

A FUN SUMMER CRAFT FOR EVERYONE!

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.

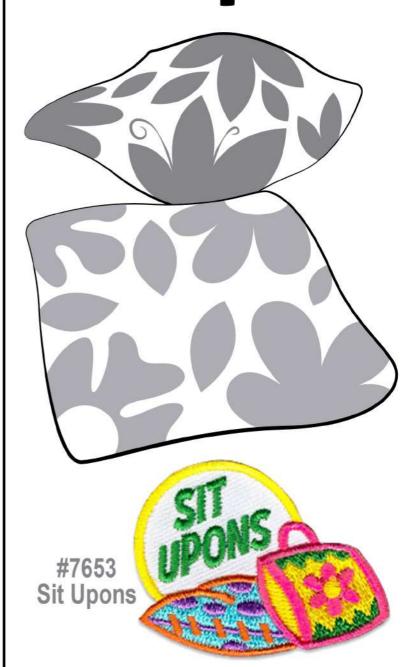
READ ALL OF THE STEPS BEFORE STARTING

- **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



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