

Janet Clare

www.janetclare.co.uk

Polar bears

hand sewing (raw edge) and embroidery



Requirements:

Mummy polar bear measures 8 ½ inches (22 cm) from her bottom to her nose

Her babies (coys) measure 4 inches (10cm)

Fabric- blanket, fleece or felt (something which won't fray)

Toy stuffing or leftover wadding scraps

Scissors

Needles, pins

Sewing thread- grey and cream

Embroidery silk- black

Janet Clare

www.janetclare.co.uk

Stitching Instructions

1. **Cut paper pattern template:** Cut the polar bears out and pin to your chosen fabric (double thickness).
2. **Cut fabric:** Cut out two bodies for each polar bear.
3. **Embroider:** Stitch ears using grey sewing thread. Embroider eyes in black embroidery silk- I used French knots. The nose and mouth are embroidered after stuffing the polar bears.
4. **Sew polar bears:** Place *wrong sides* together and stitch round their bodies using a whip stitch. Leave a section of the back open for stuffing. Hide your stitches or make them worth looking at!
5. **Stuff:** Using toy stuffing or leftover wadding fill your polar bears. Be careful not to over-stuff, as the seams will only rip if you do.
6. **Sew back closed:** Sew the opening closed.
7. **Embroider:** Stitch noses and mouths onto the polar bears using black embroidery silk and little stitches.
8. **Admire.** And never, ever point out your mistakes!



Janet Clare

www.janetclare.co.uk

