

Mini Theodore Bear Sewing Pattern and Instructions

Share the
love, sew
a bear hug



Measures approximately 9cm when complete



A Sewing Life Mini Theodore Bear Sewing Pattern and Instructions

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Welcome to ‘Share the love, sew a bear hug’. Come and join in.....

- Would you like to lower your stress levels and be creative?
- Would you like to take part in a sewing project for beginners which is guaranteed to be successful?
- Would you like to be part of something that spreads some joy and happiness to all involved?

If the answer is yes, then this is for you.....and here's what you do...

- Sew a mini Theodore Bear out of fabric. Felt is ideal but any fabric will do.
- Print off a little note and attach it to Theodore. The template is on the last page.
- Give it to a friend or family member or anyone else who you think would like a bear hug. It might even be someone you don't know.
- Theodore will fit in a pocket or purse so the recipient can reach for Theodore and have a bear hug whenever they need it.
- Take a photo and post it to our Facebook page so everyone else can share in your 'share the love, sew a bear hug' story <https://www.facebook.com/asewinglife>
- Tell any friends and family who you think would enjoy this project to join in by downloading the pattern from the website www.asewinglife.com

You will need:

- Small pieces of felt (or other fabric)
- Sewing needle and sewing thread
- Scissors for cutting fabric and another pair for cutting paper
- Small handful of toy stuffing. Alternatives are cotton wool, rice, fabric scraps
- Pins

Optional items:

- Knitting needle/ pencil or something similar to help push the stuffing in
- Black embroidery thread approx 80cm for eyes, nose and mouth and an embroidery needle which has a slightly bigger eye to allow for the thickness of the embroidery thread.

Size of fabric pieces:

Main body: 14 x 9cm

Nose: 2 x 2cm

Heart: 2 x 2cm

Number of pieces of fabric that will be cut out:

4 in total: 2 body, 1 nose, 1 heart.

Seam allowances:

0.5cm already included within pattern pieces.



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What if I need help?

Don't worry, we're here to help. There are several options.....

- You can join our Facebook group where some lovely like-minded people will be willing to share their sewing know-how <https://www.facebook.com/asewinglife>
- You can send us an email lisa@asewinglife.com

Let's get started.....

1. Print and cut out pattern pieces

- Ensure that your printer is set to print at 100% and print off the pattern pieces which are at the end of the instructions. Check that the 3cm square measures the correct size and cut out all 4 paper pattern pieces.
- Press the fabric before cutting out to ensure there are no folds or creases.
- Felt does not have a right/wrong side and can be cut out in any direction which makes it perfect for this project.
- Pin the pattern pieces to the felt and cut out with small sharp scissors. . Keep the pins inside the pattern piece area so they don't stick out and blunt your scissors when cutting out (**Fig 1**). The heart and nose pieces are so small that it will be easier to hold them in place when cutting out, rather than pinning them.





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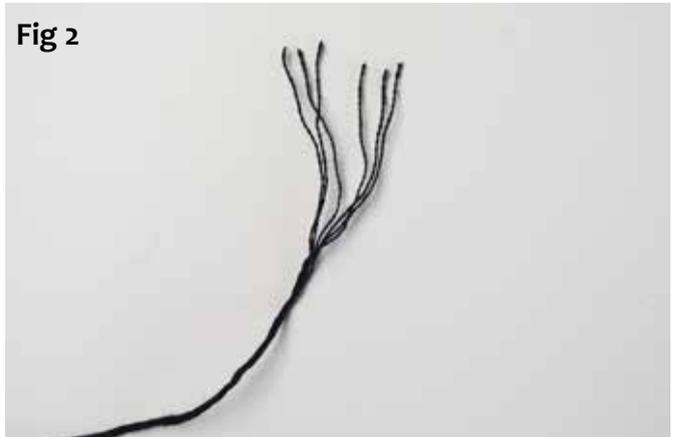
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2. Prepare the embroidery thread

Most embroidery thread has 6 strands twisted together to make 1 piece of thread. This would be too thick to use for the bear's small face so it is better to separate the strands and use 3 strands only (**Fig 2**).



3. Sew the first eye

Thread the 3 strands of embroidery thread onto an embroidery needle. Make a double knot at the end of the embroidery thread. Push the needle and thread through the wrong side of the head at the marked eye position and the knots will keep it securely in place.

Make 3 small vertical stitches for the first eye approx 4-5mm long (**Fig 3**).



4. Sew the other eye

Push the needle and thread through to the wrong side of the head. Take the thread across the back of the head to the other marked eye position. Repeat the 3 stitches to make the other eye. Bring the needle through to the back of the head. Tie a double knot at the back of the head to secure the thread in place and cut the end off (**Fig 4**).





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5. Embroider the nose and mouth

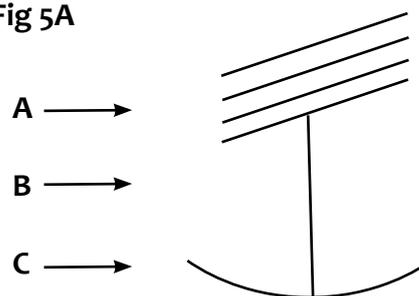
Tie a double knot at the end of the embroidery thread to keep the thread in place. Push the needle and thread through the back of the nose at the point where the diagonal stitches will start.

Follow the steps in **Fig 5A** to create the nose and mouth:

- Sew 4 small diagonal stitches 3mm long to make a nose shape (**A**).
- Take the needle to the bottom of the nose shape and sew a 3mm vertical stitch (**B**).
- Sew the smile by making a stitch either side of the last vertical stitch which slope upwards by 4mm to form a smile (**C**).
- Finish the thread off on the wrong side of the fabric with 2 knots and cut the end off.



Fig 5A



6. Sewing thread

For the rest of the project, use a matching colour sewing thread rather than an embroidery thread. This will make the stitches almost invisible.

To sew the white nose to the head, sew 3 stitches directly on top of each other to secure the sewing thread in place in the head area where the white nose will sit (**Fig 6**).





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7. Whip stitch the nose to the head

Sew the nose to the head using whip stitch. Follow the steps in **Fig 7**:

- 1 - the needle comes out from the back of the nose
- 2 - the needle goes back into the head
- 3 - the dotted line shows the thread that is on the wrong side of the head
- 4 - the needle comes out from the back of the head and the nose
- 5 - the needle goes back into the head

This process repeats until the stitches meet back at the start.

At the back of the head sew several stitches in the same place to secure the thread and cut the end off.

Fig 7A shows steps 1, 2 & 4.

Easier alternative

Use a running stitch to attach the nose instead of a whip stitch.



8. Whip stitch

When using whip stitch:

- Make tiny, neat stitches
- Do not pull the stitches too tight





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9. Sew the heart to the body

Use whip stitch to sew the heart to the body using a matching colour sewing thread (**Fig 9**).

Easier alternative

Instead of using whip stitch, sew one stitch in the middle of the heart and sew over it several times to attach it to the body.



10. Whip stitch the body

Use whip stitch to sew the 2 body pieces together.

Easier alternative is to use running stitch.

Start at the lower part of the arm.

- Sew several stitches on the back piece of felt to secure the thread.
- Sew through both pieces of felt.
- Start the next stitch a few mm away from the previous stitch (**Fig 10**).
- Keep repeating this stitch.



11. Sew the body pieces together

Repeat the whip stitches around the edges of the bear until you reach the top of the head.

Easier alternative

Instead of using whip stitch, use a very simple running stitch to sew the body pieces together. Place a knot in the end of your thread so that the thread stays in place and then start stitching.





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12. Stuff the body

Use toy stuffing to stuff the body. If you have any small felt/fabric scraps you can also use that but make sure they are very small pieces. You can also use rice as long as the stitches are small enough to keep the rice contained. Using cotton wool is another alternative.

Gently push the stuffing into the legs and the other arm. Then stuff the ears, head and then the body. Use a chopstick or blunt pencil to gently ease the stuffing in (**Fig 12**). Be careful not to push too hard and rip any seams.

Fig 12



13. Finish sewing the 2 body pieces together

When the bear is fully stuffed, continue to stitch the outer edges until the whole of the bear has been stitched. Sew over the last stitch several times. Push the thread into the body and cut it off, allowing the end of the thread to disappear into the body.

Fig 13



14. Finished

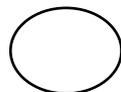
Mini Theodore Bear is now complete :)



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TEST SQUARE
This square
should be 3cm
when printed.



A Sewing Life
Mini Mathilda Bear
Nose
Cut 1 white



A Sewing Life
Mini Mathilda Bear
Heart
Cut 1 pink



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Mini Theodore Bear

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To:

Share the love, sew a bear hug

I have made this mini Theodore Bear for you so that when you need a bear hug you can reach for him and give him a squeeze knowing that he was made with love.

If you would like to join in and do the same for someone else, go to www.asewinglife.com and get the free pattern.

Share your photo on the Facebook page and encourage others to join in with this lovely idea.

From: