

What you will need

- Vinyl Tablecloth.
(54"x90" tablecloth makes about 9 sit-upons)
- Hole Punch.
- Plastic Cording or duct tape for a no-sew option.
- Newspaper or cardboard.

READ ALL OF THE STEPS BEFORE STARTING

Step 1: Cut the tablecloth into 15"x 30" rectangles. Toss the edges of the tablecloth.

Step 2: Fold the rectangles in half to form 15"x15" squares.

Step 3: Using your hole punch tool, start by hole punching about every inch or so around the three open sides. **Skip this part if using duct tape.

Step 4: Sew the two sides of the sit-upon using plastic cording. Gather stacks of newspaper to fill the sit upons or cut a 13 x 13 piece of cardboard. Foam or carpet can be used as well.

Step 5: We used newspaper to fill the inside of the sit-upon and then sewed the third side closed and tied the cording in a knot.

All done!

Not only does this craft teach sewing skills, it teaches coordination, patience and pattern recognition.

Sit-Upons



#7653
Sit Upons

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