

## SEWN PAIR OF BEARS OR CATS, IN 2 SIZES

For therapists working with children/young people with body image concerns

Pattern kindly donated to Knit-for-Nowt by Janet Grainger



## Body Image monsters

*“Sadly the issue of body image for both boys and girls has become a huge concern for many families. We all know social media has played a massive role in this and the results have reached very young children. Sadly a lot of kids now believe to be popular, attractive etc, you need to look a certain way! This in its self can lead to mental health issues and eating disorders.” These body image monsters, requested by a therapist working in this field, are a way of helping children feel comfortable expressing their emotions, not just on body image but many other issues.... every small gesture is a small step towards stamping out these appalling trends and helping children to grow into adults who are confident and emotionally strong enough to know their own worth!!”*

*Jan on Facebook*

### What's needed

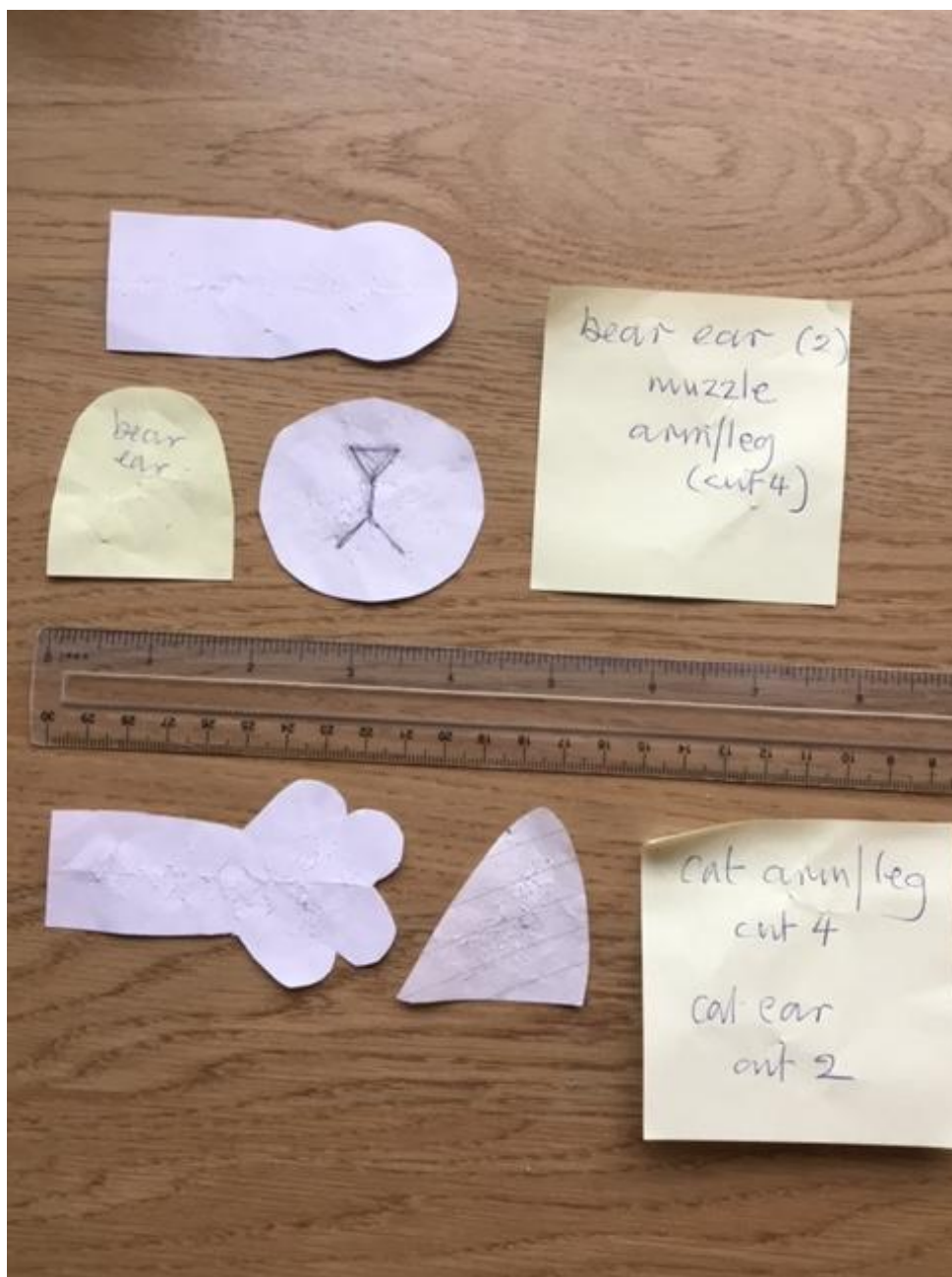
- Pieces of fabric of your own choice. The face will stand out better if you use a plain fabric for the top part behind the features, see pictures.
- Fabric pieces for the pockets, which are attached at the front (or use felt)
- Each animal should be made with identical fabrics and features, so that the only difference is the width of each one (they should be the same height).
- Pieces of felt for the ears, arms, legs, eyes and noses, see pictures.
- Normal sewing kit used with your sewing machine and coordinating threads.
- NB. Please do not use any glue – features should be attached firmly with thread. If desired you could use buttons for the eyes, but please ensure that they are extra firmly attached for safety.
- Toy approved stuffing which has a BS or CE label on the packaging and says that it's suitable for toys. Please don't stuff your items with any other materials or they won't be able to be donated, thanks.
- If using furry or very hairy type fabric please check that no little bits of it are able to be pulled out, a potential choking hazard for small children.

### Thin cat/bear

Cut 2 body pieces 6" x 12". This includes 1/2" seam allowance.

Cut one pocket piece 5"x5" – you can make a curved shape if you wish, see first picture.

Cut 4 arm/leg pieces and 2 ears from felt – see the illustration, which is not to scale. It's fine to judge the size of the arms, legs and ears yourself without a pattern.



**Neaten top of pocket**

**Fold the other 3 sides under and pin (or use felt)**

**Stitch the pocket in place on 3 sides, leaving the top open**

**Add face and eyes (see photo)**

**Stitch the 2 legs in place first. They need to be placed at the bottom, with edges level with the bottom of the cat, but the legs need to be facing upwards, ie. towards the top of the cat.**



**Place the arms at the sides, again facing away from the edge. Pin  
Also ears are placed at the top but pointing downwards. Pin**



**Place the back on the front, right sides together, matching edges**

**Starting at the bottom, stitch round the cat/bear, leaving 5" open at the bottom  
Remove pins!**

**Turn right way out and stuff**

**Stitch opening by hand**



### **Fat cat/bear**

**Cut 2 body pieces 9" x 12"**

**Cut pocket piece 5" x 6" wide**

**Cut 4 arms and legs as before, but make them 1/4" fatter each side.**

**Cut 2 felt ears as before.**

**Avoid the temptation to make the fat cat taller. Make as for thin cat.**

**Fix your 2 cats together loosely with a piece of wool so that they do not get parted in transit.**

**Send to Knit-for-Nowt!**