PENGUIN POCKET PALS

The pocket pals are distributed and used by a wide variety of hospital departments at LPCH and loved by patients of all ages.

Penguins are made from 100% cotton fabric in various patterns of small prints or checks in black or grey fabric. They can also be made of black fleece. Eyes, bill/beak, abdomen and webbed feet are made from colored felt. Penguins are stuffed with polyfill stuffing. A half-yard cut of 45" fabric should make about 8 penguin bodies. Single sheet cuts of felt will yield many, many penguin body parts.

Directions: Wash, dry and iron fabric. Lay pattern on fabric. Cut 2 body pieces. From white felt cut 2 eyeballs and 1 abdomen piece. From yellow, gold or orange felt cut 1 bill/beak and 1 webbed feet piece. From black felt cut 2 pupils.

Stitch abdomen piece to right side of one body piece using white thread. Next, place pupils over white eyeballs onto the same body piece. Stitch pupils to eyeballs and body in one circular stitching motion using black thread. Center bill/beak under the eyeballs and using a matching color,

sew bill/beak to body. Pin the webbed feet to the right side of the fabric, centered under the abdomen at the hemline of the body. With right sides together, pin both body pieces together. Carefully insert a Hearts & Hand label on the back portion of the penguin, behind the webbed feet so as to only be seen from a rear view. Sew around the body of the penguin with a ¼" seam, leaving a small opening at the very top of the penguin's body. Clip around curves. Turn right side out and stuff with polyfill. Hand stitch the opening closed using appropriately colored thread. Finished penguins should be placed small plastic bags bearing the Hearts & Hands seal.

As always, we encourage all handmade items to be made in a clean, smoke-free, pet-free environment. For questions, contact heartsandhandsaffiliate@lpfch.org.

http://www.stanfordchildrens.org/en/volunteer/hearts-and-hands

PENGUIN POCKET PAL PATTERN

Opening

BEAK
CUT 1

CUT 2

H & H
Label

ABDOMEN
CUT 1

WEB FEET
CUT 1

EYEBALL
CUT 2

PUPIL
CUT 2