



How to make a pattern weight or bean bag...

1. First cut out an equilateral triangle – our small ones measured 21cm and the large ones 28cm.
2. Take your triangle, with the right sides together fold it in half, bringing two points together. Stitch from the fold towards the point, finishing 1cm before the point.
3. Fold up the third point, and again stitch from the fold towards the point, finishing 1cm before the point – ensuring you are just stitching through two layers of the fabric.
4. Now of the third side, start at the point and stitch down towards the fold, finishing 3-4cm short – making sure to backstitch or lock your stitches.
5. Trim the excess fabric at the top point and then turn the right way out.
6. Fill with rice or lentils – or if you're making a bean bag try fabric scraps or a filling of your choice!
7. Turn the raw edges of the fabric under and slip (or ladder) stitch the opening closed.

Ta da...you have a pattern weight!



## How to do a slip stitch or a ladder stitch...

Knot your thread.

Conceal your knot by inserting your needle inside the opening and bringing it out on the fold of the fabric.

Create a small stitch by inserting the needle in the opposite fold, when you pull the thread the stitch should almost disappear.

Run the needle underneath the fold and bring it up through fold after about 0.5cm. Then again create a small stitch by inserting the needle in to the opposite fold – repeating until the gap is closed.

At the end loop the thread through both folds, knotting as you go, repeat one last time.

To finish insert the needle in between the folds and bring it out further down the fabric, snip your thread nice and close to the fabric, then your tail end should disappear inside!

