


I Have a Dream No-Sew Pillow

Supplies:

- Felt fabric (2 squares cut to 20 x 15 inches)
- 1 bag of Polyester filling
- Scissors



Steps:

	<p>Step 1: Lay the two squares of fabric (one on top of the other) on a flat surface.</p>
	<p>Step 2: Cut a 4-inch x 4-inch square out of each of the double fabric's four corners.</p>
	<p>Step 3: Cut 1-inch strips around the double fabric's perimeter.</p>
	<p>Step 4: Tie the top fabric strips with the bottom strips around three sides of the pillow.</p>





Step 5: Using the open side, stuff the pillow with filling until it is plump.



Step 6: Tie the remaining fabric strips until every strip is tied and the pillow is closed.



Step 7: Enjoy sweet dreams with your new pillow!

What is the Civil Rights Movement?

The Civil Rights Movement was a time in United States history that changed our nation for the better. Civil rights mean everyone gets equal treatment and protection under the law.

Fun Facts:

- Dr. King believed in spurring change peacefully through marches, protests, and boycotts. He was a brave man who believed in freedom for all.
- Dr. King delivered his famous “I Have a Dream” speech on August 28, 1963, in front of an audience of more than 200,000 people at the March on Washington event, where people of all races stood together for equality at our nation’s capital.