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| 1. Get a pillow case and cut it in half horizontally |
| 2. Measure width of pillow case and divide into 6 equal parts |
| 3. Stitch zigzag on each area marked length wise |
| 4. Place items into each pocket (plastic pellets, sand, rice) |
| 5. Stitch zigzag to close the pockets  |
| 6. Stitch zigzag for second closure |
| 7. You can place another pillowcase over the pad as a cover if you would like |

Weighted Lap Pad

\*\* In the picture, there are too many pockets\*\*



This was a king size version.