

Water Lily Head Rest



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Resources:

Head rest template

Felt

Thread

Needles

Glue

Sequins

Wadding/Cotton Wool

pens

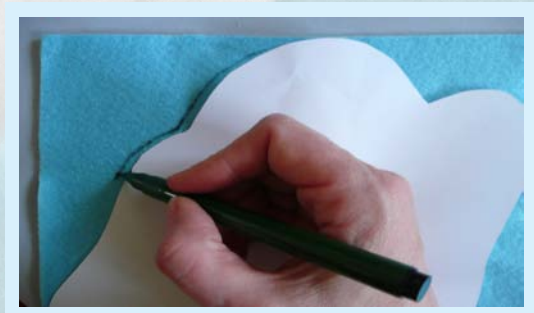
This is an activity based on traditional head rests.

Children may decide to create different images on their head rests - other traditional images could be available for reference or children could be asked to design a head rest based on their dreams or aspirations.

Instructions

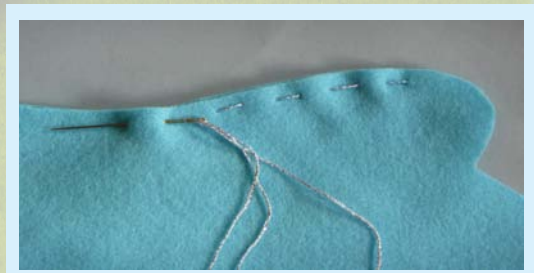
1

Draw around template twice and cut out shapes.



2

place shapes on top of each other and sew around outside edge. Leave room to fill with wadding or cotton wool later.



Water Lily Head Rest

3

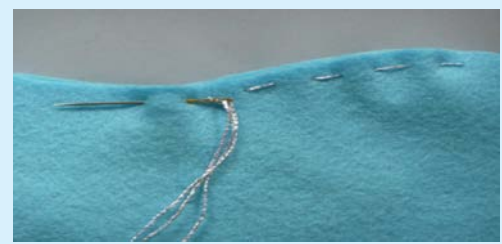
Cut out lily, petals and stamens and glue onto head rest. Add sequins for the pollen.

At this point, other designs can be cut out and glued onto the headrest.



4

Complete the head rest by stuffing with wadding or cotton wool and sewing remaining edge.



Your head rest is complete!



