



# Orlando Sewcial

Creating community through creativity, come sew with us!

## Hand Grip Release Pattern

**Materials:** 6" x 7.5" piece fabric  
Scraps for filling  
Chopstick

**Directions:**

**Cut 2 pieces of the pattern**

**With right sides together, sew  $\frac{1}{2}$ " seam around leaving an opening at the top. Turn inside out and push out all the seams with a chopstick. Fill firmly with scraps. Sew the top closed.**

