Glynn, music and lyrics by James Marklez, CD player, paper, crayons, and mirrors

Activity: This can be done in different ways.

- Start by introducing Paddy Pillow to the group and how he is going to help them explore feelings. You can either read the book or use the CD.
- At the bottom of each page, there are activities that you can do with the students. Examples are talk about a time when you were scared with the group or draw a picture of something that scares you.
- Have students take turns reading a page and try to make their voice match the emotion
- You can also use the mirrors to have students make a face of what they think the emotions look like or draw a picture of a face.
- Students can make their own Paddy Pillows and put faces on them to keep in the classroom. Travel size pillows and pillowcases could be bought fairly inexpensively. Students can decorate pillow cases and either draw with markers or buy facial features at a fabric store.
- The CD also has three songs about feelings that could be played throughout the day.

Suggestions: The CD includes three songs, sung by a chorus of children, and a reading of the book. The book is read by an 11 year old on the CD and although he tries to add inflection in his voice for the different emotions, an adult should read the book the first time. There are also little Paddy Pillow sets for welcoming a new baby, the gift of giving and love to love. This item can be found in many places, we found it on the Internet. There is a web site www.paddypillow.com too.