Weighted Sock or Stocking

|  |  |
| --- | --- |
| Items needed:   * Long, thick sock or stocking * Rice, plastic pellets, beans or sand * Fishing line * Scissors * Needle (mine is beading needle * Small ziplock sandwich bags |  |
| 1. Place rice into small Ziploc bags |  |
| 2. Place rice bags into sock or stocking to fill |  |
| 3. Place piece of fishing line into needle (mine is a beading needle) |  |
| 4. Sew end of sock or stocking shut |  |
| 5. Now you have a weighted stocking ☺ |  |