Weighted Blankets

Materials needed:

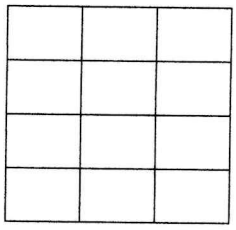
12 - 5" squares for front

14 x 19 1/2 " for back

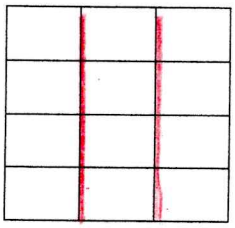
14 x 18.5 Batting

Directions:

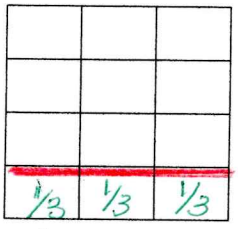
1. Stitch squares together with a $\frac{1}{4}$" seam. 3 wide by 4 long.



2. Attach batting to back piece
3. Sew front and back together - the 3 long sides and one shirt side - the bottom edge. Turn right side out. Leave extra 1" of the back open at the top.
4. Topstitch on the 2 long seams, to create two channels.



5. Add 1/3 cup beads to each column. Shake to bottom and stitch across the lower seam.



6. Repeat with the next two rows. Sewing along the seam each time.
7. Add 1/3 cup beads to the final squares at the top and close the top. The back is longer and can be folded over to the front.