

## Awesome After School Kits

### Personalizing Your Room: No-Sew Fleece Pillow

**Objective:**  
Youth will learn to distinguish between functional and beautifying accessories and to create a no-sew fleece pillow.

**Grade Level:** 4<sup>th</sup> -12<sup>th</sup>

**Life Skills:** critical thinking, decision making, problem solving

**Time:** 1 hour

**Supplies Needed:**

- Scissors
- Fleece (2-20" x 20" squares per participant)
- Stuffing for the pillow (3 pillows per 16 oz. bag of stuffing)
- Measuring tapes and/or rulers
- Straight pins

**Advance Preparation:**

- Gather supplies
- Pre-cut 20"x20" squares
- Review curriculum
- Optional: copy handouts

**Notes:**

**Curriculum to Use:** 4-H Home Environment Project Unit 1: Exploring Your Home, pgs. 5-6, University of Kentucky College of Agriculture Cooperative Extension Service and is available to download at:

<http://www.ca.uky.edu/agc/pubs/4jb/4jb01po/4jb01po.pdf>

**Presenter Information:** In this lesson, youth will learn how to personalize a room by using accessories and will create one simple accessory. As they create a pillow, they will learn how to cut fabric with scissors, use measurements, tie fabric pieces securely and insert stuffing.

**Pre-Test:** *Does not apply to this lesson.*

**Activity Introduction:** *Share with participants.*

1. *Introduce yourself if needed.*
2. *Say: Today we will be learning new ideas about your home environment such as personalizing your room. Over the course of this workshop, you will create a no-sew fleece pillow to add to your room. This pillow can also be entered as a 4-H exhibit at your county fair. Knowing this information will assist you in making your room unique to you. To start, let's introduce ourselves.*
3. *Begin by re-introducing yourself and sharing your favorite color for a room. Ask the youth to introduce themselves in turn by saying their favorite room color. Allow 4-5 minutes for all introductions.*

**Activity A:** *Conduct activity with participants.*

1. Lead a brief discussion about the workshop topics.
2. Ask youth, what are some ways that you have personalized your room?
3. Describe to youth the difference between accessories, that are functional and useful compared to those that simply add beauty or interest.
4. Ask youth to name an accessory in the room that is functional. Examples could be lamps, clocks,

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Note: Each pillow needs to be cut into 20"x20" squares prior to workshop for time allowance. However, if this step has not been completed yet, lay both layers of fleece out and cut a 20" square from both.

Note: You do not have to use the same color or print fleece fabric. Sometimes the color combinations make the most beautiful pillows.

Note: You can use pins to hold your fabric together if needed.

Note: To avoid creating a lumpy pillow, pull small handfuls of the stuffing out at a time and separate it as you go.

Note: There are a number of ways to tie the overhand knot.

- Thumb method - create a loop and push the working end through the loop with your thumb.
- Overhand method - create a bight (loop) by twisting the hand over at the wrist and sticking your hand in the hole, pinch the working end with your fingers and pull through the loop.

wastebaskets, etc.

5. Ask youth to name an accessory in the room that adds beauty. Examples could include pictures, posters, stuffed animals, etc.
6. Congratulate your youth on their thoughtful responses.

### Activity B:

1. Announce to youth that they will now begin work on their no-sew fleece pillow.
2. Put wrong sides of fleece together.
3. Use measuring tape or ruler to measure out 4" squares in each corner. You can use a pencil, pins or fabric pencil to mark the area to be cut.
4. Cut 4" squares out of each corner of the fleece square.
5. Use a measuring tape and/or ruler to measure out 1" sections up to where you have your square cut out.
6. Cut 1" sections of fringe up to 4" from the edge of the fleece square.
7. Match up each of the fringe pieces, go around the pillow and tie an overhand knot for each fringe piece close to the base of the fringe.
8. Leave the last side open for stuffing the pillow.
9. After stuffing the pillow, tie off the last side in the same manner as noted in step #7.
10. Next, you will go around the pillow and tie a second knot over the first. One way to minimize the gaps where stuffing can show through is to take the "tail" of one knot and a tail from the knot next to it and tie these together. Continue this process around the pillow until you reach the knot where you started.

**Talk It Over:** *Discuss questions with participants.*

**Sharing-** Ask for one or more volunteers to share something fun or interesting that they learned today.

**Processing** –What was the most difficult task today? What was the easiest?

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Generalizing – In what other ways could you use the no-sew fleece process?

Applying – What future plans do you have regarding personalizing your room? Exhibiting your items?

**Post-Test:** *Does not apply.*

**Extended Learning:** Take home a new idea –share other ways to use the no-sew fleece concept.

To make a fleece throw, you do the exact same steps as above by using larger amounts of fabric. You will need 2 yards of fleece for side #1 and 2 yards of fleece for side #2. Follow steps above. No stuffing is required for the throw, so omit steps #8 & #9.

Make pillows as a community service project for patients at a local hospital.

**Presenter Tip:** Send home 4-H Home Environment Project Unit #1: Exploring Your Home pgs. 5-6.

**Sources:** 4-H Home Environment Project Curriculum Unit #1: Exploring Your Home University of Kentucky College of Agriculture Cooperative Extension Service, and is also available as a pub to download at:

<http://www.ca.uky.edu/agc/pubs/4jb/4jb01po/4jb01po.pdf>

No-Sew Pillow instructions provided by Kim Whitson, Laurel CEA for 4-H Youth Development

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