

Simple Stuffed Pillow

Lesson Plan

Objective: Sew and stuff a basic square pillow.

Skills covered: 1/4" seams, pivoting, backstitch, clipping corners, pressing, stuffing and hand-sewing.

Optional: Students can embellish the pillow front using decorative stitches, buttons, HTV, or applique.

Gather supplies:

1 - 12-1/2" x 12-1/2" fabric square for pillow front
1 - 12-1/2" x 12-1/2" fabric square for pillow back
Poly-fil stuffing and stick
Embellishment materials (optional)
Coordinating thread
Sewing machine
Basic sewing supplies, including a hand sewing needle
Iron & pressing surface

Make the pillow:

Step 1: Embellish pillow front as desired.

Step 2: Place fabrics right sides together, aligning raw edges. Pin fabrics together, leaving a 4" opening along bottom edge for turning.

Step 3: Sew around perimeter using a 1/4" seam allowance. Backstitch at beginning and end of seams. Do NOT sew the opening closed.

Step 4: Clip corners. Turn pillow right side out. Press.

Step 5: Stuff pillow to desired firmness. Use stuffing stick as needed.

Step 6: Sew bottom opening closed using a ladder stitch.

Step 7: Use a lint roller to remove any stray threads or stuffing fibers.

Step 8: Admire your pillow!