

# Foster Care



Group members will learn about the foster care system. They will create no-sew pillow covers to cover pillow inserts that will be donated to foster children through a local foster care agency.



## OBJECTIVES:

1. Group members will be reacquainted through a warm up activity.
2. Group members will learn about foster care and the children that the foster system serves.
3. Group members will create no-sew pillow covers to cover pillow inserts that will be donated to foster children through a foster care agency.



## MATERIALS:

1. Pillow inserts of any size
2. Fabric of any color/design
3. Hot glue gun with glue sticks
4. Fabric sheers



## ACTIVITIES:

### I. INTRODUCTIONS AND WARM-UP ACTIVITY

- a. Introductions of new F.I.I.V.E. group members, staff, and guest speakers (if applicable)
- b. Warm-Up Activity (See Appendix A: Warm-Up Activities)

*NOTE: Don't forget to pass out nametags!*

### II. PRESENTATION

(See Appendix B: Volunteer Activity Session Scripts for presentation materials on *Foster Care*.)

### III. PROJECT: NO-SEW PILLOW COVERS

#### INSTRUCTIONS:

1. Cut the fabric into pieces that are three times as wide and twice as tall for each pillow insert.

*NOTE: Cut the fabric in advance to save on time.*

2. Lay a pillow insert on a piece of fabric that is 3x wider and 2x taller than the pillow insert itself.





3. Fold the fabric so that it meets halfway on the pillow.



4. Fold the ends like wrapping a present, into points.





5. Fold the points across the pillow insert.



6. Take the ends of each point and knot them in the middle. The pillow should look like an envelope with a knot in the center.



### *Additional Tips or Suggestions:*

- Invite a social worker, or a foster parent, to come speak to your group about the foster care system.
- Look for inexpensive fabric pieces at thrift or discount stores (e.g., Goodwill). Check craigslist.com or freecycle.org for free bolts of fabric. Ask fabric stores to give a donation.
- Alternative or additional activities:
  - Create fleece tie-blankets to compliment the no-sew pillows.
  - Make stuffed animals.
  - Coordinate a toy drive or book drive for a foster agency to have supplies to give out to their foster families.
  - Create craft kits for foster families.



7. Tuck the ends of the knot underneath. Secure the ends with hot glue.

#### IV. REFRESHMENTS AND DEBRIEFING

While group members enjoy a small snack or refreshment, use the following questions to facilitate a debriefing discussion about the day's activity:

*NOTE: Ask another staff member or an older adult volunteer to take notes!*

1. What did you learn about foster homes?
2. What issues are faced by kids who are placed in foster homes?
3. How can you support those who work at an agency or those who live in a foster home?

#### V. CALENDAR CORNER/ANNOUNCEMENTS

- a. Prepare the group for the next F.I.I.V.E. volunteer activity session.
  - ~ Date/Time/Location
  - ~ Advertise guest speaker (if applicable)
  - ~ Supplies (if applicable)
  - ~ Recommend appropriate attire (if applicable)

#### VI. RECORDKEEPING

(See Appendix C: Recordkeeping Materials to use with each volunteer activity session.)