

Warming Wheat Bag

INSTRUCTIONS:

- 1: Cut a rectangle of **cotton** fabric approximately 25cm x 40cm.
- 2: Fold fabric in half with the pattern of the fabric on the inside. Pin the sides together.
- 3: Sew down one side of your fabric, across the bottom and back up the other side. Leave the top open.
- 4: Sew along the three sides again. This will reinforce your wheat bag.
- 5: Turn your wheat bag right-side out and sew around the outside of the three sides.
- 6: Fill $\frac{1}{2}$ to $\frac{2}{3}$ full with wheat.
- 7: Fold down the fabric at the top of your wheat bag and pin together to make a neat edge.
- 8: Sew across the top of your wheat bag twice. You're done!
- 9: To use, half fill a mug with water. Place the mug and the wheat bag in the microwave for 30 seconds at a time until it is warm enough for you. Enjoy!

SUPPLIES



sewing machine

scissors



wheat



cotton thread



sewing needle



sewing pins

cotton fabric



CAUTION: Make sure to use only 100% cotton fabric and thread. Other fabrics may ignite or melt in the microwave.

This activity is from our Seasons: Winter Core Program. To see our full library of programs, go to www.simplyhomeschool.com.au