

## Worry Monster pattern by Mrs Howie

Hello everyone, I hope you are all enjoying the sunshine and having fun at home. I've been busy making Worry Monsters for children to snuggle and read books with and you all know how I love to read stories. I thought you might like to join in and make one of your own. You don't need anything fancy; you don't even need a sewing machine. You can make your monster from scraps of fabric or fluffy socks and if you don't have toy stuffing, just use the stuffing from an old cushion or pillow. Your monster can be any size, you could even make one like Baked Potato!



I've been using the soft fabric from old jumpers and scarves and jersey t-shirt fabric. Maybe you have a favourite t-shirt, hoodie, jammies or fluffy socks that don't fit anymore; it would be great to turn them into your own monster and have a special toy while you are missing your friends. There are lots of ideas online and I found lots of inspiration on Pinterest.



These are the things you will need:

Scrap paper  
Cereal card for templates  
A needle and some pins  
Scissors for cutting paper and card  
Small selection of fabric



Stuffing  
Pencil  
Ruler or measuring tape  
Scissors for fabric  
Thread, it doesn't have to match as it will be inside

1. Make your templates. *Tip:* we will be stitching inside the fabric and turning it the right side out, so make your shapes a tiny bit bigger than you want your monster to be; half a centimetre all the way round will be plenty. This is called the *seam*. Draw a body shape on scrap paper and decide if you want your monster to have ears, horns, a tail, arms or paws, legs and feet. I made my body shape 17cm across and 19cm from top to bottom. *Tip:* if you are using thick fabric, don't make the pieces too narrow (skinny) as this will make it difficult for you to turn them inside out. To draw a symmetrical shape; you can fold your paper in half, draw the shape and open it out. I decided on ears, arms and feet with a simple pocket that goes straight across my monster's tummy. I made a template for this by drawing round the bottom half of the body shape but you could make a little back pocket for your monster. *Tip:* I also made a lining from t-shirt fabric, but you don't have to do this. Now draw around your shapes onto the cereal card and carefully cut out. We are going to double over our fabric before cutting to help get both pieces accurate. You will only need 1 each of the body template, pocket, arm, leg, horn etc. These are your templates.



2. Fold your fabric in half with the outside together. This is called *right-side together*. This would be the side with the pattern on it if you are using a t-shirt or jammies. Lay the templates out onto your fabric and carefully draw around your templates with a pencil. If your fabric is dark use a light coloured pencil. Carefully lift the template away and pin both layers together before cutting them out. I made my monster's feet from the top part of my husband's socks. It's okay, they were a bit worn out anyway! I drew the shape straight onto the sock, pinned the shape and cut it out. My monster will look like he's wearing socks now.



3. Now lay out all your pieces. Remember you need to end up with 2 body shapes, a pocket and 4 pieces each of arms, legs, ears and horns. What do you think; are they ready to sewing together? We will work on the face a bit later.



4. Start by sewing all the small pieces. My photos show my sewing machine but if you don't have one that's no problem. Pin your shapes *right-sides together* and using a sharp needle, start stitching about half a centimetre in from the outside edge, leaving a gap open at the top to turn the shape inside out so all the *seams* and stitching are hidden inside. The open gap will be trapped inside the body once we have finished. Your stitches need to be tidy and if you research **back-stitch** online, this will make your seams very strong. You are creating a double stitch each time. You don't want your new friend to leak stuffing!



5. Turn the finished shapes inside out or *right-sides* out ready for the stuffing. If you have made long arms, like my one, get a grown up to help you. I use a wooden chop stick to help push through the thick part.
6. Gently fill a little stuffing into each shape, leaving a gap at the open edge. This makes it easier to sew later.





7. The pocket. I sewed the lining onto the pocket by stitching along the top edge and turning it over so the lining will be against the monster's tummy. You can create a little seam by turning over half a centimetre and sew in place with tiny stitches. Some fabrics, like jersey, don't fray so will not need a sewn edge.



8. Place the pocket onto the front or the back if you prefer, then pin in place ready for sewing.



9. Let's think about a face. I used the scraps from the ears and stitched around them to leave raw edges. If you are making a monster for a younger child, best not to use buttons as they can come off but you could use thick thread to outline eyes and a nose. It is easier to make the face at this stage, as it's easier to handle.
10. Sew the pocket around the outside edge of the body. This will stop it moving about when you are attaching the arms and legs.



11. Lay out the front piece again and decide where to place the arms, legs etc. Keep the back piece to the side for just now.
12. Carefully flip each piece over onto the tummy and face as we will be trapping them between the back layer and the front layer. *Tip:* make sure the edges will be securely trapped when sewing together, if not there will be holes once it is turned the right side out.
13. Mark a 7cm gap on one edge of the body. This will be the gap that will allow us to turn everything out at the end. I marked this with **2 red pins above**.



14. Carefully pin each piece and stitch in place. You don't have to use back-stitch this time as we will sew again to attach all the layers. Try to keep as neat as possible though. This will make your monster really strong as you'll want to wash it every once in a while.
15. I've tucked the arms within the outside edges as I don't want to accidentally trap them when we sew on the last layer.
16. Nearly there!



17. Add the back piece with the *right-side* facing in, so we have a sandwich of front, arms and legs, then the back.
18. Sew carefully around the edge like before, remembering to leave the gap where the pins are.



19. Turn everything, very carefully, the right way out and meet your monster.
20. It's ready for stuffing now. Make it as puffy as you like, spreading the stuffing out evenly.



21. Sewing up the gap is quite tricky, perhaps someone can help you with the pins. Make tiny stitches in a matching thread, if you have it. Try to make them as invisible as you can.
22. Have fun with your new friend. Don't forget to give it a name and email the school [admin.bishopmillp@moray-edunet.gov.uk](mailto:admin.bishopmillp@moray-edunet.gov.uk) with a photo: I would love to see them!



Love from Monster & Mrs Howie