

Make Your Own  
'Hand-me-Downs'  
**PATCHWORK PILLOW**



**Level of Difficulty:** **Medium** - This craft is simple enough for a 5 or 6 year old to do with adult supervision, and one that kids of all ages will enjoy making. If you have any questions while doing the craft, please click on Contact Us and we will respond as quickly as possible.

**Estimated Completion time:**  
**30 - 90 minutes**

**List of Materials you will need:**

- **Old Sweater or T-shirt** – Use a child-size sweater or t-shirt. **Make sure to check with Mom or Dad that it is okay to turn this shirt into a pillow!**
- **Felt scraps**
- **Buttons**
- **Embroidery Floss**
- **Large Sewing Needle**
- **Scissors**
- **Polyester Stuffing or Pillow Form**
- **Optional:**
  - **Hot Glue Gun** (Mom or Dad will need to do this part)
  - **Fabric Pens**
  - **Sewing Machine** (also need Mom or Dad's help)
  - **Yarn for tassels**

## Introduction:

Turn any old sweater or t-shirt into a great throw pillow. Instead of sending all your out-grown sweaters to Goodwill, save out your favorites to create these cozy cushions for your bedroom or to give as unique gifts to your friends and family. We show you how to make 2 varieties, one is a puppy pillow made from a long-sleeve t-shirt, the other is a sweater transformed into a flower power pillow.

When you are done we would love to see your creations. Please go to our gallery and upload your finished masterpiece.

## Instructions:

1. **FIRST - make sure that it is OK with Mom to use your sweater or shirt for this project!** Also, make sure that it has been washed and dried before you begin.
2. Each garment and design is different, so you can modify your shirt however it best suits you. For instance, if your shirt has a collar you can cut it off or keep it as part of the finished design, and the same with the sleeves. On our puppy pillow the sleeves could have been kept long and floppy but we chose to cut them off at the elbow and fold them up inside themselves for a shorter "dog ear" shape. On our flower power pillow we cut off both the collar and the sleeves.
3. Also, your old shirt may have stains, holes or words on it that you do not want on the pillow. Some of these may be covered by patchwork, or like we did on our puppy pillow, just turn the shirt inside out and cut off the labels. Especially if you're using a sweatshirt, the inside fleecy surface can make a very cozy pillow.



4. Lay your shirt out and think about how you want to decorate it. Cut pieces of felt and place these on the shirt, along with buttons, in a pattern that you like. You can move these around until you like your pillow design. Then set these aside while you sew the pillow shape.
5. If your design does not utilize the collar or sleeves, cut these off now. **(Note: you can save the sleeves for other projects – they can be made into great bracelets, headbands, etc.)**
6. Thread a long piece of embroidery floss onto your needle and stitch across the ends of each armhole and across the neck opening. Make sure the floss is securely knotted at each end so the stitching does not come out. On our puppy pillow we used a

contrasting color and big stitches to give it a homemade look. On the flower power pillow we turned the sweater inside out and sewed along the inside, then turned the piece right side out again. This gives it a very clean, finished look. **(Note: if your Mom has a sewing machine you can ask for her help for creating this latter technique.)**



7. If you want the sleeves to look like floppy "puppy ears" you should also stitch across the top of each sleeve where it meets the body of the sweater.



8. Re-assemble your patchwork pieces and buttons to make sure you like the placement. Stitch these in place on one side of the sweater. For our puppy's tongue we attached only one end to the pillow so that the tongue is loose and floppy – just like a puppy!
9. For non-sewers or for pillows that will be used for décor but not for cuddling you can use the hot glue gun to attach all these parts instead of sewing. **(Note: Mom or Dad must help with the hot glue gun!)**
10. Use polyester pillow stuffing or a pre-made pillow form to fill the cavity of the pillow.
11. Stitch the front and back of the sweater together along the bottom edge.
12. You can add details with fabric pens or make yarn tassels and sew these to the corners.

Once you get started you will want to turn all of your old sweaters into pillows! Get creative and think of imaginative ways to use a hoodie or a turtleneck. And don't forget to keep all those left over sleeves, we can use those later this year to create some other fun stuff. Happy Crafting!!

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