

SMALL BEANBAG
(7" x 12")

Beanbags are used to help support the bodies of children with poor balance, so they learn what it feels like to sit straight, and for positioning on the floor. They are very easy to make.

Supplies:

Pre-washed, heavy-duty cotton or cotton blend, lightweight denim, canvas, duck or heavy muslin. You can use bright, high-contrast material (primary colors, large prints or black and white).

Approximately 1.5 pounds of Rice per beanbag

Directions:

1. Cut 2 RECTANGLES 8 " x 14" out of the fabric.
2. Pin right sides together. Zig-zag, serge, or double stitch around the edges, leaving one end open.
3. Trim seams at corners. Turn right side out and press.
4. Stuff $\frac{3}{4}$ full with rice.
5. Fold the opening in twice, pin together and top-stitch closed. Be sure to double stitch the opening closed.