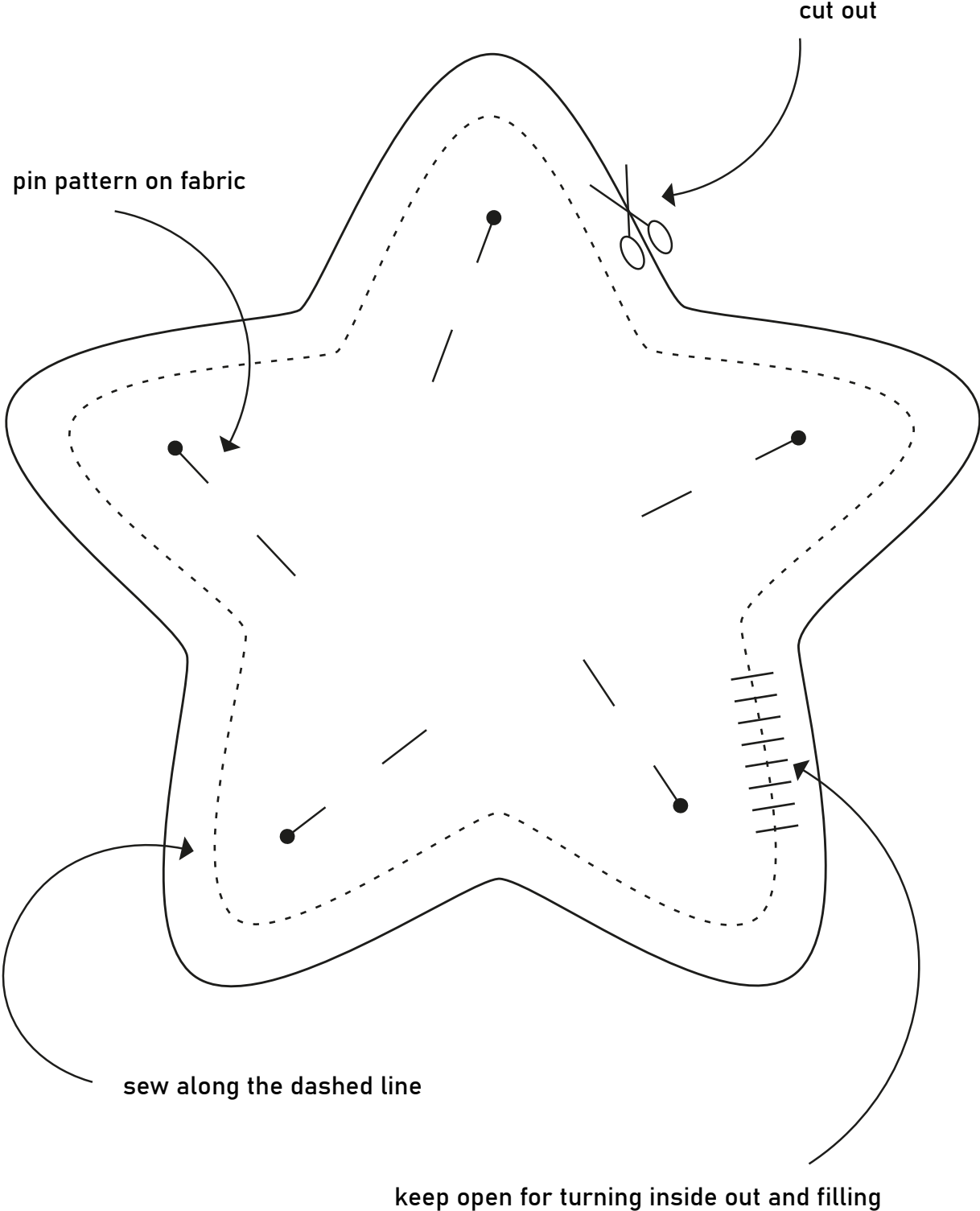


Make your own “star” hand warmer!

Print this sewing pattern on paper, do not scale.



Make your own “star” hand warmer! (+/- 14 cm diameter)



Gather your tools:

Scissors, hand needle or sewing machine, pins, thread, fabric* (two pieces, 20x20 cm each), marker (fabric chalk or soft pencil), a cup of uncooked rice**

* Use only natural materials such as cotton or linen, as synthetic fabrics can melt when heated.

** The heat stored in the rice is slowly released to the body over a long period.

Get started:

- 1** Print the pattern on A4 without scaling. Cut out the star along the outer line.
- 2** Place the pattern on a double layer of fabric, the right sides on each other. Fix the pattern with pins on the fabric, so it doesn't move. Draw a line around the star.
- 3** Remove the pattern, place back the pins to keep the two layers of fabric together. Cut the fabric along the drawn line.
- 4** Sew along the dashed line. If you sew by hand: Use a strong backstitch. (<https://www.youtube.com/watch?v=sjHm8CL9WDA>) Keep an opening from 2-3 cm. Secure beginning and end of the seam.
- 5** Turn the fabric inside out through the opening.
- 6** Fill the star with rice through the opening. Don't fill too tight, so you can easily close the opening.
- 7** Fold a small edge of the opening inwards and close the opening with small backstitches about 3 mm from the edge. Secure beginning and end of the seam.
- 8** Congrats! Your star is ready to warm your hand and your heart.
Microwave: heat for 20-30 seconds on 600 Watt
Oven: bake on 120°C for 15-20 minutes
Be careful: Check the temperature before using!

1



2



3



4



5



6



7



8

