



Managing Anxiety with Lavender

The famous relaxing effects of lavender are real and could even be used medically to treat anxiety, new research suggests. Why not have a go at creating your own calming elephant?

HOW TO MAKE A LAVENDER BAG – A STEP BY STEP TUTORIAL

Materials Needed To Make A Lavender Bag

- Fabric
- Sewing thread
- Scissors
- Hand sewing needle
- Ribbon for hanging
- Paper for making templates
- Lavender and funnel for filling

LET'S GET STARTED!

1. Make a template

Print the second page of this pdf to make a template for your lavender bag. You will need two elephants of fabric for every lavender bag you wish to make.

2. Sewing

Use back stitch to embroider the elephants face and hands. Hand stitch the two elephants together using blanket stitch, leaving one side open. Remember to sew the loop of ribbon at the head to hang later.

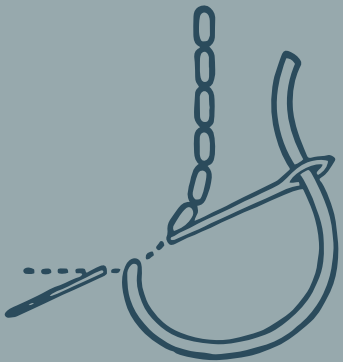
3. Fill the bags

Now it's time to fill you lavender bags with lots of lovely dried lavender seeds. Sew the open edge closed.

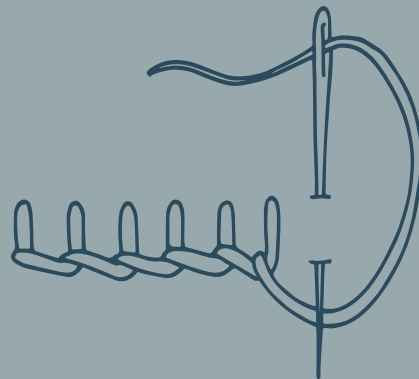
YOUR LAVENDER ELEPHANTS ARE FINISHED!

Just making these lavender bags can be therapeutic in itself.

Back stitch



Blanket stitch



Key:

Cut along purple lines



Back stitch along red lines



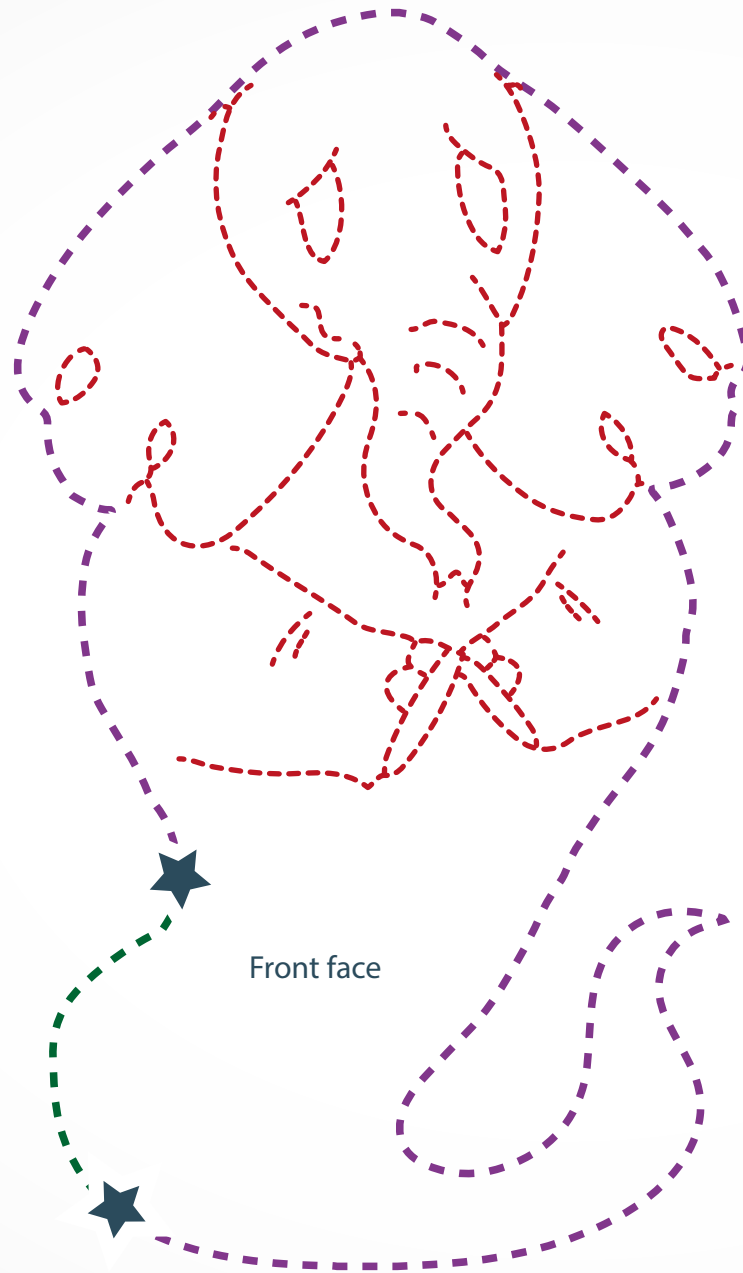
Blanket stitch along purple line



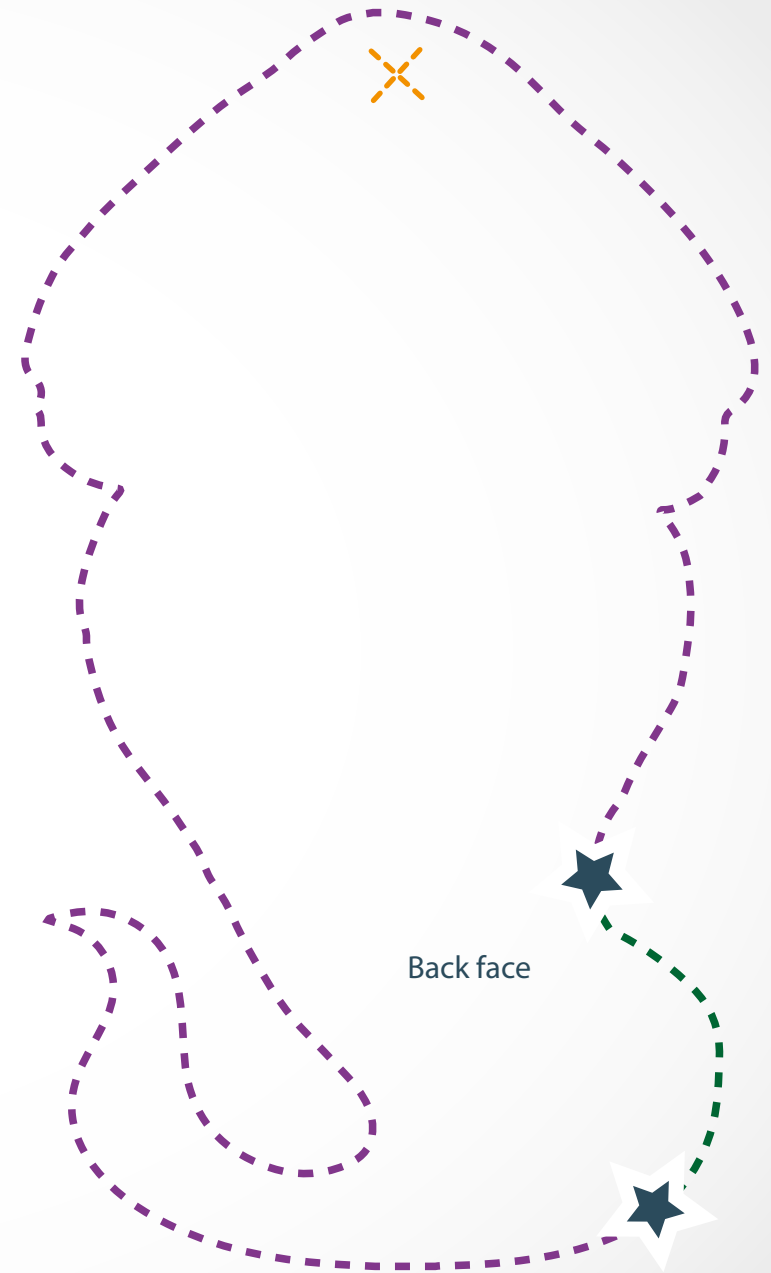
Fill with lavender and then blanket stitch along green line



Attach ribbon loop by stitching along orange line



Front face



Back face