

Patchwork Pillow

Ages 4 and Up

I think sewing is a great activity for young children. I have never encountered any problems or injuries while working with a needle and thread with children. Hand-sewing is perfectly safe and it helps to develop their fine-motor skills.

If you have a sewing machine, I recommend making your own pillows from fabric scraps, old linens, or worn out clothes. I made up a bunch of these miniature pillows in no time using a bunch of 8"x 10" pieces of old fabric that I had around the house. My kids loved playing with these doll-sized pillows, and 6 years later, they are still kicking around the house.



Materials:

- Pillows – make your own or find inexpensive ones in stores
- Felt – variety of colors
- Embroidery Thread and Needle
- Buttons (optional)
- Spray Adhesive

Directions:

1. Using pinking shears, cut a bunch of 3.5" felt squares in a variety of colors.
2. Using straight scissors, cut a bunch of felt hearts or stars in a variety of colors.
3. Allow your child or group to choose a felt square and group to choose a felt square and star/heart and a color of thread.
4. Instruct your child to sew the two felt pieces together using any kind of stick (s)he wants. The younger the artist, the more random the stitch. Just make sure that your child doesn't loop the thread around the outer edge of the felt patch. If that happens, just back up and start again. Remember: UP with the needle, then DOWN (not up again) with the needle.
5. Add buttons if desired.
6. When finished sewing, just cut off the needle leaving 3" of thread. No need to tie a knot.
7. Away from children, spread out some newspaper and apply a generous layer of Spray Adhesive on the back of the felt square. Press firmly in place on your pillow.

If you prefer the no-sew option...



apply several patches to a store-bought pillow.