

Pillowcase Workshop

Helping children prepare for emergencies with confidence



Pillowcase Workshops are fun, interactive sessions that teach children how to prepare for, cope with and respond to emergencies. Delivered by Australian Red Cross, the program empowers children to build resilience and develop practical preparedness skills.

Designed for students aged 8–10, the one-hour workshop helps children:

- » Understand why emergency preparedness matters
- » Learn how to stay calm and manage their feelings during an emergency
- » Know what to pack in an emergency kit
- » Build practical skills that can help keep themselves and their families safe

Why it works

- » Encourages children to take an active role in emergency preparedness
- » Builds confidence and resilience
- » Supports family and community preparedness
- » Suitable for all types of emergencies

What children take home

Each child receives a pillowcase to decorate and take home, helping them start their own personal emergency kit.

“I learned how to be calm if something goes wrong and also knowing what to bring if I was in an emergency situation.”

– Year 4 student, South Australia



Scan to book a pillowcase workshop with Redcross or visit www.redcross.org.au/pillowcase-workshops

Pillowcase Workshop

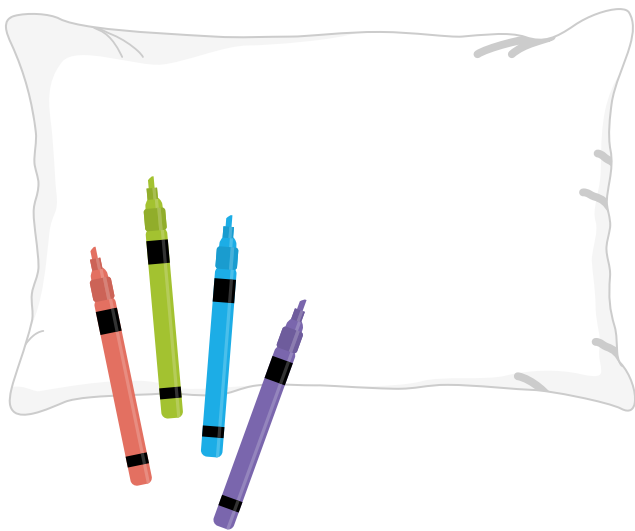
Helping children prepare for emergencies with confidence



This fun, one-hour workshop helps young children learn how to prepare for emergencies, stay calm, and build practical safety skills.

What to do

Draw or write the things that matter most to you on a pillowcase. It can help you remember what to take if there's an emergency.



Things you could include

- » Change of clothes (or PJ's)
- » Favourite toy
- » Useful things
- » Special thing
- » Something to do
- » My happy thought
- » My parent or carer details

Can't attend the *workshop?*

Get the kids involved by creating their own emergency kit at home, all you need is a pillowslip and some markers.