

# Sit-Upons

## What is a Sit-Upon?

It is something you sit-upon to keep dry and warm. Sit-upons are usually home-made, and are a great craft for your girls to make in preparation for a hike or camping trip. Girls use sit-upons to protect themselves against the cold and wet when sitting on the ground, a log, or any other cold/wet area.

There are many types of sit-upons that girls can make. Some are more permanent and can be used over and over again, and some are so simple and cheap to make, that they are quick and easy fixes when you're in a bind.

## Tips

- Plastic shopping bags make cheap, easy stuffing.
- For younger girls still developing motor skills, you can prepare some of the materials in advance (e.g. cutting the squares out).
- Let the girls lead – show them a few different types of sit-upons and the cost of materials. Let the girls decide which kind to make.

## Tablecloth Sit-Upon

- Vinyl tablecloth
- Foam or other stuffing
- Scissors and hole punch
- String/yarn

**Instructions:** Cut a 12 inch square pattern for your sit-upon. Using your pattern, cut your square out on the fold of the table cloth (such that you have one rectangle that folds over to make your square). Cut out your foam stuffing to fit within your square. Punch holes on the open 3 sides, place stuffing inside, and sew together using your string. Tie the end off with a bow.



## Plain and Simple Sit-Upon

- Plastic bag
- Scissors

**Instructions:** Cut a 12 inch square piece of plastic and use it to sit upon. For an indoor variation on this sit-upon, use a carpet square.



## Plastic Bag Sit-Upon

- Thick plastic bag
- Filling (newspaper, foam, etc)
- Duct tape

**Instructions:** Open up your bag and place filling inside to the shape and size of your choice. Fold the excess bag over to close off the opening. Duct tape around all sides, making sure to cover any openings, such that water cannot get in.



## Woven Newspaper Sit-Upon

- 14 sheets of newspaper

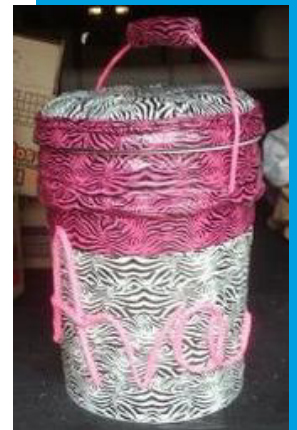
**Instructions:** Fold each sheet in half, four times. Press strips flat. Weave the strips together, with a 7 strip x 7 strip woven pattern. Fold the ends back and tuck them in or tape them down. Use as is, or cover with clear tape to make it water proof.



## Bucket Sit-Upon

- 5 gallon bucket with lid
- Stuffing
- Plastic/vinyl tablecloth
- Duct tape

**Instructions:** Using the lid as a pattern, cut out your stuffing. Then cut out your vinyl tablecloth piece, at least 1.5 inches larger than your lid. Place the tablecloth piece down, then the stuffing, then the lid. Fold the edges of the tablecloth over the lip of the lid, and duct tape down. Then place the lid back on the bucket, and duct tape it to the bucket.



## Blue Jeans Sit-Upon

- Old pair of blue jeans
- Needle and thread
- Scissors
- Stuffing

**Instructions:** Cut off the legs of the pants, leaving about 1 inch of each leg. Unzip the pants, turn them inside out, and sew the legs and waist closed. Using the hole from the unzipped zipper, turn the pants right-side out, then stuff the stuffing through the zipper hole. Zip-up the pants and voila!

