

Happy Sack Project

Materials

- Pattern (included in these instructions)
- Scissors
- Canvas fabric or similar
- Permanent marker such as a Sharpie
- Sewing needle and thread
- Funnel
- Measuring cup (1/3 cup)
- Filling (dry rice, beans, lentils or sand)
- Optional: cardboard for the pattern
- Optional: decorative embellishments for the ball such as paint, glitter, stamping materials/ink pad, etc.

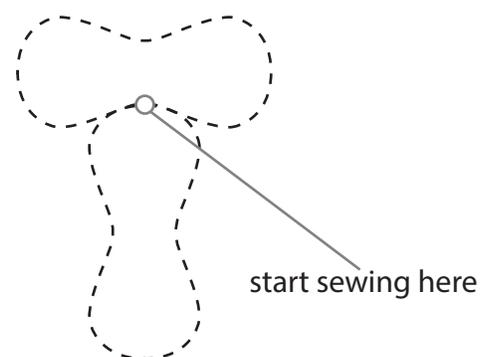
Instructions

Print out the pattern (at the end of this document) and use scissors to cut around it. If you like, you can trace this pattern onto a sturdy material such as cardboard and cut it out so that the pattern is more durable and easier to work with.

Position the pattern over a medium to thick fabric such as canvas material, and use a marker to trace around the pattern. Then use scissors to cut the fabric using the pattern as a guide (you'll need two fabric pieces for each ball).

Prepare your sewing needle by threading the needle with thread that matches or compliments your fabric. Roughly a 20" length of thread (doubled and knotted at the ends) should be good.

Place the curved edges of each fabric piece together, forming a "T" shape (see the picture to the right), with the right sides of the fabric facing down onto the table. Hold the two pieces of fabric together at the center of the "T" and begin sewing the pieces together (roughly 1/4" from the edge of the fabric). Continue to straight stitch the two fabric pieces together, following the curves of the pattern. Stop sewing when you have 1 1/2 " left (this will be the opening for filling your ball).



Next, go back and sew (straight stitch again) towards the other end of the pattern by filling in the gaps between each previous stitch. This will ensure that there will be no gaps (so that the filling will not leak out). When you get to the end of the pattern, you can stop sewing and knot the thread ends to secure.

Use the opening to turn the fabric pieces inside out so that the right sides of the fabric are showing (you should notice a ball shape forming at this point).

For the stuffing, measure a little over 1/3 cup of filling (you can use dry rice, beans or sand). If you use rice, a medium grain or sushi grain would work better than a long grain rice. Then insert the end of a funnel inside the opening of the ball. Slowly pour the filling into the ball using the funnel (you may have to jiggle the funnel a bit to get the filling flowing). When the ball is close to being completely full, but not all the way full (if the ball is too full, it is harder to play with), you're ready to close up the opening.

Thread your sewing needle with about 10" of doubled thread and knot the thread ends. Fold over the fabric edges of the opening into the ball and hold the two sides together. Begin sewing the two sides together from one open end to the other until the ball is closed. Then knot the thread ends. Lastly, use the eye of the needle end to push the knot inside the ball.

You're now ready to start playing with your "Happy Sack" or you can choose to decorate your ball by using craft glue to adhere embellishments (e.g. glitter, fabric, lace, paper label, mica flakes, or anything else decorative). You can also paint your balls using acrylic paint or water-color paint. Or you can simply write your name (or another word that has significance to you) using a marker. It could also be fun to try using a stamp ink pad to add your fingerprint to the ball. Feel free to get creative with this part!

Pattern

