

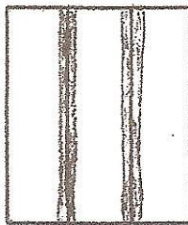


# Weighted Blanket Instructions

Items needed: Inexpensive zip-loc sandwich bags  
Dry beans (or other material to fill bags - i.e. sand; plastic pellets)  
Duct tape

- 1) Fill the zip-loc bags with dry beans.  
(I utilized 1/2 cup per bag - you may want more or less depending on the size of the blanket and whether you want it heavier or lighter)
  - 2) Lie the bean-filled bags on the floor next to each other in the size/configuration that you would like your blanket.
  - 3) Cut the duct tape into a long strip and tape along one "seam" of the bags. Repeat this process for all vertical seams where the bags meet. (see diagram A)
  - 4) When the bags are all connected, begin placing long vertical strips of tape starting from top to bottom to cover the entire surface of the bags. When one side is finished, turn the blanket over and repeat on the other side. (see diagram B)  
(Covering the blanket helps cut down on the crinkly noise produced by the bags and helps to prevent the bags from breaking open and beans spilling out.)
  - 5) After covering both sides, place a strip of tape across the top edge with only 1/2 of the width of the tape covering the edge (1/2 of the tape hanging off the top -- see diagram C). Turn the blanket over and adhere the edge of the tape hanging off the top to the other side to form an end "seam". Repeat this on the bottom edge, then on the 2 sides.
  - 5) To make the blanket more comfortable, make a cover for the blanket out of a soft material. You can do this in a couple of ways:
    - If the blanket is small enough, you can sew together 2 receiving blankets on 3 sides, leaving the bottom open to slide the weighted blanket in and out.
    - You can sew a piece of material to make a coverlet for the weighted blanket.
    - If you don't sew, you could try using a light-weight, child-sized sleeping bag to put the weighted blanket into or a pillow case if the weighted blanket is small enough.
- \* You may want to get clips that are made for duvet covers to keep the weighted blanket inside the cover. The clips are made to clip the corners of the weighted blanket to the cover so that it does not shift around inside the cover. These can generally be purchased at stores that sell duvet covers for quilts.

A



B



C

