

## Sensory Blanket/Apron



Sensory 'blankets' lie on the lap of patients and so the size is not too crucial. Ties can be added easily to turn it into an apron.

To make a similar one to this cut two rectangles of fabric measuring 20 inches by 15 inches. Using one of the rectangles, stitch on pieces of textured fabric such as velvet, cord, fur or fleece. Sometimes the reverse of a material can be interesting, too. Add anything tactile, or that can be 'fiddled' with, such as zips, buckles, cotton reels, beads, braiding, toggles or buttons.

Place the backing on top and, with right sides together, stitch round leaving a reasonable sized opening for turning. At this stage ties could be added. Turn right side out, sew up the opening and then topstitch all the way round.

Note: it is very important that everything is stitched on firmly.

