

Make your own

Weighted Sock

Buddy



The weighted sock buddy can be held, rested in someone's lap or placed on the shoulders, cuddled or smelled.

They are great to use for

focus

calming

grounding



Materials and equipment

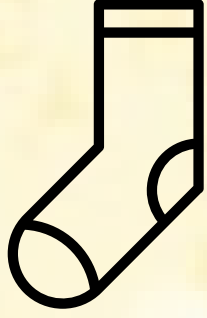



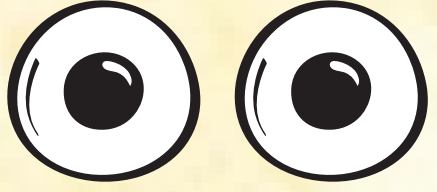
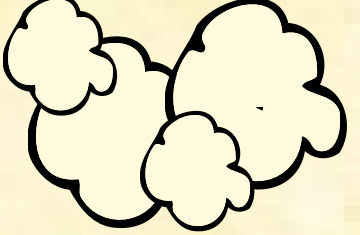

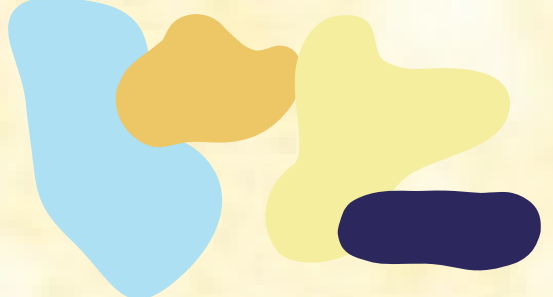


Materials you need:

- 1 x large, colourful, patterned and suitably textured sock (approximately 35cm in length unfilled)
- 2 x sections of pantyhose/stockings or thin socks (approximately 20cm in length)
- 1 x cable tie
- 3 x squishy balls (see previous activity)
- 2 x eyes
- 2 - 4 cups x filling material e.g. rice, glass beads, aquarium gravel or poly pellets
- a range of fidget pieces to add texture and for embellishment like beads, ribbon, paper clips, fluffy balls, pipe cleaners
- felt offcuts
- template for feet
- glue
- optional: essential oils

Equipment needed:

- hot glue gun
- pins
- scissors
- funnel
- small scoop or cup measurement
- texta/marker

Materials

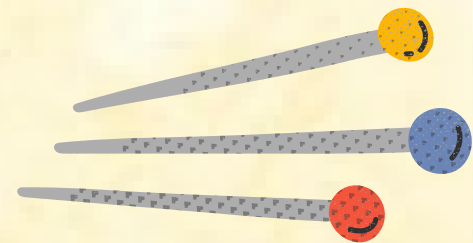
- 1x large sock 
- 2 x sections of stockings 
- 1 x cable tie 
- 3 x squishy balls (see Stage 1 activity) 
- eyes 
- 2 - 4 cups x filling material 
- a range of fidget pieces to add texture 
- felt offcuts 
- template for feet 
- essential oils 

Equipment

- hot glue gun



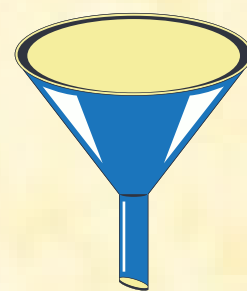
- pins



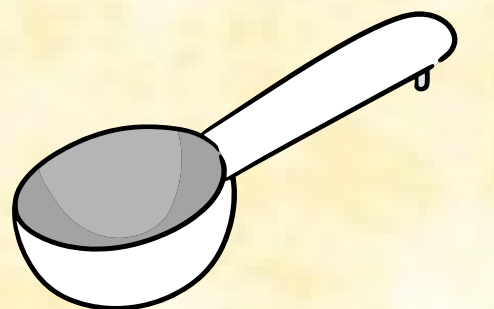
- scissors



- funnel



- small scoop or cup measurement





- texta/marker



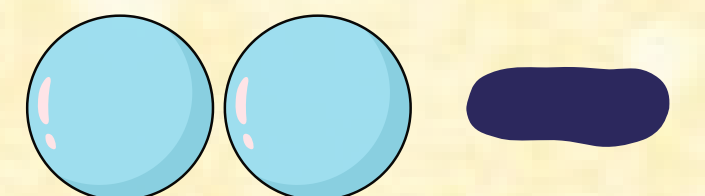
Steps

1

1 Print out the feet template and cut out both the front and back feet. 

2 Place the paper template over some felt offcuts and secure them with a pin. Cut 2 x front feet and 2 x back feet. 

3 Place 2 squishy balls, knot sides together, so they form a long cylinder shape. Secure them by firmly wrapping the balls together in some felt or fabric.



Steps

2

4

Take 2 stockings or thin socks and fill them both with poly pellets, rice or gravel.



Secure them at the open end by tying a tight knot in the fabric.

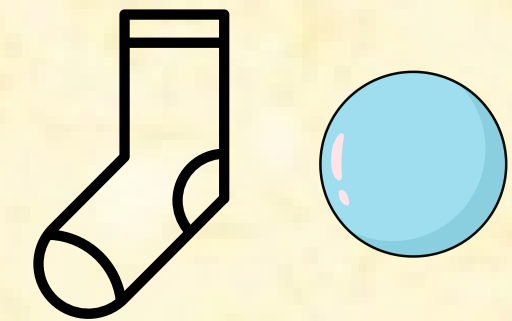


Ensure that they are larger than the tail section in width and that one filled sock is larger than the other.

Steps

3

5 To construct the platypus take the large fluffy sock and add the wrapped squishy ball to the toe section. This will form the tail of your platypus.



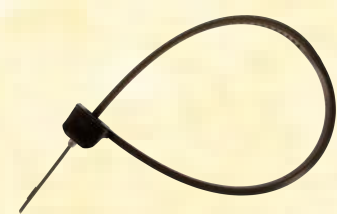
Then add the larger filled ball and push it as close to the tail as possible with the knot end of the sock in the middle and facing the opening of the sock.

Steps

4

6 Next, take the smaller filled ball and place the knot side of it facing the knot of the larger ball so that it can not be felt from the outside of the sock.

7 Add the final squishy ball and push all sections together so that they are as close as possible, ensuring there is around 8cm of sock left at the open end before securing the main sock with a tightly-pulled cable tie as close to the filled section as possible.



Steps

5

- 8 Fold the leftover part of the sock back over the squishy ball to form the bill.
- 9 Select whatever embellishments or decorations you wish to use on the outside of your platypus.

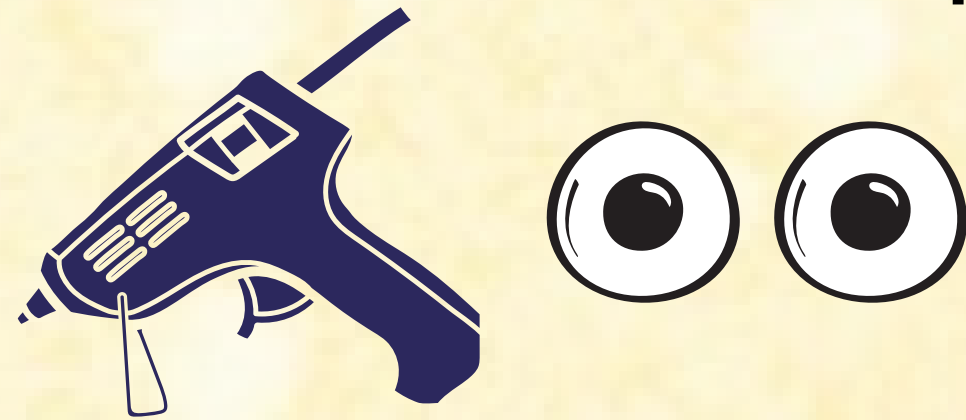


Steps

6

10

Turn on the hot glue gun and fasten the eyes, feet and any other embellishments you wish to use (see caution below). You may also wish to secure the bill fabric by running a strip of glue around the inside edge of the folded piece and joining it to the other side.



11

If you would like to add some essential oils to your sock buddy, place a couple of drops on the under section or to the inside socks before you secure them as the oil may stain the fabric.



Notes

Additional notes/considerations:

- Lavender and orange essential oils are known to be calming fragrances for most people. Please check with each student before assuming it is fine before adding as they may have an aversion to it and it may cause distress.

Caution:

- If there is a risk of someone chewing the toy, use buttons for the eyes and securely sew the eyes and feet on or draw them on to avoid a choking hazard. You may also choose one of the variations below, which have less parts on them.
- When using a hot glue gun ensure that children are properly supervised so they do not burn themselves or get glue everywhere. You may wish to use craft glue instead for a safer option however the glue may not hold as well or set as quickly.

Notes

Variations:

- For younger students or students with dexterity issues can make a worm, snake or caterpillar using a similar technique.
- For a worm or snake use one internal sock for the filling to sit in and one external sock.
- For a caterpillar you may wish to add fist sized filled balls to some small stockings/socks then place them inside 1 large sock.

Platypus Feet Template

