

# Weighted Blankets for Operation Breakthrough

Blankets consist of an inner blanket with stitched cells filled with poly beads. A Duvet-style cover is made from children's sheets or prints for washability. Use ¼" twill tape or grosgrain ribbon to create loops and ties.

## Materials

Muslin & Print Finished Toddler size: 36" x 42", 2.25 yards >48" or 2.63 yards fabric <48" 3 pounds of plastic pellets  
Muslin & Print Finished Child size: 36" x 54", 2.25 yards >60" or 3.25 yards fabric <58" 4.5 pounds of pellets

Or use a twin sized bed sheet instead of printed yardage for a duvet cover

4 yards of ¼" twill tape or ¼" grosgrain ribbon, cut into eight 3" pieces and eight 15" pieces

**Larger child size is illustrated. It has 6 columns and 9 rows of fill.**

**The toddler size has 6 columns and 7 rows of fill.**



## Supplies & Equipment

- Large Table and Ironing Station
- Sewing Machine and Serger, Power Strips
- Heavy Needles such as denim needles or size 16. Have extra on hand
- Quality polyester thread for sewing. Thread for the serger
- Rotary cutters, cutting mats
- 6" wide Rotary cutting ruler for cutting and marking. Yardstick helpful
- Tape measures
- Fabric markers and pencils
- Pins and clips
- Metal ruler to help push pellets down
- Large and small scissors
- Fray Check or similar product to prevent twill tape ends from raveling
- Heavy White Plastic Pellets provided by Operation Breakthrough from [www.plasticpellets4fun.com](http://www.plasticpellets4fun.com)

### For the poly beads:

- Food scale
- Small paper cups to premeasure and pour pellets
- 1/8 cup measuring cup or spoons to equal 2 generous Tablespoons
- Cardboard wrapping paper tubes

## Weighted Blanket Directions

Larger child size is illustrated. It has 6 columns and 9 rows of fill.

Toddler size has 6 columns and 7 rows of fill.

1. Cut two rectangles of durable muslin or similar fabric: Toddler 37.5" x 45" Child 37.5" x 57"
2. Cut eight 3" pieces of twill tape. Fold each piece in half.
3. On one side, mark vertical columns, starting with center and working out. Make 5 vertical marks 6" apart. (B)
4. Mark the horizontal rows 6" apart, starting 1½" from the bottom. You should have 1½" extra left at the top. (C)
5. Mark centers of each side and bottom on one layer. On right side, place raw edges of folded twill tape at each center, plus 2" from each corner at the bottom. Pin in place so raw edges of loops match the raw edges and loops will turn to outside when seamed. Set aside 3 pieces of tape for the top end which is left open for later. (A)
6. Serge-finish top edges of both layers. Place unmarked layer of fabric right sides together on top of the marked layer with loops. Seam the bottom and two sides with half inch seam allowances. Serge finish the sides and bottoms.
7. Turn and press. Topstitch sides and bottoms ¼" to ½" from edge. (B)
8. Sew vertical channels from the bottom up, stopping 1" from the ends. Start with center (B) and work out, double stitching for durability. Backstitch at each end. Total 6 columns to fill with pellets.
9. Weigh the pellets on a food scale to equal 1⅛ ounce (1.25oz.) for toddler blanket or 1⅓ ounce (1.33oz.) for child blanket. Or measure 1/8 cup or 2 Tablespoons for each cell, and place into small paper cups, 6 at a time.
10. Use a long cardboard tube to help funnel pellets to the bottom of each channel. Pour measured amount of pellets into each vertical channel. (Note: we started with funnels but the pellets got stuck.)
11. Shake the pellets to the bottom of the row. You can pin the pellets into place or use a metal ruler to help push them away from the needle as you sew. Use a Denim or size 16 needle to sew the horizontal rows. It also may help to roll up the unfilled part of the blanket. If you need to stop sewing, overlap the stitches an inch when starting. Backstitch at the start and end. (C)

12. Repeat filling and stitching the second and subsequent rows. As the blanket gets heavier, support the filled part on a table that's ideally level with the machine.
13. When you reach the top, sew the top row at the line. Fold the excess top edge down and fold again. Underneath the fold, pin the remaining 3 loops of tape at the center and 1.5" from the sides and secure in place while hem is unfolded. Refold the hem and sew on the fold to catch the loops and securely close the top of the blanket. (D)

## Duvet-Style Cover Directions

Larger child size is illustrated

### Duvet cover with fold-over flap (preferred)

1. Cut 2 rectangles from print fabric or sheet      Toddler 38" x 44"      Child 38" x 56"
2. Cut 8 twill tape ties each 15" long. Apply Fray Check to the ends and let dry.
3. Cut an additional strip of fabric 7" wide by 38" long.
4. Serge finish and sew a 1" hem on one short side of one of the rectangles.
5. Serge finish and hem one long edge of the strip. OR, Turn raw edges twice and stitch along fold to hem. (G)
6. Place unhemmed rectangle right side up. Place the narrow-hemmed strip right sides together, at the top of the rectangle with raw edges matching.
7. Place the hemmed rectangle on top of the other two pieces, right sides together, aligning the sides and bottom. The hem will make the top edge shorter than the bottom piece. Clip or pin all layers together. (H)
8. Sew around all four edges with half inch seam allowances. You will end up with a slip case that has a flap to fold over the open end. Serge finish seams, trim corners.
9. On the inside, mark centers of each side. Place centers of 15" tapes on seamlines on sides. Place centers of 15" tapes 2" from each corner on bottom seam plus one at the center. Place a tape at the center and 1½ inches from each side on the inside of the hemmed open end. and 2" from edge at the top edge. Securely sew the centers of each ribbon. (H)
10. Turn cover right side out and press.
11. Add two snaps to secure flap. Fuse a circle of interfacing in snap position where fabric is single layer.

### Duvet cover with simple hemmed opening

1. Cut 2 rectangles from print fabric or sheet      Toddler 38" x 46"      Child 38" x 58"
2. Cut 8 twill tape ties each 15" long. Apply Fray Check to ends and let dry. Mark centers.
3. Serge-finish top edges. Place rectangles right sides together. Seam and serge bottom and side seams. (E)
4. Mark centers of each side. Place centers of 15" tapes on seamlines on sides and bottom. Place center of tape 2" down at center of open end. Place centers of 15" tapes 2" from each side on bottom seam and 2" from edge at the top edge, also 2" down. (E)
5. Securely sew the tapes into position.
6. Fold a hem at the open end deep enough to cover the tapes where they are attached. Stitch hem. (F)
7. Turn cover right side out and press.
8. Apply 3 snaps or Velcro dots to hold end closed. (F)

### To Insert Weighted Blanket into Duvet Cover:

1. Turn cover inside out and lay on a table or bed with twill tapes facing up and open end toward you.
2. Center weighted blanket on top. Thread each tie through a loop and tie with bow.
3. Reach into the cover and grab the lower two corners. Pull corners of blanket while turning cover rights side out over the weighted blanket. Fold over the flap to cover the open end if available. Tuck all ties inside.

### Helpful links

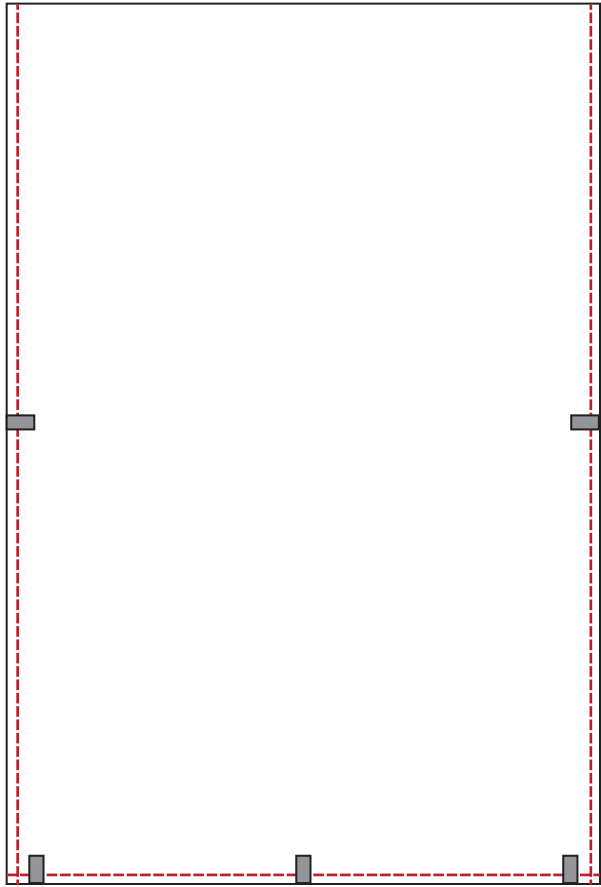
Basics of Making Weighted blankets <https://thesleepshopinc.com/diy-weighted-blanket/>

Sewing a weighted blanket and cover video by SewVeryEasy <https://www.youtube.com/watch?v=9I5CaTOINOA>

Make cover for weighted blankets with loops by SewVeryEasy <https://www.youtube.com/watch?v=kGIEi1xYWk0>

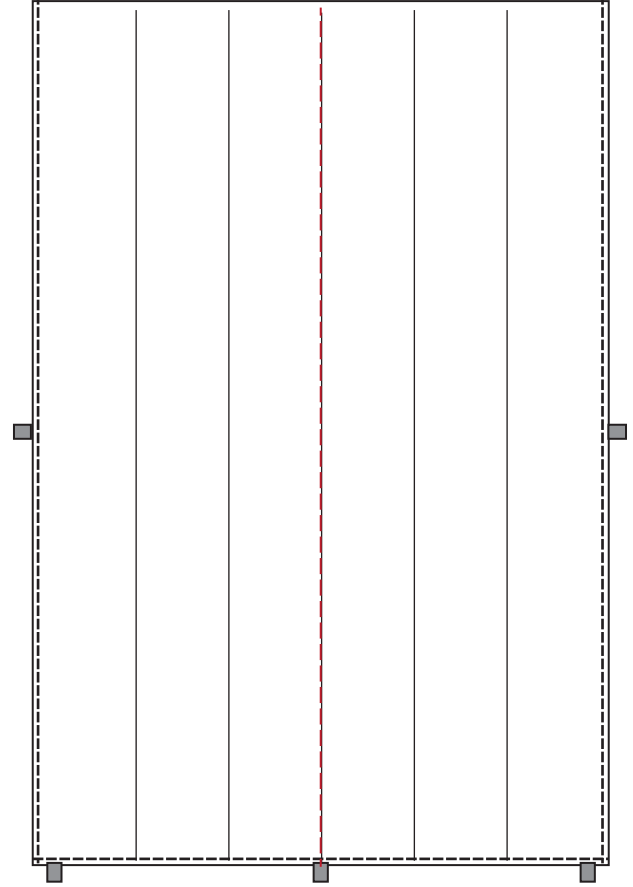
# Weighted Blankets for Operation Breakthrough — Illustrations

Cut 37.5" wide x 45" (Toddler) or 57" long (child)

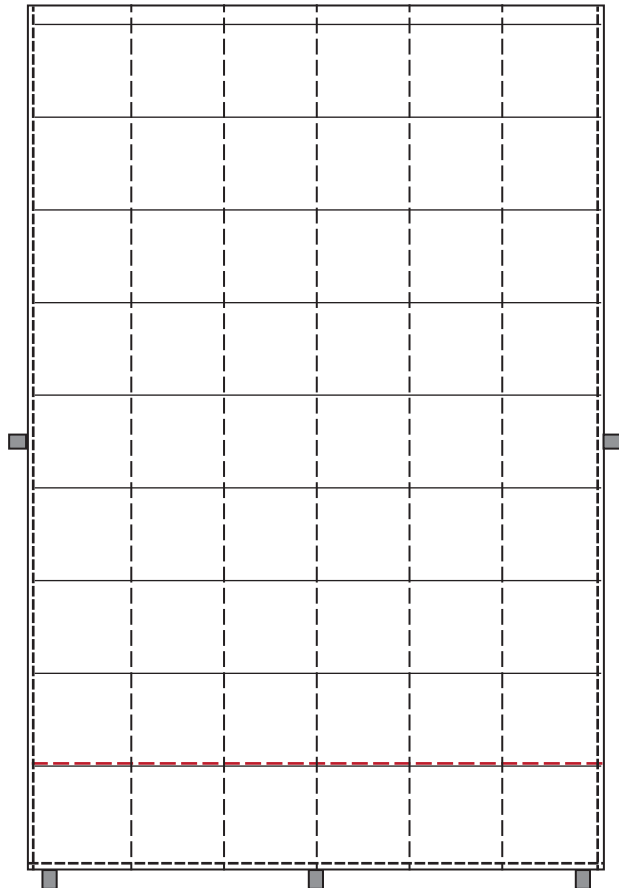


A. Loop placement and first seams

36.5" wide x 44.5" (Toddler) or 56.5" long (child)

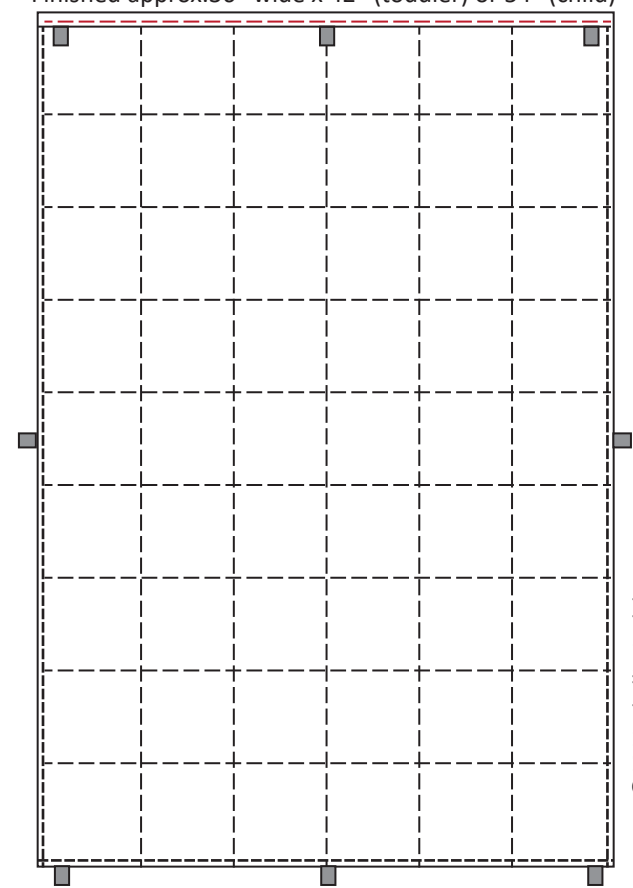


B. Right sides out, vertical lines marked, 1st one sewn



C. Horizontal lines marked, 1st one sewn

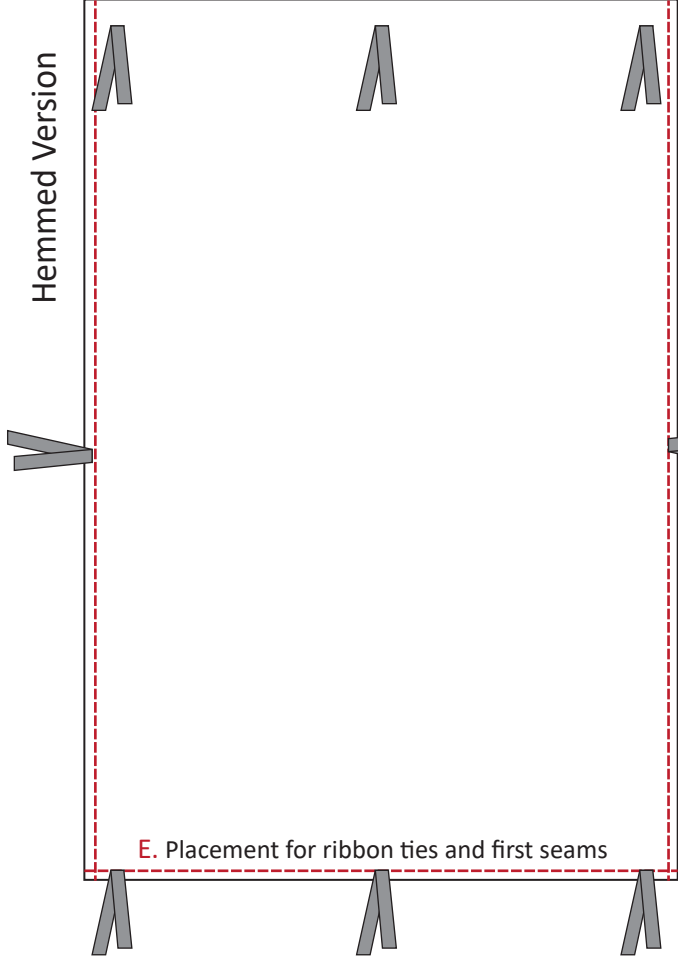
Finished approx. 36" wide x 42" (toddler) or 54" (child)



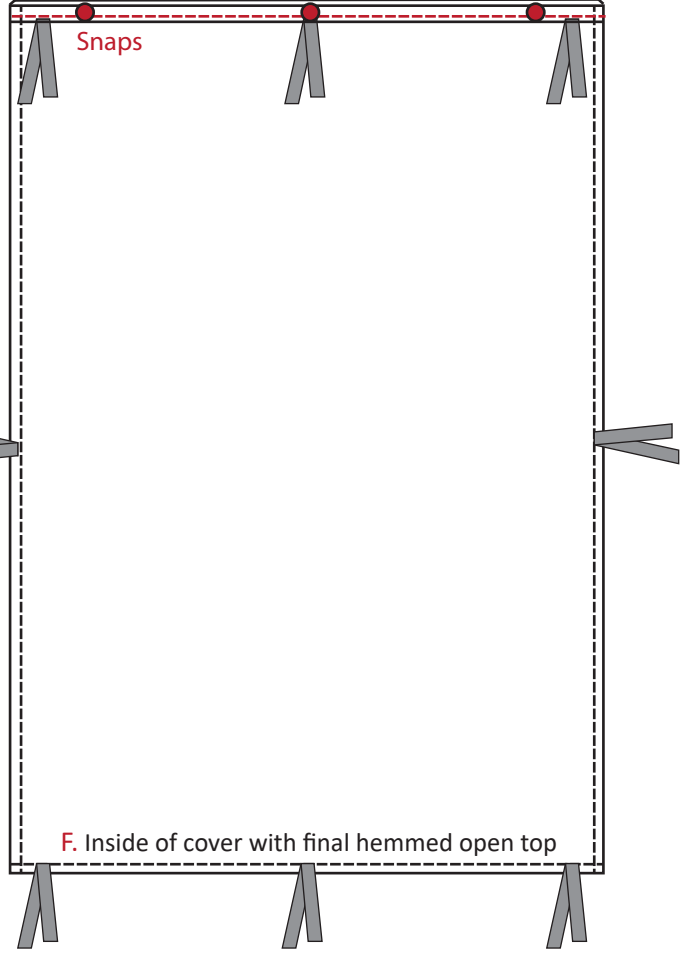
D. All rows sewn, Top loops added, top hem sewn

# Duvet Covers for Weighted Blankets — Illustrations

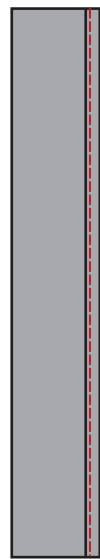
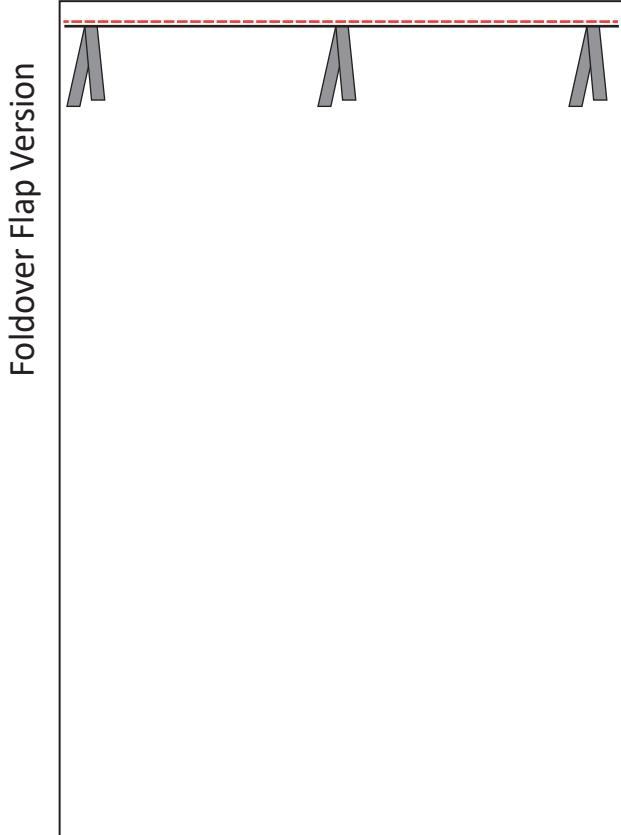
Cut 38" wide x 46" (Toddler) or 58" long (child)



37" wide x 46" (Toddler) or 56" long (child)



Cut 38" wide x 44" (Toddler) or 56" long (child)



Hemmed Flap  
Cut 7" x 38"

Finishes 37" wide x 43" (Toddler) or 55" long (child)

