



Tie-Dye for Troops

Description

Tie-Dye for Troops is a mental health awareness activity for kids that uses colors, creativity and comic books to ensure an open conversation about feelings.

By tie-dyeing pillowcases and discussing the mix of emotions, every child is assured that, although feelings can be messy and confusing, it is okay to feel different.

Supplies



Discussion Guide

Start a discussion to connect the activity to emotions. Start with colors:

- Ask what your child (or group of kids) thinks about a certain color, and whatever the consensus is, disagree with it.
- Question the group whether it is okay or not okay to not agree with the majority.
- Question them about other colors and hobbies (pass around the super pillow to give each kid an opportunity to speak).

Explain how **feelings** are like tie-dye—they can be mixed up and confusing—and how tie-dye still ends up being beautiful.

Introduce the pillow's purpose: to be a friend, secret keeper, punching bag, etc. A way to privately let out your feelings until they're ready to share them with a trusted friend, parent or confidant.

Activity Steps

1. Give each child a pillowcase and write their name on it.
2. Pass out rubber bands and show them some tie-dye folding techniques.
3. Allow them to twist and fold their cases; wrap them in rubber bands.
4. Allow them to freely dye their pillowcases for 5-7 minutes.
5. After, have them put their pillowcases in a bag and write their name on the bag.
6. Let the pillowcases sit for 24 hours.
7. Rinse them until the water runs clear (this step is very important) and leave to dry.



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