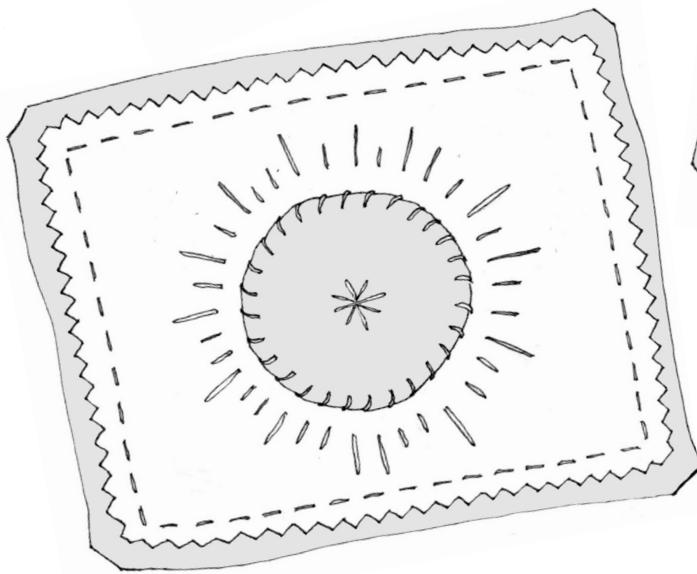
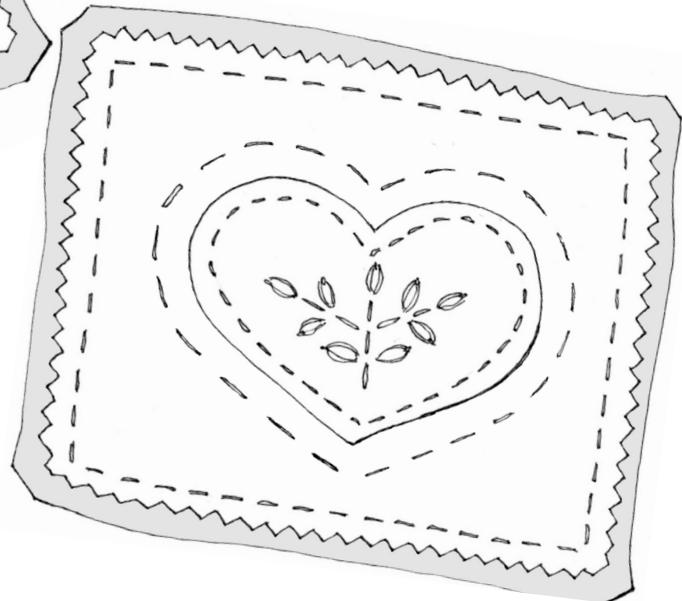
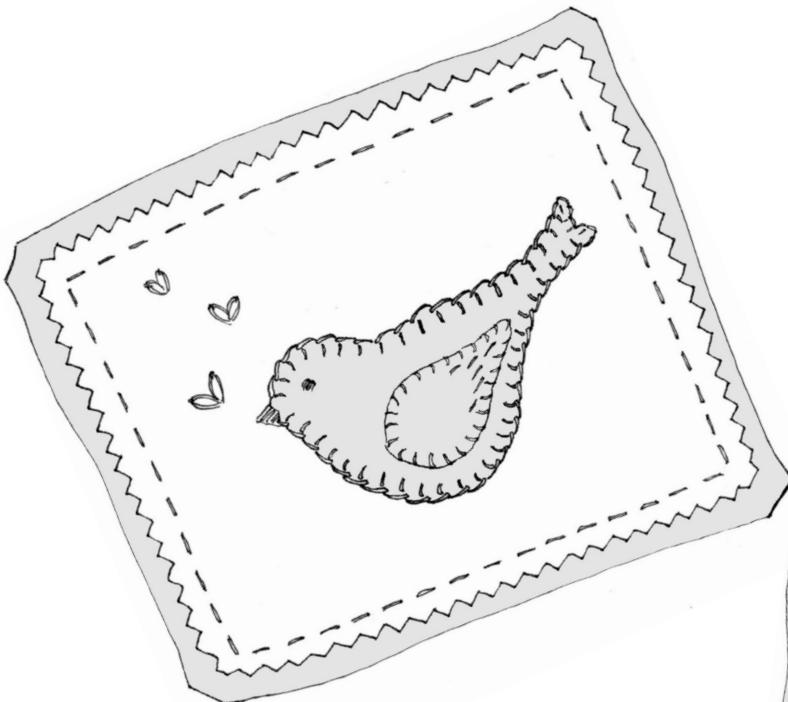


Wooly Hand Warmers

A Hand-Sewing Pattern



Wool is such an amazing fiber! In this simple project, we'll use scraps of felted, upcycled sweater pieces to create warming rice bags. The felted wool covers will actually help to trap in the heat and retain this warmth longer than cotton covers. Did you know that wool is actually quite remarkable in this ability? Because wool fibers are crinkly and coiled, they actually trap moisture and air within their structure.

This easy project is not just hand warming, but heart warming, too! Enjoy the process of slow stitching and make something beautiful for yourself or a loved one.

Happy Sewing!

~Rachel G. Beaupré, Designer & Founder



Hand Warmers can be beautifully simple or elaborately decorated.

Be sure to leave at least 50% of the handwarmer plain to make sure you haven't insulated the rice bag too thoroughly.

Materials, Tools, and Techniques

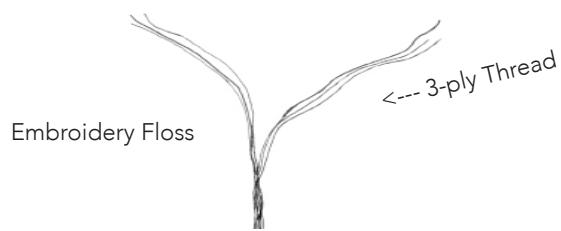
What You'll Need:

- **Inner Lining Fabric:** 7x 4 1/2 inches, cotton or cotton flannel
- **Cover Fabric (two pieces)** 4 x 4 1/2 inches, felted wool sweater scrap, such as merino wool, cashmere, or lambswool
- Scraps of felted wool sweater
- Cotton embroidery floss in a range of colors
- Size 7 embroidery needle or similar
- Scissors
- Pins
- Rice (any variety), about 1/2 cup per bag

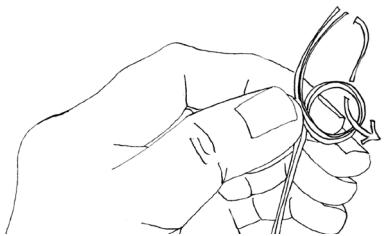
Share your finished hand warmers!
Instagram @weethingsfiberarts

Embroidery floss is made up of six individual strands of thread, but it's easier to sew with less bulk:

1. Cut your floss to the length directed in each pattern step.
2. Starting at one end, gently divide it into two sections, each made up of three threads. Using two hands, gently pull the two groups apart. You now have two separate threads, ready for sewing!



Thread your needle, leaving a long tail, and knot the end.

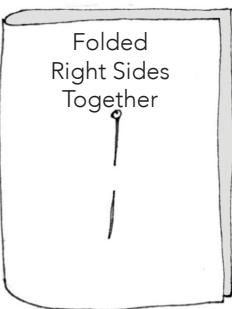


Knotting the End
Make a loop and then pass the tails through the loop

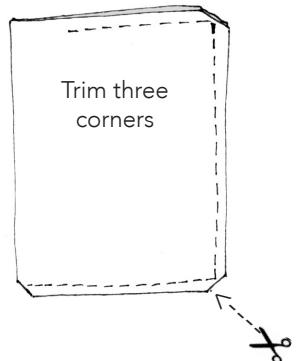


A: Prepare the Inner Lining

1. Cut out a piece of lining fabric $7 \times 4 \frac{1}{2}$ inches.
2. Fold the fabric in half to form a $3 \frac{1}{2} \times 4 \frac{1}{2}$ -inch rectangle, right-sides-together, and pin in place.



4. Trim the three sewn corners to ease turning right-side-out. Do not trim the corner at the filling gap.



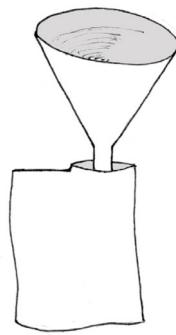
3. Measuring from a corner, leave a $1 \frac{1}{2}$ -inch gap for stuffing, then stitch around three edges with a sewing machine or a small tight **Back Stitch** (see the **Wee Things Stitch Guide** at wee-things.com for more details). Use a $3/8$ " seam allowance.

Leave open

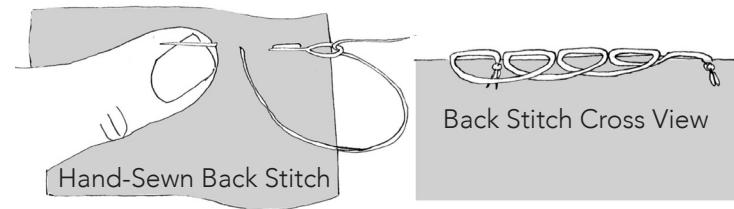


Turn and repeat stitching to strengthen seams.

5. Turn the lining right-side out.



6. Using a funnel, fill the bag with about $1/2$ cup of rice.



7. Fold under raw edges at opening and stitch closed with a sewing machine or by hand. Repeat stitching to avoid leaks.



B: Prepare the Wool Cover Front and Back

1. Choose two matching or contrasting colors of felted, upcycled sweater scraps for the front and back of your wool cover.
2. Cut the scraps to be $4 \times 4 \frac{1}{2}$ inches each.
3. If desired, trim the front cover slightly smaller with pinking shears for a decorative edge.



4. Decorate the front of your cover with embroidery and appliquéd, using small scraps of felted wool.

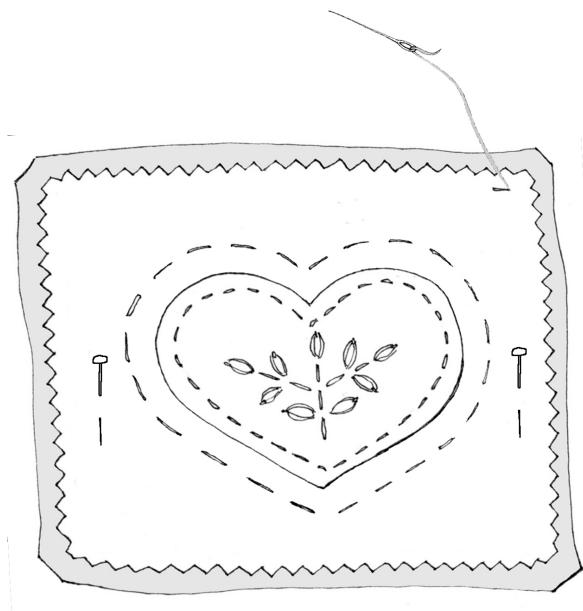
See Pages 5-8 for embroidery tips and techniques

DON'T cover more than 50% of the wool cover with appliquéd so that heat can radiate through easily!

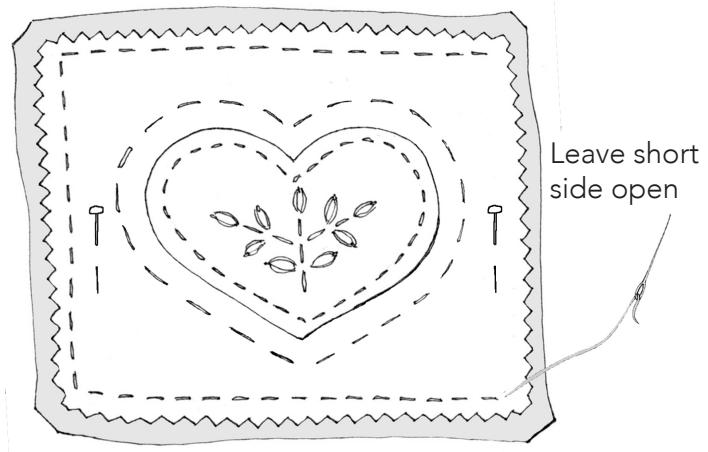
C: Assemble the Cover Front and Back

When you've finished decorating your front cover, you're ready to assemble the cover pieces.

1. Set the Front Cover on top of the Back Cover, with right sides facing out (wrong sides together). Pin in place.
2. Thread your needle with an arm's length (18-24 inches) of embroidery floss, divided to 3 plies, and knot one end.
3. Starting inbetween the layers at one corner, bring your thread up through the top cover. Make a small stitch down through both layers and back up.



4. Leaving a 1/4" seam allowance, use a **Running Stitch** to sew around three sides, leaving one short edge open.



5. Slide the rice bag inside, tucking it thoroughly into the corners.
6. Finish stitching the final side, ending with a small stitch in place and a knot in between the layers.
7. Hide your knot! Insert your needle in at the knot and exit it at least 1 inch away, elsewhere on the cover. Pull the thread tight and trim it off flush. Your knot and tail will be hidden inside!

Heating Your Hand Warmer

Hand warmers can heat very quickly in the microwave and can become **VERY** hot! Heat the hand warmer for just 15 seconds and carefully check. If needed, heat it for a total of 30 seconds.

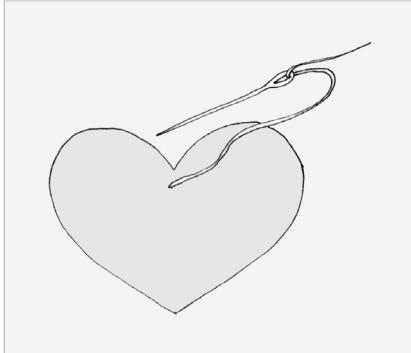
Enjoy!

Three Ways to Appliqué

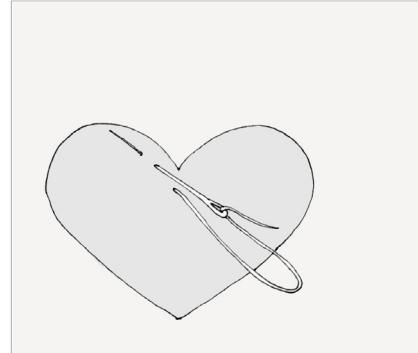
The term "appliqué" simply means "to apply." It refers to pieces of fabric stitched onto a backing. This can be a beautiful way to decorate your hand warmer!

#1: RUNNING STITCH

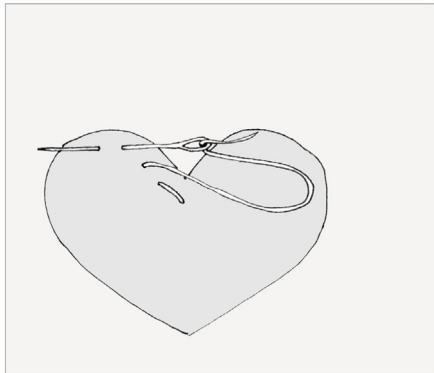
A simple method to attach two pieces of fabric, moving the needle in and out in even length stitches.



1. Poke your needle up from the back of your work (hiding your knot) and push it up through both layers of fabric, about 1/8" in from the edge.



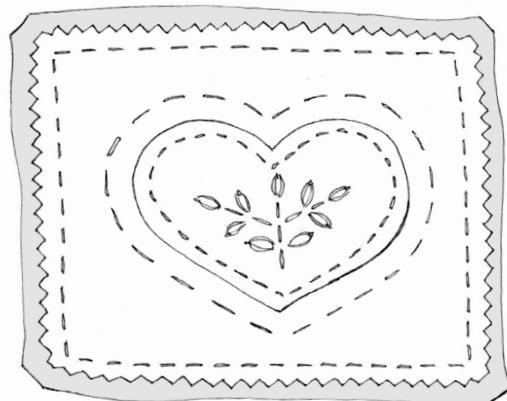
2. Moving right-to-left, poke your needle down through both fabrics, tip the end up, and bring it back up through the shape an equal distance away. Keep your stitch length consistent (1/8-1/4").



3. Repeat, continuing around your shape and moving right-to-left.



4. End the final stitch by poking the needle through to the back. Tie off on back.

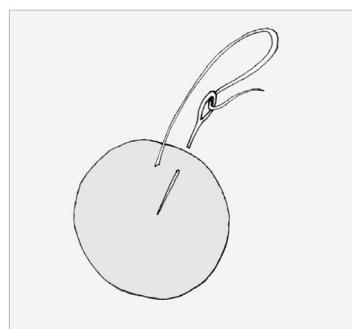
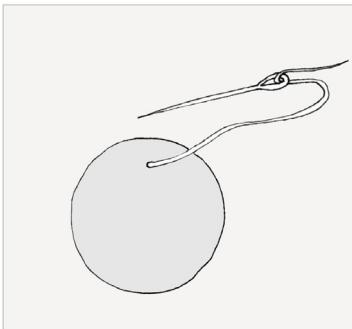


Example Running Stitch Design

Note: If your fabrics are very thick, you may need to use a "stabbing" motion, sending the needle down through both layers and out the back, then poking it up from behind and pulling it through the front.

#2: WHIP STITCH

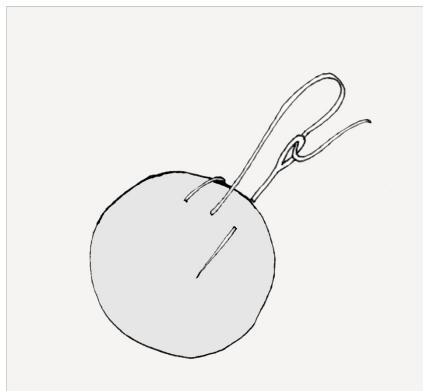
Also called an "Overcast Stitch," this stitch wraps around the edge of the appliquéd fabric piece.



1. Poke your needle up from the back of your work (hiding your knot) and push it through both layers of fabric, about $1/8"$ in from the edge of the shape.

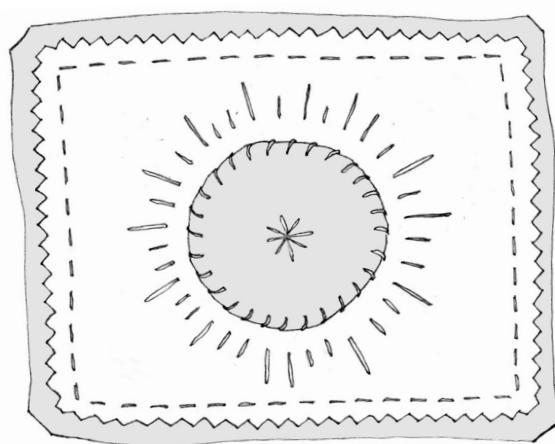
2. Moving clockwise, poke your needle just beyond the edge of your appliquéd shape and down through the backing fabric. Tip up the point of your needle and bring it back through the appliquéd shape $1/8"$ further clockwise.

NOTE: you may work clock-wise or counter-clockwise as feels good to your fingers!



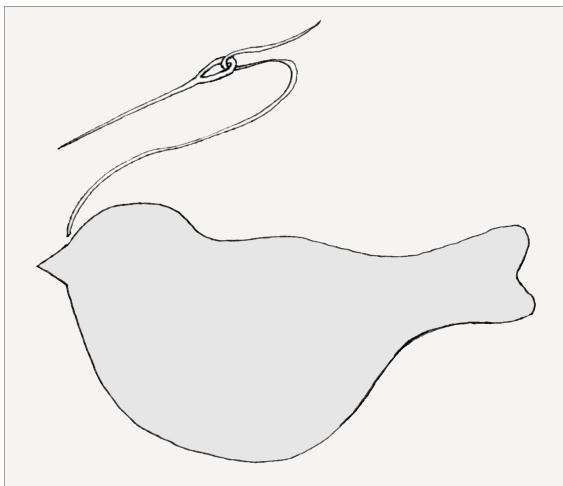
3. Repeat, continuing around your shape, always inserting the needle down through the backing and up through your shape.

4. End the final stitch by poking the needle through to the back (instead of passing it through the shape). Tie off on back.



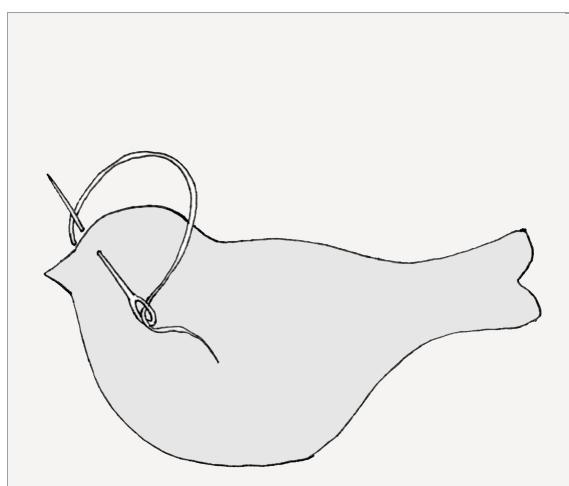
#3: BLANKET STITCH

This versatile stitch can be used to appliqu   a shape onto a backing, finish a hem, or make a decorative element.

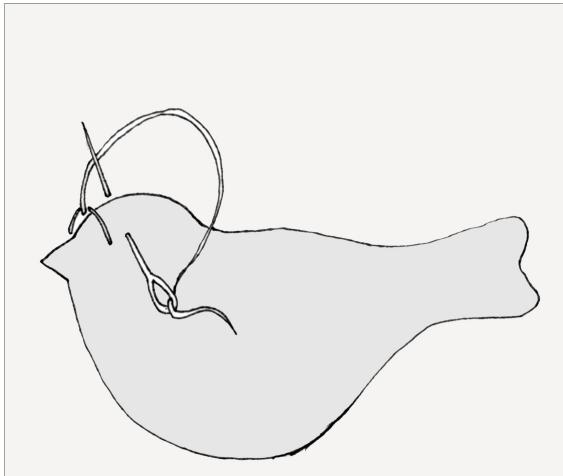


1. Poke your needle up from the back of your work (hiding your knot) and push it through the back layer of fabric, just beyond the edge of the appliqu   shape.

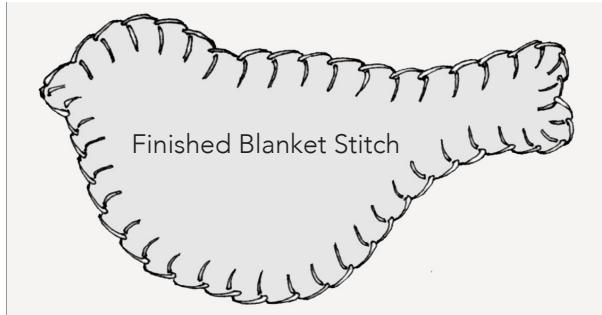
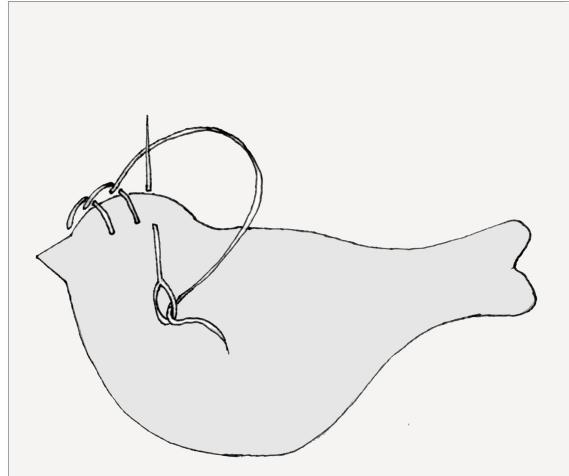
NOTE: you may work clock-wise or counter-clockwise as feels good to your fingers!



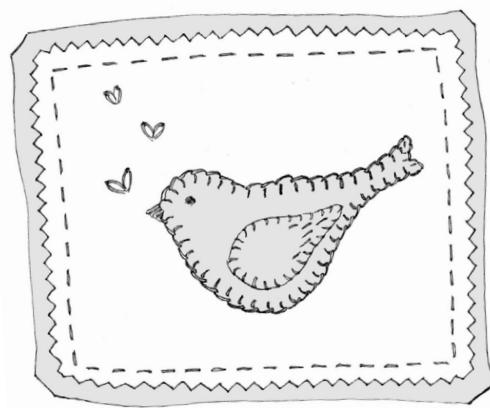
2. Insert your needle into the appliqu   shape about 1/8-1/4" in from the edge and 1/8-1/4" to the right. Pass it through both layers. Tip the needle and bring it up through the backing fabric, just beyond the edge of the shape. Tuck the thread **behind** the needle as you pull it through.



3. Repeat, continuing around your shape with even stitches. Always pass the thread **behind** the needle.



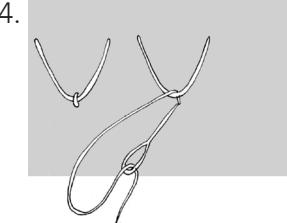
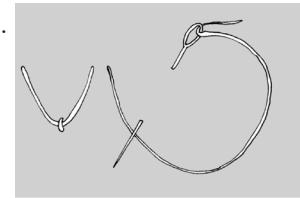
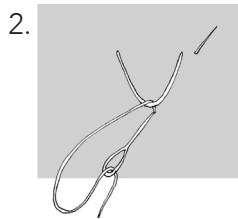
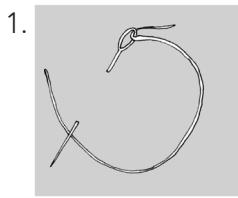
4. Return to the starting point and finish your stitch by poking the needle through to the back. Tie off.



Example Blanket Stitch Design

Other Useful Embroidery Stitches

Fly or "V" Stitch

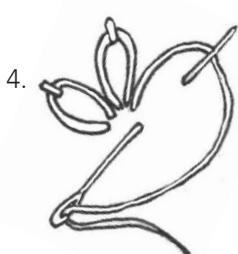
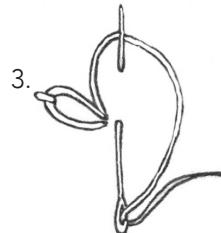


1. Poke your needle up from the back of your work (hiding the knot). Insert the needle in about $1/4"$ to the right and exit it $1/4"$ down and in between your stitches, making a "V" shape. Pass the thread behind your needle as it exits.

2. Anchor the "V" by inserting the needle just beneath your exit point. Exit it to the right of your "V" to start the next stitch.

3-4. Repeat steps 1 and 2, making rows of "V"s as desired.

Lazy Daisy Stitch



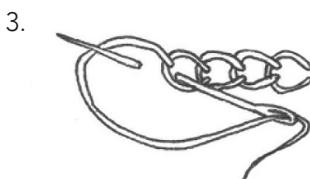
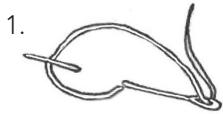
1. Poke your needle up from the back of your work. Create a loop of thread, insert your needle at your starting point and exit about $1/4"$ away. Pass the thread behind your needle as it exits.

2. Anchor the "petal" by inserting your needle at the top of the loop. Exit the needle back at starting point (this will be the center of your flower).

3. Make another petal by inserting needle again at the starting point and exiting $1/4"$ to the top. Pass loop behind needle and anchor.

4. Repeat process, making as many petals as you wish. End with an anchor, bringing the needle to the back. Tie off.

Chain Stitch



1. Start as with the Lazy Daisy. Poke your needle up from the back of your work. Create a loop of thread, insert your needle at your starting point, and exit about $1/8-1/4"$ away. Pass the thread behind your needle as it exits.

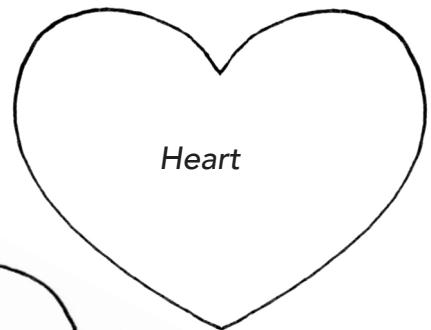
2. Insert your needle right beside your exit point (inside the first chain) and exit $1/8-1/4"$ away. Make a loop of thread and pass it behind the needle.

3. Continue creating a chain of loops. End with an anchor to the outside and tie off on the back.

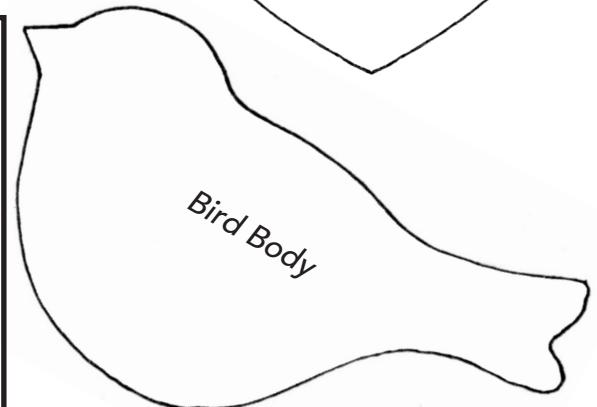
Pattern Templates



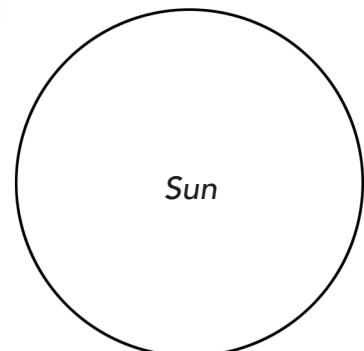
Bird Wing



Heart



Bird Body



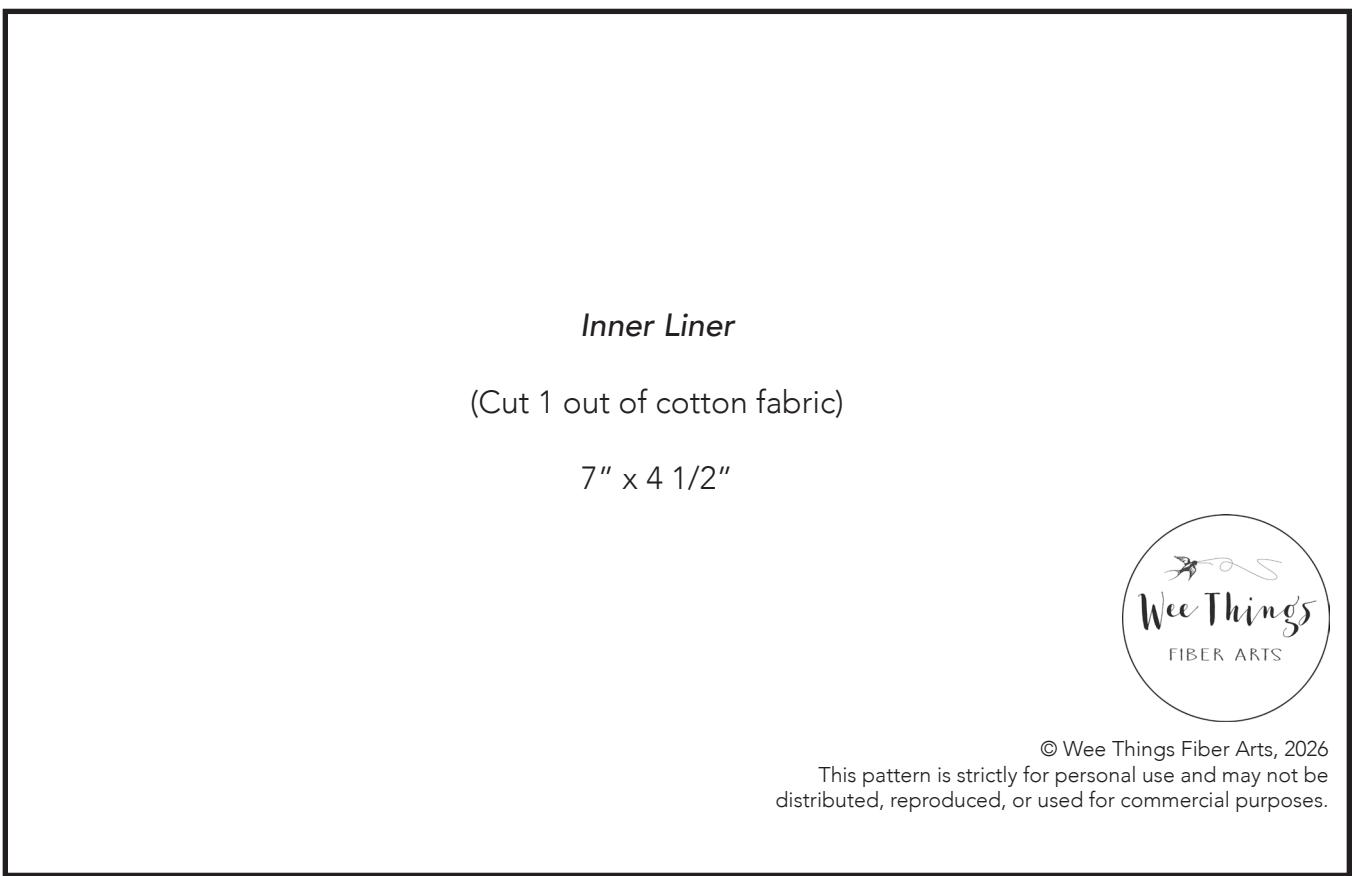
Sun



Hand Warmer Cover

Cut 2 out of felted wool sweater
(one front and one back)

4" x 4 1/2"



Inner Liner

(Cut 1 out of cotton fabric)

7" x 4 1/2"



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