

STUFFED BUTTERFLY©/ STUFFED FISH©



The stuffed butterfly and fish are designed to have a calming effect on residents who are upset or anxious. The fabric is soft and interesting to touch, and the shapes are different from traditional stuffed animals or dolls. You can put a string of the fish with the “Look Inside Tackle Box” and some fishing magazines for an interesting sensory kit. The butterfly can be used in mobiles or in a sensory kit with a small butterfly net and some gardening magazines.

Cues for use: Simply hand the stuffed butterfly or fish to the resident. It is appealing to touch and you can encourage the individual to hold it close or to talk about it. Residents often walk around holding the stuffed animal for several hours.

Promotes:

1. Calming effect
2. Sense of warmth and comfort
3. Tactile sensory stimulation

Discussion ideas:

Did you ever see a monarch butterfly? Where do you find butterflies in the summer?

When you were a child did you ever go fishing? What kinds of fish did you catch? What was your favorite part of fishing? Did you mind baiting the hook? What kind of bait?

STUFFED BUTTERFLY©

Needed:

- 2 pieces (each 9" x 12") of fabric for upper wing
- 2 pieces (each 9" x 12") of fabric for under wing
- 2 pieces (each 9" x 12") of batting, 1" thick
- 9" x 7" scrap of fabric for body
- 2 safety eyes—black round 12mm eyes
- Ultra-soft Fiberfil stuffing for body
- 2 pieces (each 9" x 12") of freezer paper (optional)

Notes:

Suitable fabrics for the upper surface of the wings include brightly colored polar fleece, velour, other fleece, and velvet.

Suitable fabrics for the undersurface of the wings include any brightly colored satiny material (despite its labeled care instructions, acetate bridal satin can be washed and is very suitable.)

Any fabric that doesn't ravel may be used for the body (preferably robe velour or fleece). All fabrics must be washable.

Safety eyes must be used. These childproof eyes go through the fabric and are fastened with an unremovable washer. Do not use buttons or glue-on eyes.

Instructions

Cut out all the pattern pieces. Tape the two parts of the butterfly wing pattern together, matching A's and B's to make a full wing pattern.

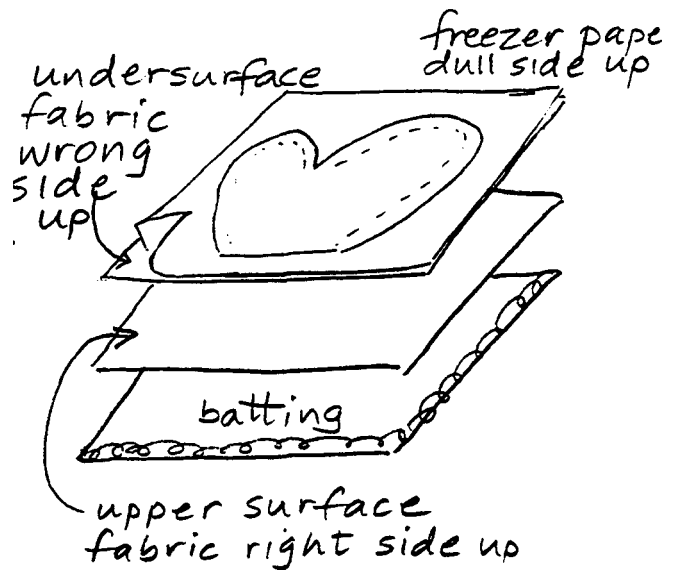
The seam allowance is 1/4"

Wings:

Trace the wing pattern onto the dull side of the freezer paper. Make two patterns-- one for the left wing, one for the right wing.

Using an iron set on moderate heat, iron the freezer paper patterns onto the wrong side of the undersurface wing fabric. The freezer paper's plastic coating will make the paper stick to the fabric.

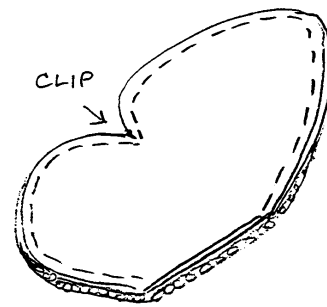
Make a sandwich with the freezer paper on top, then the undersurface fabric wrong side up, then the upper surface fabric right side up, and finally the batting on the bottom (as shown). Pin all the layers together.



Leaving the freezer paper in place, stitch each wing along the stitching line, making sure to reinforce the stitching at the part you leave open.

Cut each wing out along the cutting line, clip the inside of the “V” of the wing as shown, and rip off the paper. Turn the wings right side out.

Stitch all around the wings’ sewn edges, about an inch in from the edge. (If you find it hard to sew through all the thicknesses, don’t worry. The stitching does not have to be perfectly symmetrical or straight.)



Body:

Cut out the body piece from a fabric remnant. If you are using stretchy fabric, lay out the fabric according to the arrow on the pattern.

Fold the body in half, right sides together, and stitch along stitching line, making sure you reinforce the stitching at beginning and end of each seam.

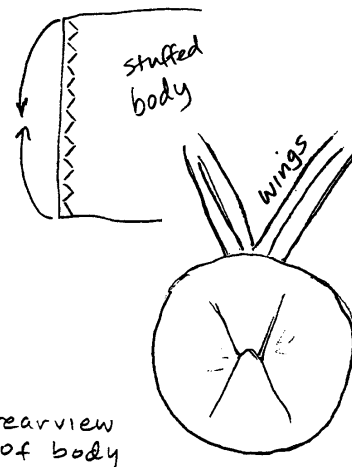
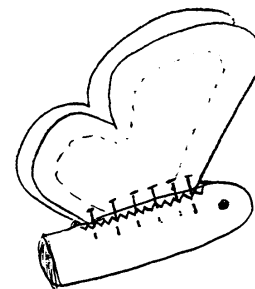
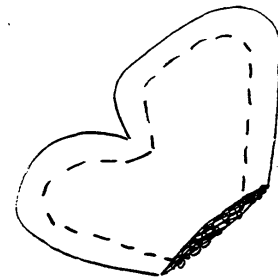
With the body still inside out, make a small hole through both thicknesses of fabric at the spot where you will attach the eyes. Attach safety eyes (with safety washers) to positions shown, following manufacturer’s directions. Make sure you are inserting them so they will be right side out when you turn the body right side out.

Turn the body right side out.

Pin both wings together, with uppersurfaces facing each other. Insert them in the body as shown. Pin carefully, from both sides of the body. Make sure you catch all the layers.

Using a zig-zag stitch, stitch through all thicknesses, reinforcing ends of stitching and making sure to catch all layers of fabric.

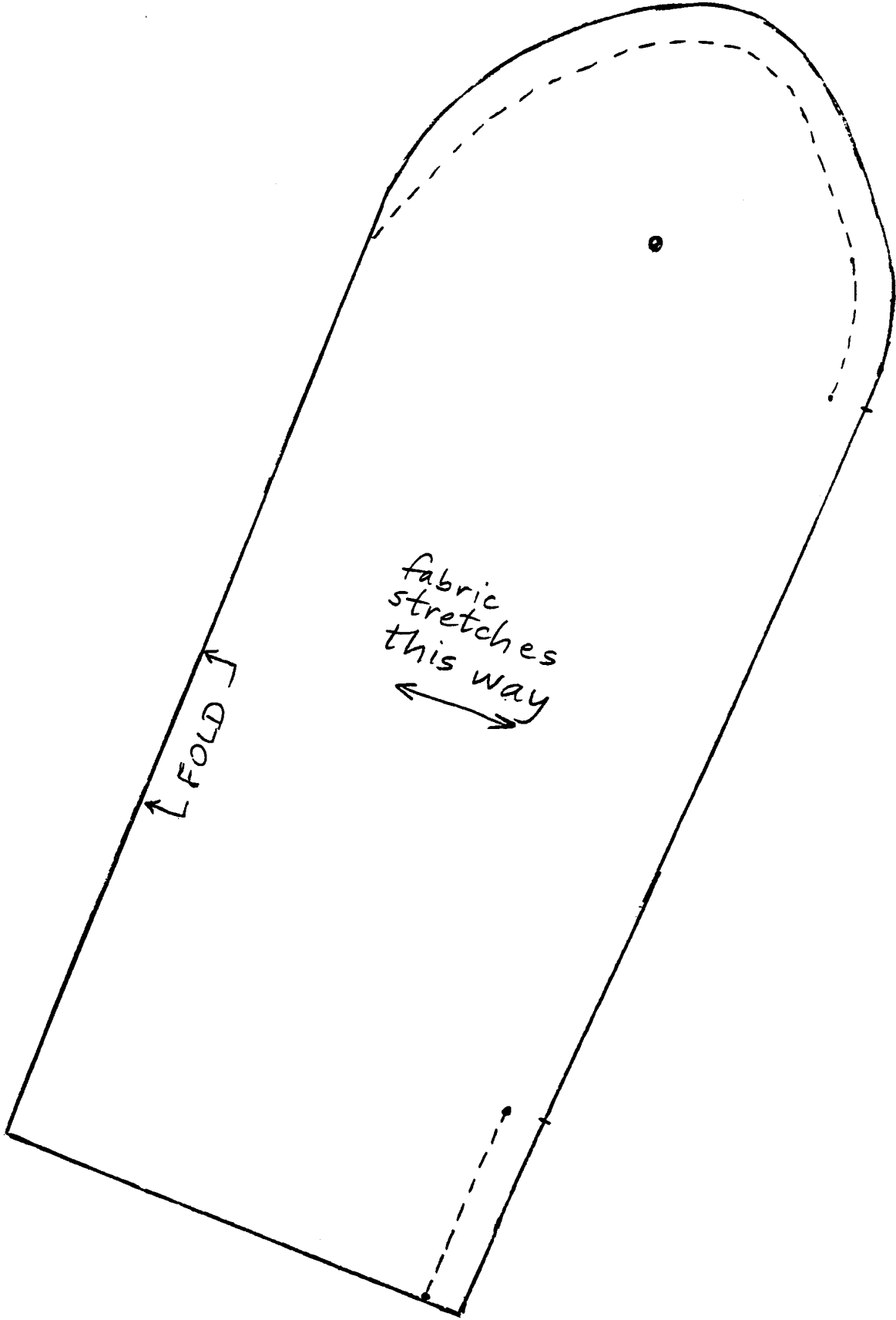
Firmly stuff the body and slip-stitch or machine stitch (using zig-zag stitch) the butterfly’s rear-end opening shut. Sew the top and bottom corners of the tail end together, giving the butterfly a more tapered rear-end.

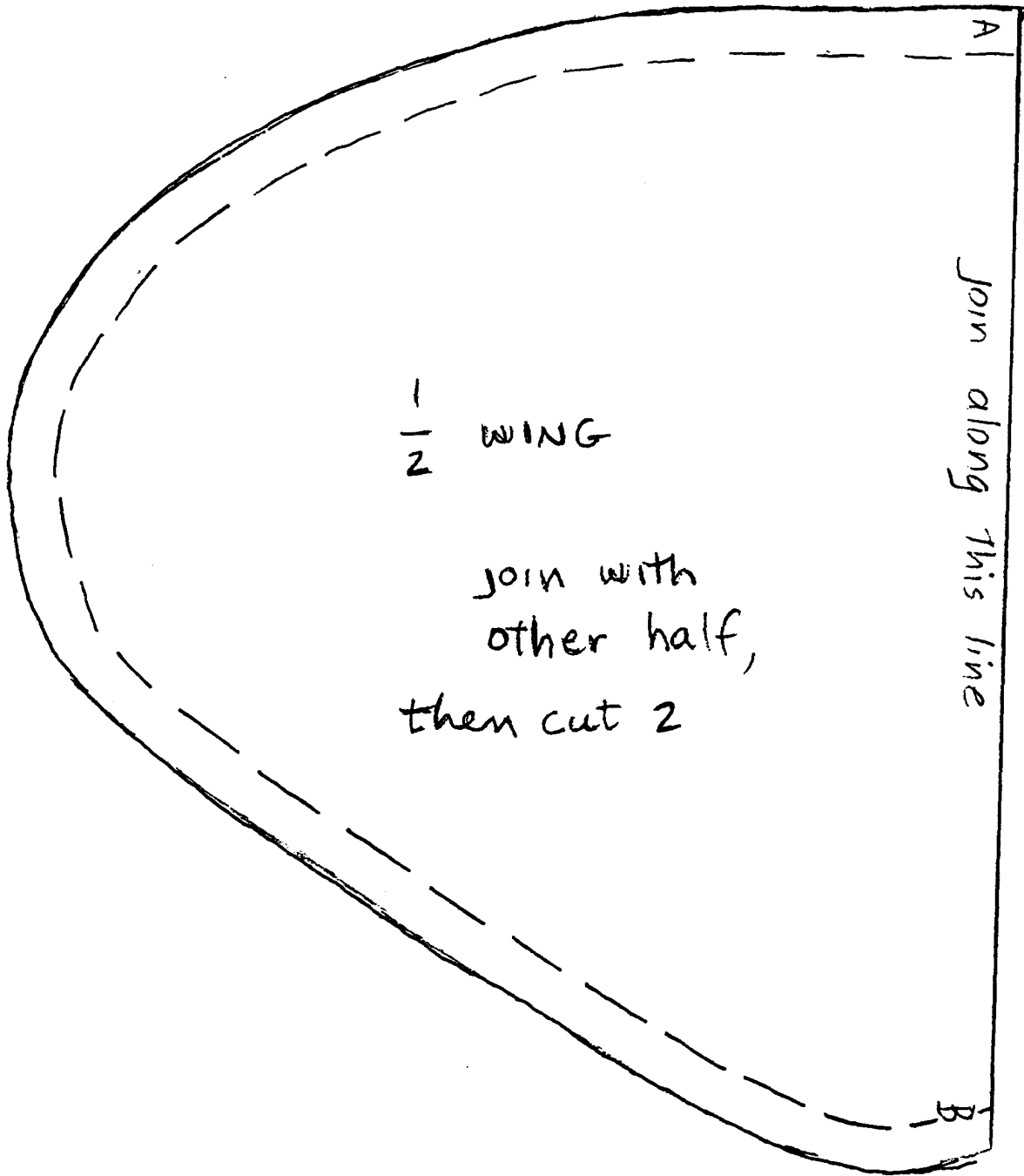


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Buettner, L. & Greenstein, D. (1997). Simple Pleasures: A multi-level sensorimotor intervention for nursing home residents with dementia. (Training manual and instructions)

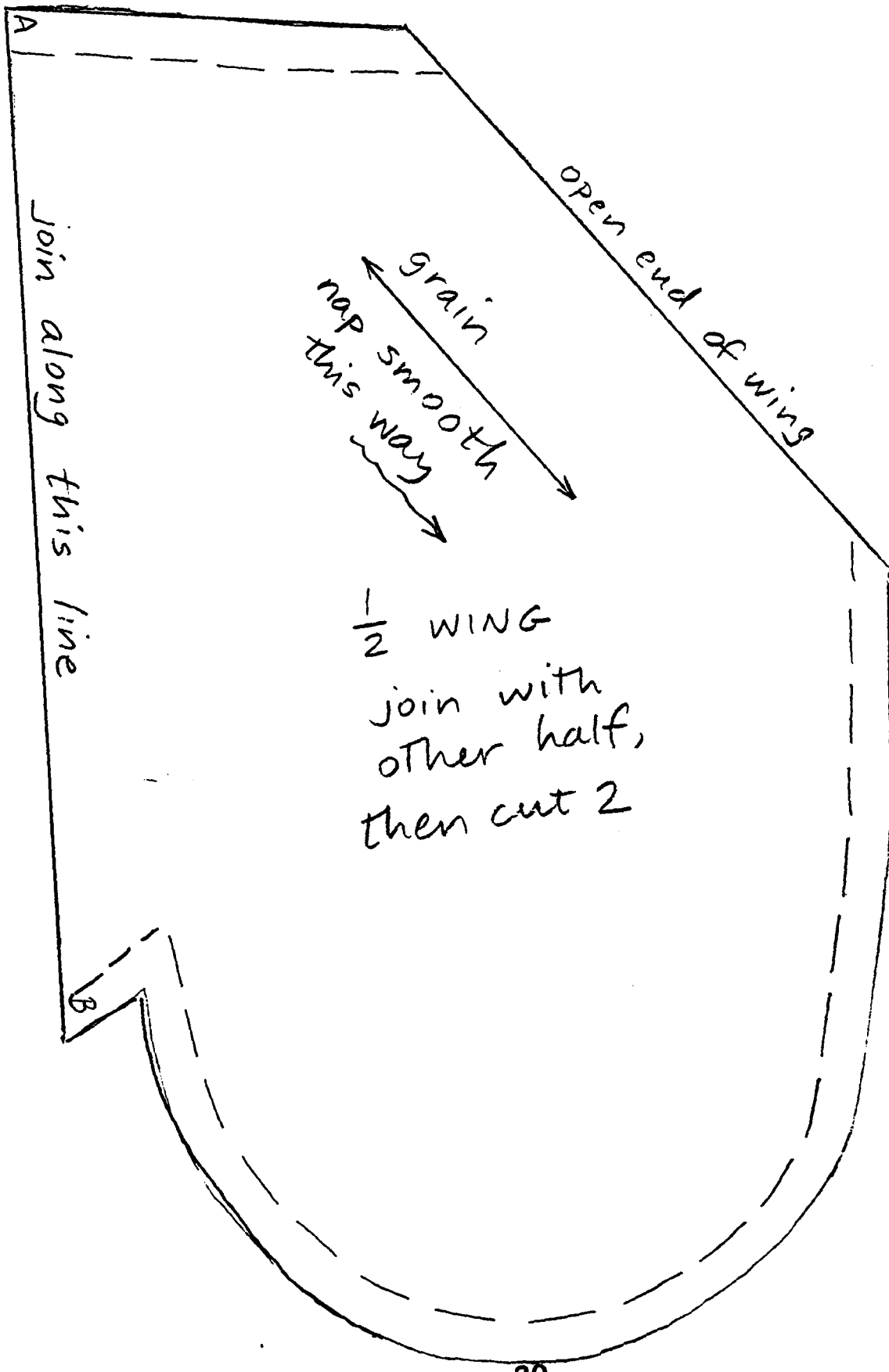




$\frac{1}{2}$ WING

join with
other half,
then cut 2

Join along this line



STUFFED FISH©

Needed:

- 1/4 yard of fabric (preferably fleece or washable velvet/velour)
- Scraps of fabric for fins and tail (preferably satin)
- 2 safety eyes -- black round 12 mm eyes
- Ultra-soft Fiberfil stuffing

Notes:

Suitable fabrics for the body include polar fleece, velvet, velour, other fleece. Suitable fabric for the fins and tail include any satiny material. All fabrics must be washable. Acetate bridal satin is washable (despite its care instructions) and can be used.

Important:

Cut out all the pattern pieces. Tape the fish's front end to the fish's back end at line F. This makes the fish's body.

The seam allowance is 1/4"

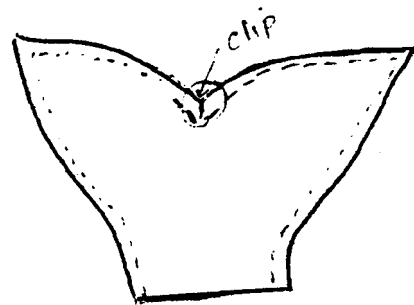
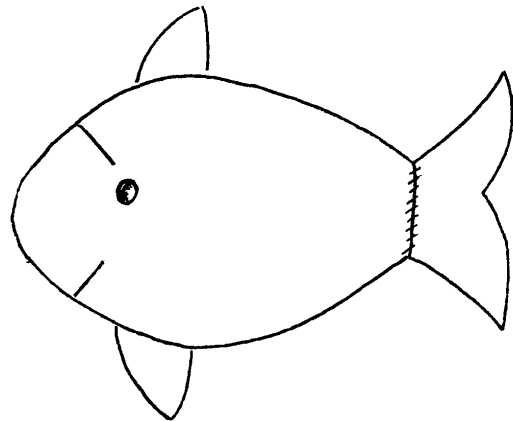
Instructions:

Cut two body pieces. If you are making the body out of stretchy fabric, lay out the pattern following the "stretchy" arrow. Mark darts, eyes, and black squares (for fins).

Cut out 2 fins and 2 tails. Note that the fins are cut on a folded piece of fabric.

With right sides together, stitch tail. Clip in "V" as shown. Turn right side out. Stuff lightly and set aside.

Fold each fin in half on fold line. With right sides together, stitch fins. Turn right side out. Stuff lightly and set aside.



To make darts on fish's body, fold darts, right sides together, so dotted lines match. Stitch on dotted lines.

Attach safety eyes (with safety washers) to positions shown, following manufacturer's directions.

Take one fish body piece, lay it right side up on table. Pin fins as shown with front edge of fin at black square mark on body.

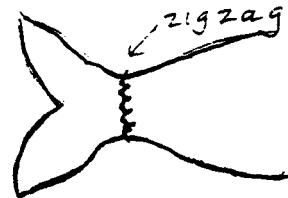
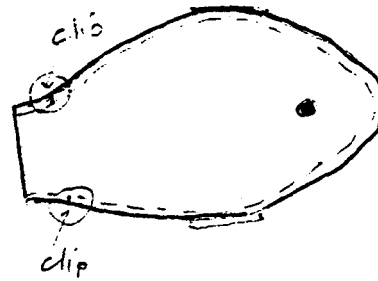
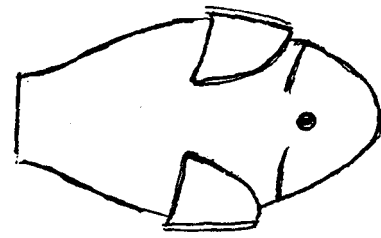
Lay the other fish body piece on top of the first one, right sides together. Stitch all around, leaving tail end open.

Clip curve in front of tail opening as shown.

Turn right side out through tail opening.

Insert fiberfil into body, stuffing tightly.

Insert tail into tail opening. Stitch through all layers, preferably using zigzag stitch.



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