

DIY PROJECT

NO SEW T-SHIRT PILLOW



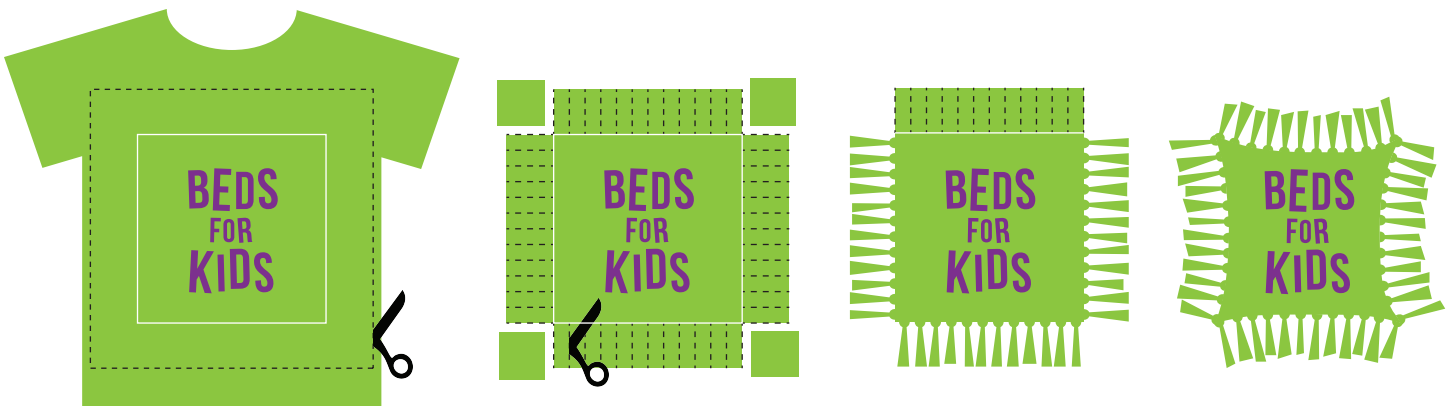
Want to make a fun and functional pillow using a t-shirt? No sewing is required! Just follow the seven easy steps listed below to make a 12 by 12 inch pillow.

Pillows that are donated to OHAAT's Beds for Kids program will be delivered along with beds and bedding to children who are sleeping on the floor, on sofas, or crowded into bed with several family members. Please make and store pillows in an area free of pet hair and tobacco smoke, which are allergens for some children. You can take finished pillows to any OHAAT donation bin, or call 215-346-6427 to arrange a pick-up or delivery.

Materials:

- T-shirt (try to find one with a fun print or color)
- 12 by 12 inch pillow form or polyester filling
- Ruler or measuring tape
- Chalk or white crayon
- Fabric scissors

- Step 1:** Lay the t-shirt flat on a table and smooth out any wrinkles in the fabric.
- Step 2:** Using a ruler and chalk, draw an 18 inch square onto the fabric. Then measure 3 inches in from each side of the square, and draw a 12 inch square within the 18 inch square.
- Step 3:** Cut out the 18 inch square using fabric scissors, making sure to cut through both layers of fabric.
- Step 4:** Cut 1 inch wide by 3 inch long fringe on all four sides of the square, making sure sure to cut through both layers of fabric. Discard the 3 by 3 inch squares at each corner.
- Step 5:** On 3 sides of the square, tie each piece of fringe on the top layer of fabric to each corresponding piece of fringe on the bottom layer of fabric. For a more secure hold, double-knot.
- Step 6:** Separate the top and bottom pieces of fabric at the side where the fringe hasn't been tied. Then stuff with a pillow form or polyester filling.
- Step 7:** Tie the remaining fringe.





BEDS FOR KIDS

This pillow was made especially for you by:



One House at a Time
411 Susquehanna Road
Ambler, PA 19002
215-346-6427



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