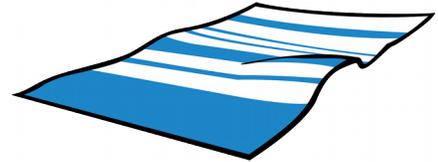


How To Make a Sit-upon

A great cushion for garden work

*From the New Jersey Agricultural Society
Learning Through Gardening program*

A sit-upon is a homemade, inexpensive waterproof cushion. Making them has always been a tradition of the Girl Scouts, who use them on camping trips to sit on the damp ground.



Not every school has picnic tables or benches for students to work on near the garden. Sit-upons can serve as comfortable cushions for students while they work on the ground near the garden, writing in journals, writing notes on garden observations, or reading garden books. They are easy to make. Here's how:

MATERIALS:

Waterproof Material - a reusable grocery shopping bag is ideal. You can also use a vinyl tablecloth or vinyl wallpaper cut so that each child has a 30" x 15" rectangle.

Padding (a 1 ½-inch stack of newspapers cut into a 13" x 13" squares or foam or carpet padding cut the same way.

Scissors

Hole punch

Yarn or string

Tape

Ruler

REUSABLE GROCERY BAG: Stuff the bag with the newspaper or other padding. Use Duck/duct tape to seal the opening. Tape the sides together leaving the handles free and tape across the bottom. Your sit-upon is ready to use.

OTHER WATERPROOF MATERIALS

STEP 1:

Cut the waterproof material into a 30" x 15" rectangle. Fold it in half so that you have a 15"x15" square.

STEP 2:

Cut your chosen padding into a 13" x 13" square.

STEP 3:

Use a hole punch to punch holes all the way around the folded waterproof square, about 1" apart and ½ inch from the edge. Then place your padding in between your folded cover.

STEP: 4

Wrap a piece of tape around the end of your yarn or string to make it easier to stitch. Sew all the way around the square using any type of stitch you want. Tie off and your sit-upon is ready to use.