

# Comfort Pillow

## Materials required

- Paint pens
- Fabric paints
- Markers
- 12x3 inch square of craft foam
- Two 20 inch squares of solid colored polar fleece fabric

## Supplies

- Scissors
- Ruler

## Instructions

1. Cut fleece into 20 inch squares.
2. Cut foam into 12 inch squares.
3. On one side of a fleece square, measure and draw a line 2.5 inches from each side (Figure 1).
4. Place fleece squares together, with the square you drew on top. Cut and remove about 2 inches of fabric from each corner. Cut a fringe along each side making the cuts about every inch and a half, cutting from the fabric edges to the square you drew (Figure 2).
5. Place the fleece square that you drew lines on a table you can see the lines. Center the foam square on the fleece inside the lines you drew (Figure 3).
6. Place the second fleece square on top of the foam piece.
7. Tie a knot at each corner, using a section of the fringe from each piece of fleece (Figure 4). Begin at one corner and match the top and bottom fringes before tying them. Then tie a knot at each of the four corners.
8. Once a knot has been made at each corner, knot all the fringes along one side at a time.
9. Use a marker, paint pens and fabric paints to make designs on your pillow (Figure 5).

**Tip:** If there are scrap so fleece, cut out shapes and glue them to

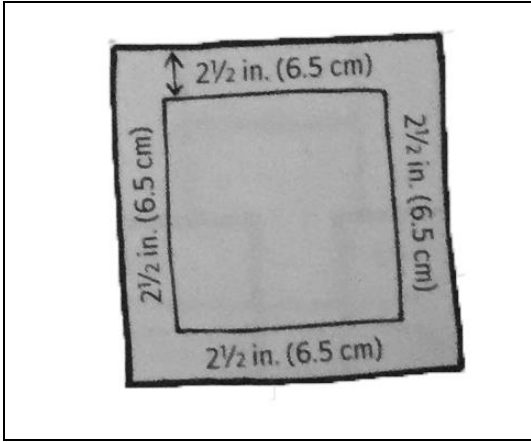


Figure 1

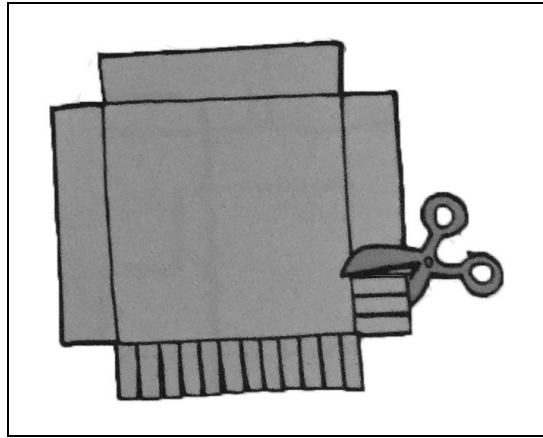


Figure 2

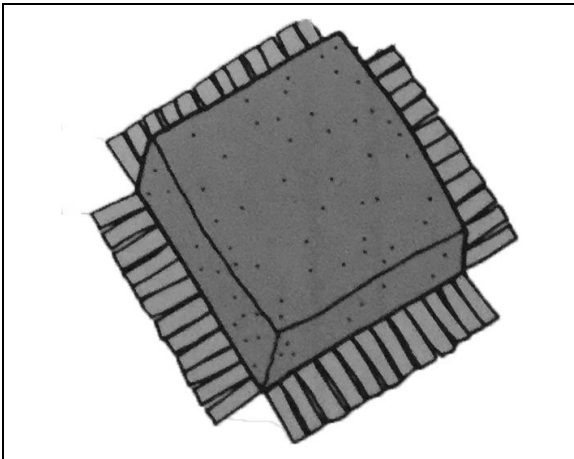


Figure 3

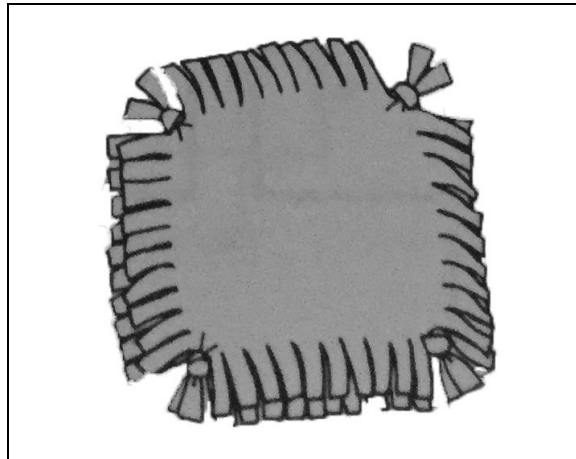


Figure 4

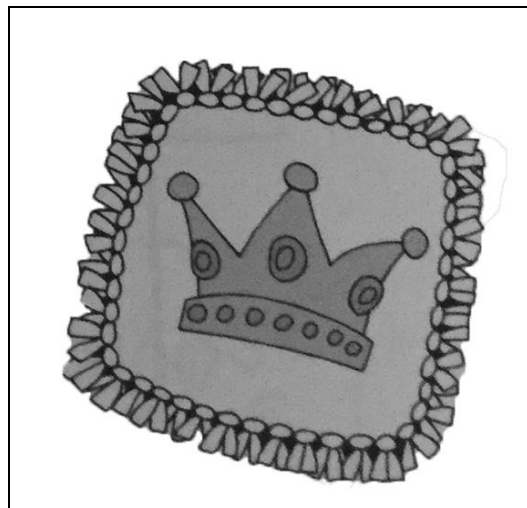


Figure 5