

Directions for Making a Sit-Upon

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Basic Sit-Upon



Materials Needed:

- Waterproof Material (i.e., flannel-backed tablecloth or shower curtain)
- Newspapers
- Sharp Scissors
- Hole Punch
- Yarn
- Yarn Needle

Directions:

1. Cut a piece of waterproof material, such as a flannel-backed tablecloth or a shower curtain, twice as long as it is wide. Fold in half.
2. Insert folded newspapers to desired thickness.
3. Punch holes around the edges of the three open sides.
4. Sew three open sides with yarn.

Bucket Sit-Up



Materials Needed:

Bucket with Lid	Waterproof Material
Fiberfill	Cardboard
Sharp Scissors	Hole Punch
Yarn	Yarn Needle
Package Tape	Sharpies to Decorate
Auto Epoxy or Marine Epoxy (better than hot glue)	

Directions:

1. Cut a paper pattern of the lid, inside the outer ring.
2. Use the pattern to cut a piece of cardboard the same size. The finished product should fit easily inside of the lid's rim.
3. Cut a circle of waterproof material about three inches bigger than the cardboard.
4. Punch holes around the edges of the material. Baste with yarn.
5. Place the fiberfill on the inside of the material.
6. Place the cardboard on top.
7. Pull the yarn to gather the edges of the material around both the fiberfill and cardboard.
8. Make sure the newly created seat will fit within the rim of the lid. If needed, trim cardboard.
9. Tie off the yarn and use a piece of package tape to hold it.
10. Using auto epoxy or marine epoxy, apply as directed to both the bucket lid and the gathered side of the seat.
11. Press the seat onto the lid. Apply pressure.
12. Decorate bucket.