

# **Simple Stuffed Pillow Lesson Plan**

Objective: Sew and stuff a basic square pillow.

Skills covered:  $\frac{1}{4}$ " 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  $\frac{1}{4}$ " 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!