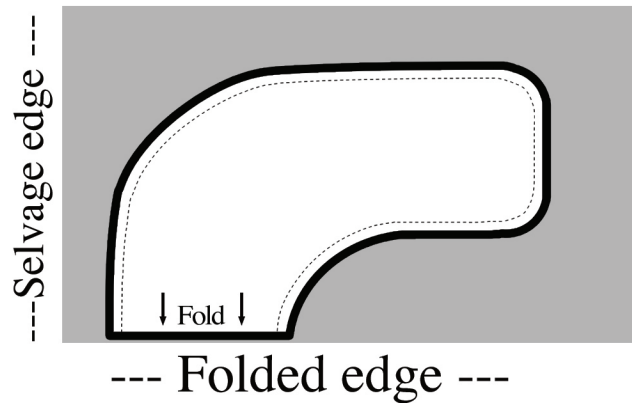


Heating Pad / Travel Pillow

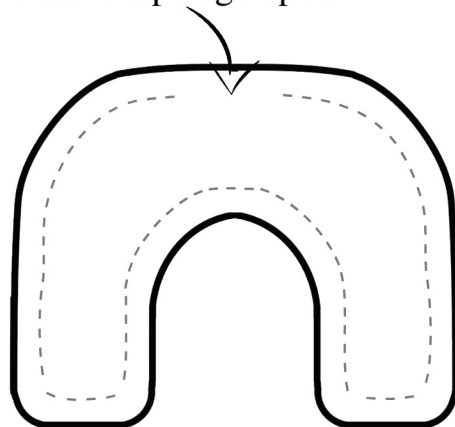
DIRECTIONS:

1. Fold 1/2 yard of fabric so selvage edges are together. Fold up along the 1/2" yard side one more time so you have four layers of fabric.
2. Place template onto fabric as shown. Trace around template. For an adult size, cut 1/2" out side of the drawn line. For a child size, cut directly on the line.
3. Unfold fabric and place the two pieces right sides together. Sew around the edges using a 1/2" seam allowance, leaving 3'-4" along the top edge open so you can turn your pillow right side out.
4. Turn the pillow right side out. Top stitch along the outside edge of your pillow using a 1/8" seam allowance, again leave the open edge open to fill your pillow.
5. Fill your pillow with either rice (heating pad) or pillow stuffing (travel pillow).
6. Se the opening closed using a 1/8" seam allowance.
7. Congratulations you're done! Now go make more for gifts because they're so fun!

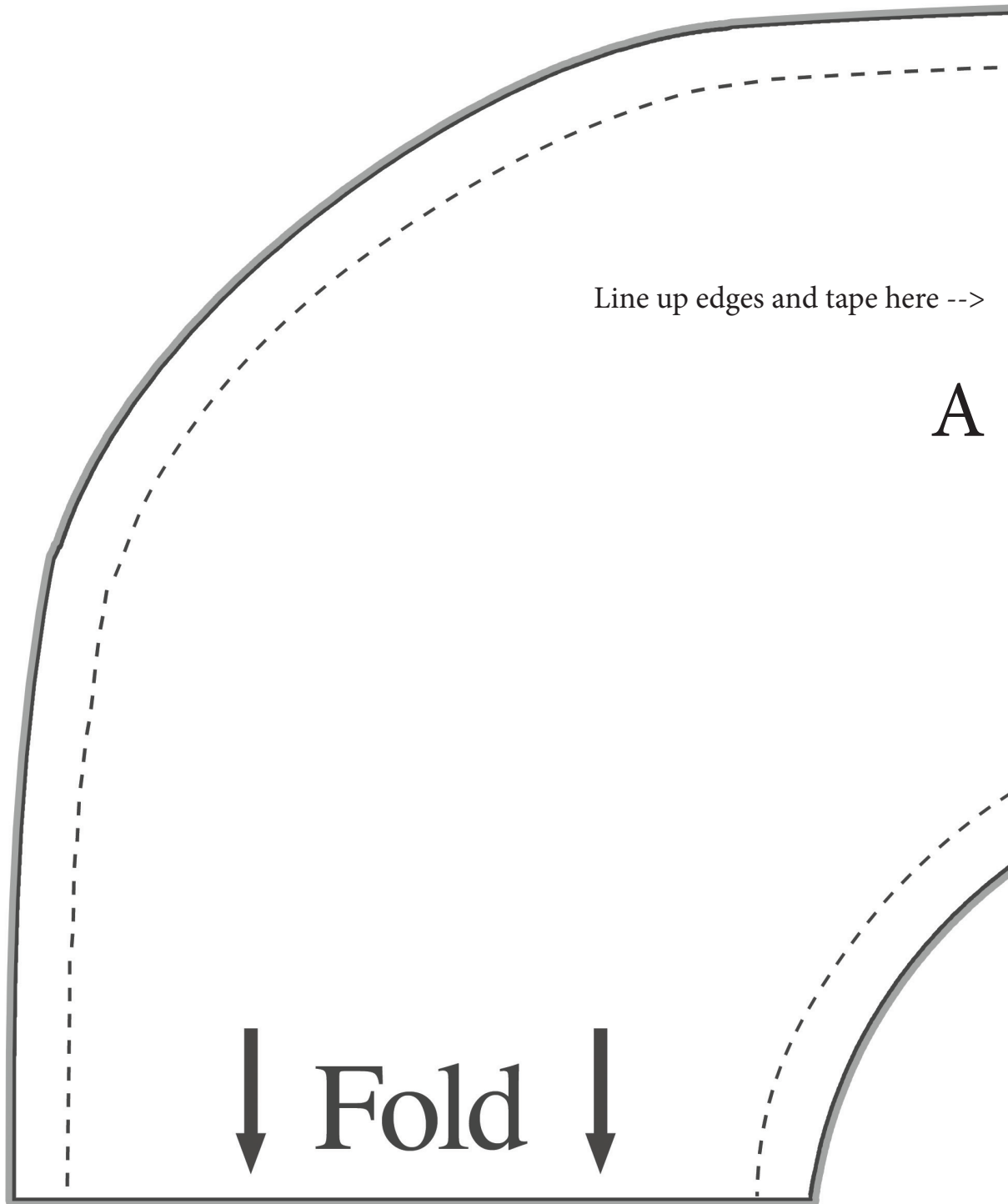
Tip: If you make the heating pad, please use cotton fabric as it is microwave safe. Heat your pad in the microwave in 30 second intervals until it is the desired temperature.



Leave top edge open



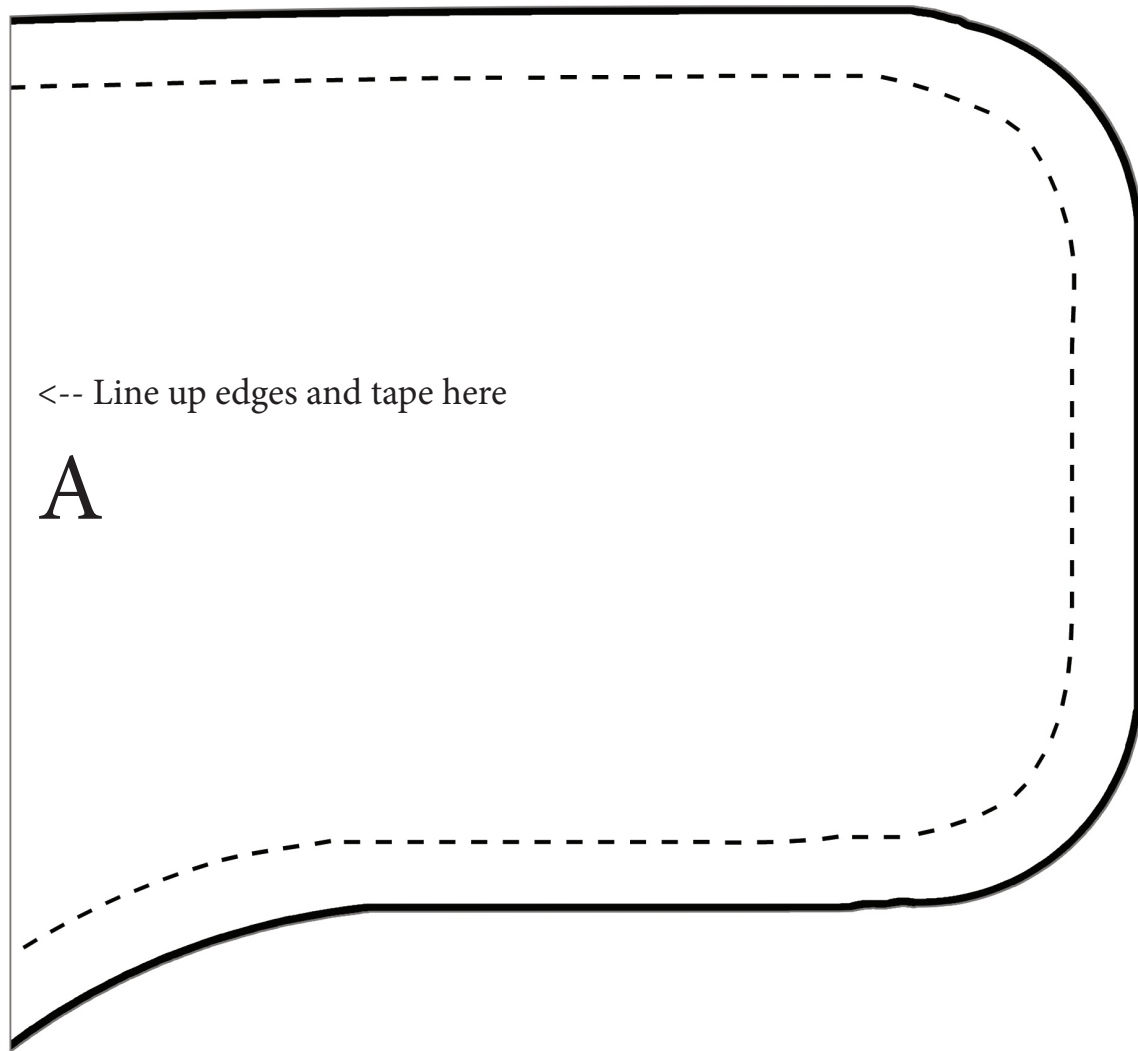
Sew around



Line up edges and tape here -->

A

↓ Fold ↓



<-- Line up edges and tape here

A