

Pocket Hugs

In this project, you will be creating small stuffed shapes to be used fidget tools. Fidget tools are self-regulation tools to help with focus, attention, calming, and active listening; they help students with tactile input, movement and sensory integration, and give students something to hold and play with without distracting them from the classroom environment.

While heart shapes are most common (and will be used as the sample in this document), other simple shapes like circles, squares and triangles are also acceptable. You will provide the materials to make the shapes – the fabric, thread, and stuffing. This project can be customized to your sewing skills; we've listed a few options below, but feel free to do your own thing!

Materials:

The best materials are bright colors, with a texture that the students can feel. Some examples:

- Felt
- Corduroy
- Fleece
- Velvet
- Waffle Cloth
- Terry cloth

Please do not use wool, due to potential allergy concerns.

Pattern:

To keep the hearts pocket sized, the completed shape should be no larger than 2.5 inches in any direction. We've provided a few different patterns on the second page for reference. You may use your own heart shape, or another shape, as long as it is about the same size.



Instructions:

- Cut out two hearts using your chosen pattern and fabric.
- Place two pieces with back sides together.
- Blanket stitch around the edge, using embroidery thread or yarn. Be sure to leave an opening large enough to stuff the heart.
- Stuff with poly-fil.
- Sew the opening shut with the appropriate stitch.

Alternatives:

- Machine sew the pieces, front sides together, leaving an opening. Clip the edges, turn the heart right side out, then stuff and sew the opening shut. This is especially useful for fabrics that tend to fray.
- Manually sew the hearts with a running stitch.
- Use pinking shears to cut around the sewn heart.
- Adding embroidered faces or designs to hearts is also OK. Please keep these designs very simple, and do not add beads or buttons.
- Use different colors or even fabrics on each side of the heart.

Packaging:

- Place all the completed hearts into a bag or box. Please label the container with the number of loose hearts it contains.
- Please print and fill out the Off-Site Project Submission form (the last page of this document) telling us who you are and what you did. Bring this with you when you deliver your donation.
- Deliver your completed project to Crayons to Classrooms between 9am and 4pm, Monday-Thursday. Ring the bell at the employee entrance and a member of our staff will help you.

A note about volunteer hours:

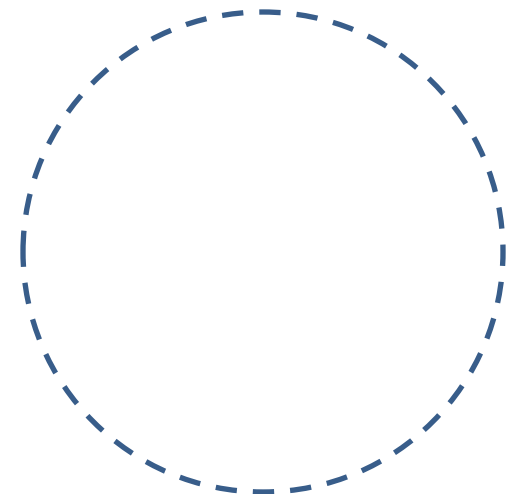
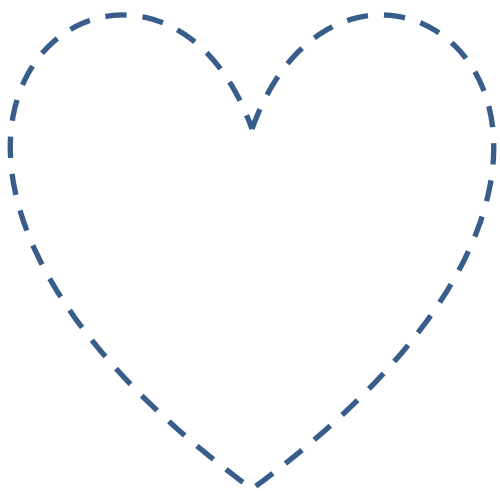
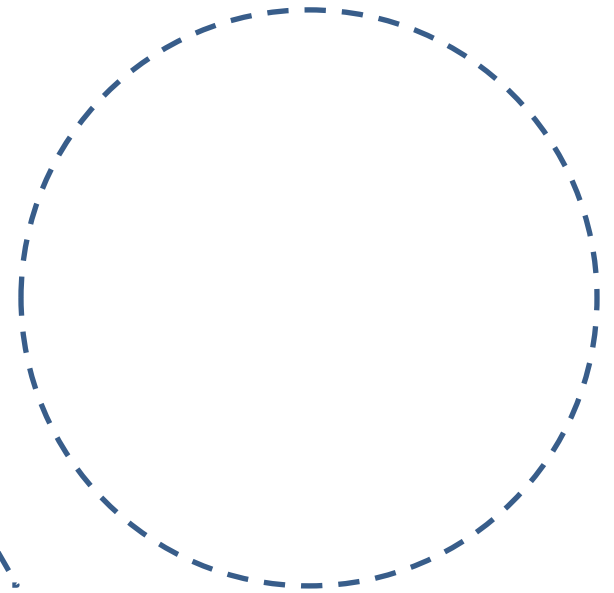
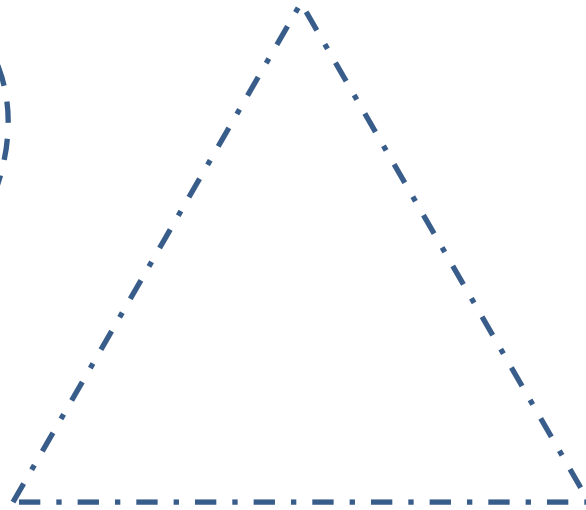
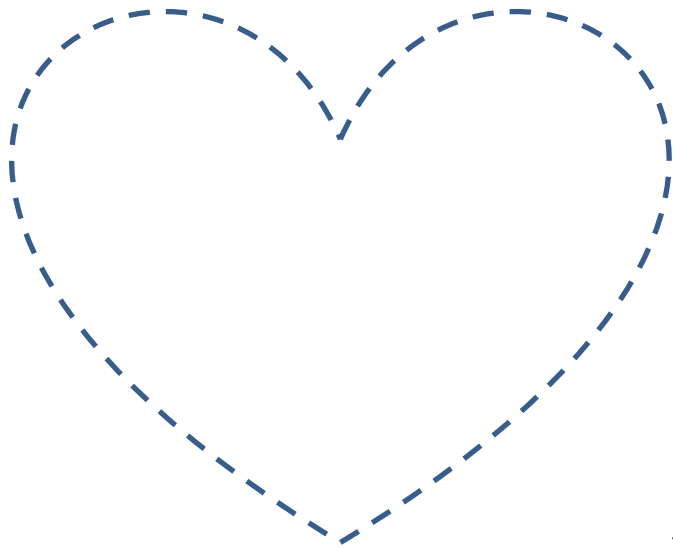
We have calculated that it takes an average of 13 minutes to complete one pocket hug. This is the amount of time we will use when calculating how many volunteer hours you or your group will earn.

For example, say you complete 30 hugs:

- 30 hugs x 13 minutes = 390 minutes
- 390 minutes/60 = **6.5 hours will be earned**

Sample Patterns:

- The larger sizes are for sewing right sides together and then turning right side out before stuffing.
- The smaller sizes are for blanket stitch or other options that don't require a ¼ inch allowance.





OFF-SITE PROJECT Submission Form

Please return the completed project to Crayons to Classrooms, along with this completed form.

- Our address is 1750 Woodman Drive, Dayton, OH 45420.
- Kits can be returned between 9am and 4pm Monday - Thursday.
- Please call or email us to let us know when you would like to drop off.
- Ring the bell at the Employee entrance and someone will be with you shortly.

A Note on calculating your hours: If a group of volunteers all worked for 2 hours, you would put 2 hours in the appropriate field below. If you have volunteers that come and go or work different hours, we ask that you use a sign in sheet and include that with your form.

Name of Group: (If individual, leave this field blank)	
Main contact name:	
Main contact e-mail:	
Main contact phone:	
Project Title:	
Number Completed:	
Total Number of people that worked on project:	
Total Number of hours worked on the project: <small>(For example: if you have a group and all of the volunteers worked for 2 hours – you would put 2 hours in this field)</small>	
Kit delivery date	

Questions? Contact Carlye Rausch at c.rausch@crayonstoclassrooms.org or 937-528-6404.

For Office Use Only:

Date Entered: _____ Initialed: _____