

CRAFT: DIY HOT/COLD PACK

Follow the instructions below to make a DIY heat/cold pack that can be warmed in the microwave or cooled in the freezer. The pack is great to throw over your feet/ankles, across your neck, anywhere you're hot/cold! It can also be used to heat away aches and pains.

Supplies: Clean cotton sock, fabric markers (optional), rice, funnel, safety pins, thread and needle



Step 01: Decorate clean sock with fabric markers (optional)

Step 02: Use funnel to fill $\frac{3}{4}$ of the bottom half of the sock with rice. Leave some room for the rice to move – you do not want to over-fill



Step 03: Fold the top half of the sock twice and use safety pins to hold the folds in place



Step 04: Stitch the top and bottom of the folded opening (Use whichever hand stitching technique you are familiar/most comfortable with)



Step 5: Remove safety pins

Optional: add drops of essential oils (lavender, etc.) to add aroma.

Sock can be placed in microwave for heat and freezer to cool

Caution: heat sock in microwave in 30 second increments and watch for steam. Sock can get very hot, very fast!