



## EASY SEW BEAN BAGS

This is a great craft that doubles as an fun activity – tossing the bean bags into a hula hoop! The instructions below were originally posted on The Learning Chanel (TLC) website, as part of their Sewing Crafts\* section.

### MATERIALS:

- 2/3 yard of fabric
- Scissors
- Needle and thread
- Stuffing materials such as dried beans, or small packing peanuts.



Photo Courtesy of Happy Living Magazine

### INSTRUCTIONS:

- 1.** Cut three 4" x 8" pieces of fabric. Option: use different colours for each side.
- 2.** Fold each piece vertically in half to form a square. Sew closed two sides on each fabric square.
- 3.** Through the open end, fill the squares with stuffing material. To make light bags, use packing peanuts; for medium-weight bags, use dried beans.
- 4.** Sew the last side closed. Now go and have fun tossing that bean bag around (carefully!).

\*Source: <http://tlc.howstuffworks.com/family/sewing-crafts8.htm>