

# Reiki With Amber



## “No-Sew Shelter Animal Blanket”



### Objective

You will create a cozy blanket for a shelter animal to improve their time in the facility and fill their space with love.

### Materials

- 2 Fleece fabric pieces (1-2 yds)
- Rotary cutter (or scissors)
- Self-healing mat

### Resources

Local fabric store

[Kathleen Prasad's book](#)

[Instructions](#) (option- stuff a pillow in between two fleece layers)

### Step 1

Talk with your students about animal shelters. Allow students to discuss their experiences with them.

### Step 2

Share books that connect Reiki with shelters. As a group talk about how Reiki is important in animal shelters.

(possible connection between Reiki and quicker animal adoption)

### Step 3

Students create no-sew animal shelter blankets.

### Step 4

Share creations.

Offer Reiki to the blankets.

Deliver blankets to animal shelter.

Reiki With Amber recommends resources but does not have any affiliation.

For more project ideas visit [www.amberreiki.com](http://www.amberreiki.com)