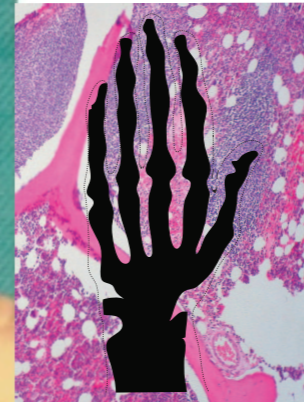


THE
DIY
BODY
PROJECT
2012
ONTARIO
SCIENCE
CENTRE

free sewing patterns and resources at
www.diybody.org



HANDS ON BIOCRAFT

*art inspired by synthetic biology and
diy approaches to science and crafting*

The DIY Body Project

by Britt Wray

Thank you for downloading the DIY Body Project pattern kit.

You will need:

Scissors

Thread

Sewing needle (or sewing machine) and pins

Stuffing (polyester, cotton, beans)

What to do:

Print the kit.

Cut out the paper pattern along the outermost dotted line.

Trace the pattern onto two separate pieces of fabric (they will be identical shapes). The fabrics do not have to match.

Pin the two pieces of fabric together and sew along the seam (you can do this inside out for a polished look, or directly right side out for that rougher DIY effect on the edges).

Before you sew the entire perimeter shut of the "pocket" you've created, stuff it with polyester, cotton, beans, or any other malleable material that works inside fabric.

Sew the remaining hole shut.

Note:

In the case of more ornate patterns, it is good to use the pattern as a decorative layer on a larger more simple shape, rather than to sew it as its own intricate double-sided body part. For example:

