A close up of a bird

Description automatically generated with medium confidenceWORRY PETS - SENSORY BUDDIES FOR ANXIETY

Lots of people struggle with worries or anxiety. These Worry Pets are small enough to fit in a pocket.  The cuddle fabric is snuggly soft.  The poly-pellets inside provide comforting sensory input and something to rub between worried fingers, and the eyes make them oh-so-cute.  These are not just for worriers, though!  The whole family will want one.

**WHAT YOU NEED TO MAKE THIS PROJECT**

MATERIALS

Cuddle Fabric (approx. 5 x 10 inches)

[Poly-Fil® Poly Pellets® Weighted Stuffing Beads](https://www.fairfieldworld.com/store/category/poly-fil-poly-pellets-weighted-stuffing-beads-2-pound-bag/)

1 Set Plastic Safety Eyes

Thread

SUPPLIES

Sharp Scissors

pins

needle

marker

[](https://www.fairfieldworld.com/wp-content/uploads/2016/08/002-Worry-Pet.jpg)

INSTRUCTIONS

**STEP ONE**

Fold your cuddle fabric in half (or you could start with approximately 2 – 5″ squares).

On the back of your fabric, mark your circle using a large drinking glass or something similar (I used the base of a 1 cup measuring scoop).  Mark your eyes.

[](https://www.fairfieldworld.com/wp-content/uploads/2016/08/004-Worry-Pet.jpg)

**STEP TWO**

Snip a tiny hole at each of your eyes.

[](https://www.fairfieldworld.com/wp-content/uploads/2016/08/005-Worry-Pet.jpg) [](https://www.fairfieldworld.com/wp-content/uploads/2016/08/007-Worry-Pet.jpg)

Insert your safety eye and attach the backing.

**STEP THREE**

Fold back in half.

Stitch around your circle leaving and opening big enough to turn right-side out. I left about a 1” opening, and it was almost too small. I would recommend at least 1 ½" to 2”.

[](https://www.fairfieldworld.com/wp-content/uploads/2016/08/012-Worry-Pet.jpg)

Trim, leaving a bit extra where the opening is.  Snip the curves. Make sure you don’t snip your thread!

[](https://www.fairfieldworld.com/wp-content/uploads/2016/08/013-Worry-Pet.jpg) [](https://www.fairfieldworld.com/wp-content/uploads/2016/08/014-Worry-Pet.jpg)

**STEP FOUR**

Turn right side out. You might find it helpful to use the eraser end of a pencil to push the fabric through the opening to turn it right-side out. You might want to use your fingers, a comb, or the pointy end of a pencil to tease the fur out of the seams.

Add poly-pellets. You can fashion a funnel out of a spare piece of heavy paper or cardstock. Again, you might find the eraser end of a pencil helpful to push the poly-pellets through the opening. You may not need to use all of the pellets included, depending on the size of your worry pet.

[](https://www.fairfieldworld.com/wp-content/uploads/2016/08/017-Worry-Pet.jpg) [](https://www.fairfieldworld.com/wp-content/uploads/2016/08/018-Worry-Pet.jpg)

**STEP FIVE**

Use a needle and thread to hand-stitch closed.

[](https://www.fairfieldworld.com/wp-content/uploads/2016/08/019-Worry-Pet.jpg)

And your Worry Pet is all ready to calm some anxious hands.

[](https://www.fairfieldworld.com/wp-content/uploads/2016/08/027-Worry-Pet.jpg)