

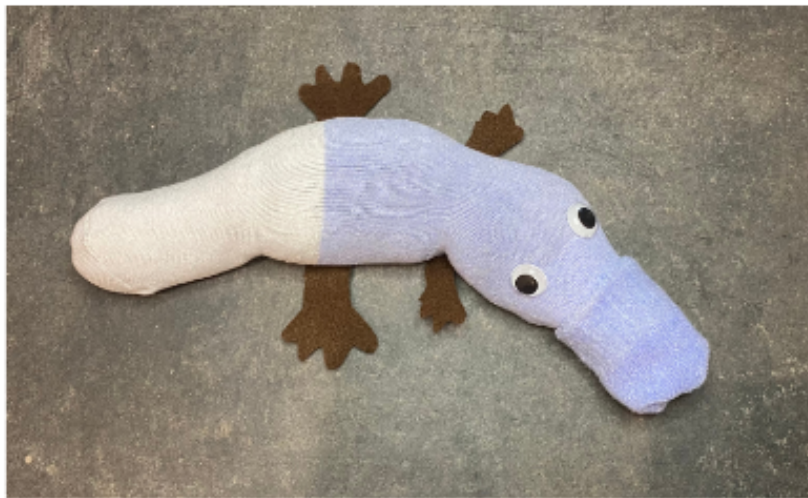
Stage Three

Weighted Sock

Buddy



Teacher Guide



Uses & Benefits

The weighted sock buddy can be held, rested on someone's lap or shoulders, cuddled or used to smell. It's great to help with focus, calming and grounding.

Materials & Equipment

Materials for each student

- 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

- Hot glue gun
- Pins
- Scissors
- Funnel
- Small scoop or cup measurement
- Texta/marker.

How to make

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 and knot sides together, so they form a long cylinder shape. Secure them by firmly wrapping the balls together in some felt or fabric.
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.
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.
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 about 8cm of sock left at the open end before securing the main sock with a tightly pulled cable tie as close to the gilled section as possible.
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.
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 on the inside socks before you secure them as the oil may stain the fabric.

Where to get supplies

- Poly pellets or fine gravel can be purchased in bulk online. The fine gravel may also be purchased from aquarium suppliers. If you are choosing rice or other legumes, these can be purchased from bulk food suppliers online through a number of suppliers.
- As a way of promoting sustainability, you could ask students to bring in their odd socks and/or stockings that have a small run or hole in them that would otherwise be thrown out. If students don't have any odd socks they might have a pair they would like to contribute to the activity to save on costs, otherwise, these can be purchased from a department or grocery store.
- Cable ties can be found at hardware or variety stores.

Templates

See the template at the end of this document for platypus feet cut outs.

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 fewer 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.

Variations

- For younger students or students with dexterity issues, you 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 one large sock.