

Snuggle Bear

Copied from <https://www.alzheimers.org.uk/blog/how-make-fidget-toys-people-living-dementia>



Snuggle Bear will grip your fingers, making it easy to hold and play.

Equipment

- 3 to 4mm knitting needles
- 5g of DK yarn
- Small amount of black yarn for eyes and nose
- Sewing needle
- Small amount of toy stuffing

Skills Required

- Cast on/off
- Garter stitch
- Simple button holes
- Increase

(Head and Body)

- Cast on 12 stitches
- Knit 12 rows
- Knit 2 stitches, knit 2 stitches together, bring yarn forward, knit to last 5 stitches, knit 2 stitches together, bring yarn forward and knit to end of row (making simple buttonholes)
- Knit 1 row (to finish buttonhole structures)
- Knit 12 rows- legs next!

(Legs)

- (Working on first 6 stitches only, slip remaining 6 stitches onto a stitch holder)
- Knit 6 rows
- Increase into every other stitch (9 stitches)
- Knit 5 rows
- To finish legs break yarn and sew through loops to make feet
- Repeat with remaining 6 stitches to make other leg

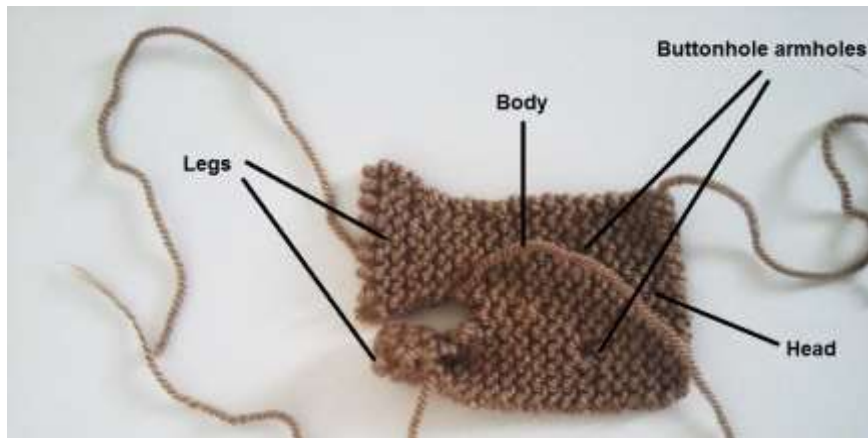
(Arms)

- Cast on 24 stitches

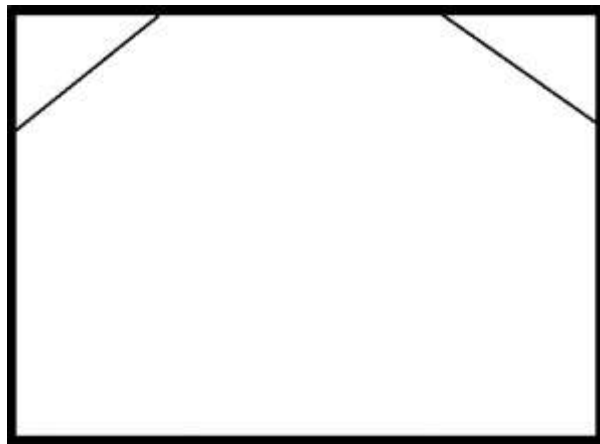
- Knit 6 rows
- Cast off

To make up

- Sew arms along long seam using whip stitch and put to one side



- Sew legs up to body (as shown in bottom leg in above photo – this one piece makes the head, body and legs)
- Sew body (seam is at back) up to buttonholes
- Thread arms through the buttonholes and sew ends together
- Secure arms in place by stitching an arm onto each buttonhole
- Lightly stuff body (a plump tummy looks fab!) - leave legs unstuffed
- Continue sewing up to top of head and stuff lightly
- Sew along top of head, making ears by sewing triangles in corners (see diagram below)



- Embroider eyes and nose/mouth using black yarn
- Ta da!! You have your Snuggle Bear