Pocket Hugs

In this project, you will be creating small stuffed shapes to be used as 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 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:
Fabric: The best materials are bright colors, with a texture that the students can feel.
   Examples: Felt, Corduroy, Fleece, Velvet, Terry cloth
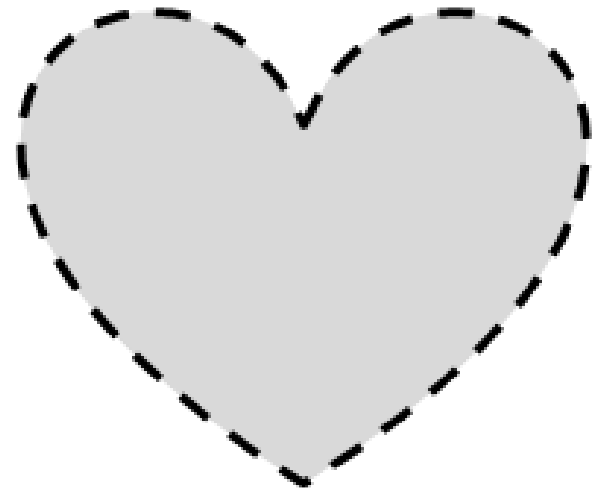   Please do not use natural wool fabrics, due to potential allergy concerns.
Stuffing: We would prefer fiber fill such as Poly-fil or another brand.
   Do not stuff with quilt batting, plastic bags, or fabric scraps, or any perishable items like rice or beans.

Pattern:
The completed shape should be at **between 2 and 3 inches in any direction.** Try not to make them too small or too large.
You may use your own heart shape, or another shape, as long as it meets the size restrictions.

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 fiber fill.
* Sew the opening shut with a blanket stitch.

Alternatives:
* Machine sew the pieces, front sides together, leaving an opening. Clip any corners, turn the shape right side out, 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.
* Use different colors or even fabrics on each side of the heart.
* Adding *very* simple embroidered faces or designs is acceptable; **do not** add beads or buttons.

Packaging:
* Place all the completed hearts into a bag or box. Please label the container with the number of loose hearts it contains.
* 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. We would prefer that you contact us to set up a time for your delivery, between 9am and 4pm, Monday-Thursday.

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**

OFF-SITE PROJECT
Submission Form

Please return the finished project to Crayons to Classrooms, along with this completed form. **If you have multiple projects to return, each one should have its own submission form.**

- Our address is 1750 Woodman Drive, Dayton, OH 45420.
- Please call or email to schedule a time to drop off your completed project.

Contact Information:

Tell us who you are, how we can contact you, and how many people contributed.

Name of Group: (If individual, leave this field blank)	
Contact name:	
Contact e-mail:	**Contact phone:**
Total number of **people** that worked on the project:	

Project Information:

Tell us what project you worked on and how many products you completed.

Select Project: Put a check or X next to the project you are returning	**Number Completed**
Journals	
Pocket Hugs	
Emotion Sliders	
Number Line Sliders	
Color Journals	
Lost Tooth Kits	
Apple/Pumpkin Kits	
Other (specify)	Project:

A note about volunteer hours:
We have calculated average times to complete each of our projects. This average is the amount of time we will use when calculating how many volunteer hours you or your group will earn based on the completed items returned.
For example:
30 pocket hugs x 13 minutes = 390 minutes

Delivery:

Tell us when you delivered (or sent) the product and what was included.

Project delivery date:	
Materials returned: (extra paper, covers, staples, etc.)	

Questions? Contact Jaida Anderson at j.anderson@crayonstoclassrooms.org or 937-528-6420.
Please call or email to schedule a time to drop off your completed project.