

## Twiddle Muff Pattern

### Fleece Sewing Instructions:

- Cut 2-3 pieces of fleece 13" by 13".
- Sandwich the fleece pieces together; with the pattern facing out, sew a ½" seam allowance down the two opposite sides of the square.
- Fold square in half, bringing the two unsewn edges of the square together and sew ½" seam allowance along the raw edges of the fleece. This forms the Muff.
- Embellish one side of the fleece with safe, blunt objects to be Twiddled. Safely secure items with string or yarn.
- Suggested items, but not limited to:
  - Buttons, bracelets, curtain rings, ribbons, stringed beads, keychains – anything you can attach to the Twiddle Muff
- Turn Twiddle Muff with embellishments inside and it's ready to use.

### Knit, Crochet, Loom Instructions:

- Knit, Crochet or Loom a roughly 12" by 12" square using any variety of yarns and stitches
- Fold square in half and stitch together the long side to make a 12" by 6" hand muff
- Consider Adding:
  - Stripes by using different colors and yarn textures
  - Variegated yarn colors
  - Texture stitches on one side of the square; the other side will receive add on embellishments
- With the inside facing out, securely add Embellishments to the inside of the Twiddle Muff:
  - Any item that is safe and smooth, nothing sharp or pointy
  - Items you received as give away items: plastic bracelets, key chains
  - Dollar Store items strung together: pencil grippers, beads, plastic curlers, hair ties
  - Strips of colored Tulle netting
  - Yarn covered curtain and shower rings
  - Rick Rack, Pom Poms
  - Think items you have around your home or office – Be creative
- Hands are placed on the inside of the Twiddle Muff and the person can Twiddle with the items found inside
- If texture stitches are used on the outside of the Twiddle Muff, these also can be Twiddled