

Quilt Making Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Paper
- ▶ Materials
- ▶ Safe scissors
- ▶ Tape
- ▶ Colouring Pens

L.O:

- ▶ To recognise healthy personal comforts.

STARTING ACTIVITY (5mins)

Introduce the class to Ratal: Ratal does not like being the centre of attention and gets really anxious in social situations. The more nervous he gets the more he trembles and the louder he rattles, attracting even more attention.

- ▶ Tape all of the comfort patches together at the edges to form one big comfort quilt. (to attach material you can use material tape)
- ▶ Feel free to discuss your comfort as you're making your patches.

MAIN TEACHING (10mins)

GROUP DISCUSSION – Take the time to speak with your pupils or child/children about how Ratal is feeling, why he may be feeling this way and if we have ever felt the same. Then explore how we can help him or ourselves.

PLENARY (2mins)

GROUP DISCUSSION – Ask the class if they can think of any bad comforts. Explain that bullying is sometimes done to make the bully feel better about themselves, a form of comfort. Tell the class that it's important to find positive comforts, but to also acknowledge any bad comforts they rely on.

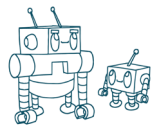
MAIN TASK - Quilt Making (15mins)

Think about what comfort means to you. Did you think of bed? Or a quilt? Now imagine that quilt was made out of all the most comforting things you could think of. It would be the most comforting thing in the world.

- ▶ First sketch out or write down some of your comforts.
- ▶ Pick one or more of these comforts to turn into individual quilt patches made of paper or material.
- ▶ Each patch should represent the best thing about those comforts and what they mean to you.

DID YOU KNOW!

The world's biggest patchwork quilt measures 200 metres by 170 meters and was made in Portugal. Share your comfort patches with Book of Beasties, maybe one day we can beat that!



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CHILDREN'S SHEET

Why may Ratal be feeling anxious and have you ever felt the same? How can we help them and/or ourselves.

Think about what comfort means to you. Did you think of bed? Or a quilt? Now imagine that quilt was made out of all the most comforting things you could think of. It would be the most comforting thing in the world.

Use this as a template for your quilt patch.
You can do a few different patches, or put it with other people's patches to create a bigger quilt.

