



Cuddle up with these cute little bugs on those cold winter nights. Just pop them in the microwave to release a relaxing scent and a comforting warmth that will soothe all of your aches and pains. Slide one into a baby's car seat or crib to keep them snuggly warm! Put them in the freezer to create a cooling effect to calm a headache or to relax tired puffy eyes. Our instructions will complete a ladybug and bee each measuring 5.5" in diameter.

SUPPLY LIST

Each Bug will require the following:



FABRIC

NOTE: Fabric choices for the bug bodies should be soft and fluffy. Sweatshirt or Micro Fleece, Chenille or Washable (polyester) Felt are great choices. Fabric choices for the wings and feet should be anything that does not require finished edges (will not fray). If fleece is used for the body, scraps from that fabric can be used for the wings or feet.

Outer Fabric

- BUG BODY - 1 piece 7" x 20" (micro fleece, chenille, felt) We suggest Black for both bugs.
- FEET and WINGS - use scraps from the body fabric to cut 4 feet or 2 wings.
- APPLIQUE - 1 piece 5" x 5" (felt, jersey knit, fleece) We suggest RED for the Ladybug and Black or Yellow for the Bee.
- APPLIQUE FILLER - 1 piece 5" x 5" (quilting filler: warm & white, warm & natural)

Inner Bag

- 1 piece 6" x 12" (muslin)
 - 1 cup raw rice, flax seed, dried beans, or buckwheat
 - **Optional scent suggestions - cinnamon stick or chamomile (calming), lavender (restful), eucalyptus (revitalize), clove (comfort), sage (harmony)
- Amount in form - 1 TBSP loose, 8 - 10 drops oil, 1/2 cinnamon stick



NOTIONS

- Regular Sewing Foot
- 1/4" Sewing Foot *optional but very useful
- Embroidery Foot
- Embroidery Hoop (minimum 3.5" x 5" - 90mm x 125mm)
- Stitchitize Bee010 embroidery designs
- Medium weight tear-away stabilizer (1 piece - 4.5" x 5" for each bug)
- **optional water soluble topping if your Body fabric is very plush (under eyes only)
- 3-4 embroidery thread colours Black, White, Eye Colour (blue or green), and Yellow (for Bee)
- Regular Sewing Thread to match Body fabric and Muslin (wind bobbin of each)
- Applique Scissors *optional but very useful
- Fabric, Paper and Clipping Scissors
- Pins, Ruler, Masking Tape
- Fabric Marking Chalk