

# Mending Souls Safety Bears (4 pieces)

More pictures at [www.LoveMendingSouls.org](http://www.LoveMendingSouls.org)



## Supplies:

- \*Print ACTUAL SIZE Template PDF of (2) copies of LEG, 1 of Top FRONT and 1 of Top BACK. Finished Size approx. 17 x 13"
- \*1/2 yard cotton, cotton/polyester, flannel, or low-loft fake fur/minky
- \*Polyester thread & Polyester Fiberfill
- \*Mending Souls Label (Flat label place over the heart, or Folded label as a 'tail')

## Sewing Instructions: (all 3/8" seams)

1. CREATE PATTERN by attaching (1) Leg to FRONT TOP and (1) Leg to BACK TOP by lining up the Symbol of a circle with a line through it. You now have a FRONT and a BACK panel (each with a leg.)
2. Cut fabric 2 Fronts and 2 Backs. Tip: Cut out pattern pieces with fabric's right sides together. This makes first seams ready to pin and sew!
3. Matching carefully, place FRONT panels Right Sides Together (RST), sew center Front seam from Head to Crotch (See Marks A to B).
4. Repeat Step #3 with BACK panels but leave about a 3" Opening for Turning where indicated.
5. Trim seams you've sewn (A to B) to 1/8" or clip Inner curves of seam, see → and notch Outer curves of seam. DO NOT clip along the Opening for Turning.
6. If using a Flat Mending Souls Label, sew over the 'heart' on Front panel. Use zig zag stitch covering the edges of the label to prevent fraying.
7. Match seams of Front A's and B's to Back A's and B's (A to A, and B to B), match arms/legs, pin all around. Sew bear's entire body outline. Stitch right angles at B (groin) like the top of a box, to create space apart between legs.
8. Trim seams to 1/8" or notch out outer curves on ears, nose, end of arms /legs.
9. Clip seams close to the stitching at corners (Each side of ears, inner leg, each side of arm at body) but careful to not cut into your stitching!
10. Turn right side out. Stuff the bear with fiberfill ONLY in ears, arms and legs. Stuff it firmly enough but still soft and cuddly.
11. Sew across stitch lines through all thicknesses to create ears, arms and legs.
12. Stuff the bear's body and head.
13. If using a folded Mending Souls label, insert into opening, baste a seam with the label, then sew the back opening closed by hand or machine stitching.



**#7, 8, 9**

### **#7: Head Seams Match**



### **Labels: Flat (Front) or Folded (Back)**



*Mending Souls*

v.112321

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*Sending  
Souls*

A

SAFETY BEAR  
FRONT TOP

[Ear]

[Nose]

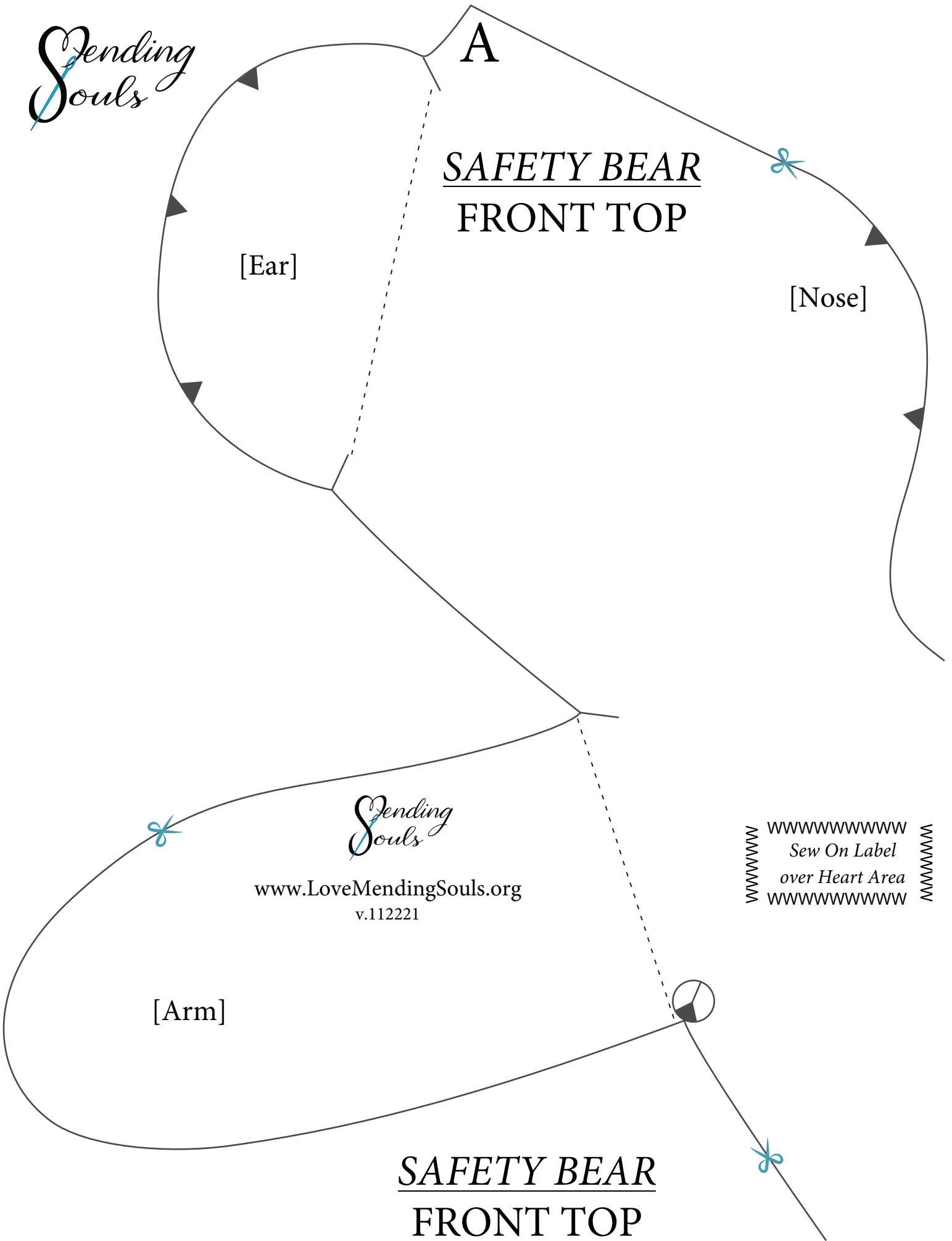
*Sending  
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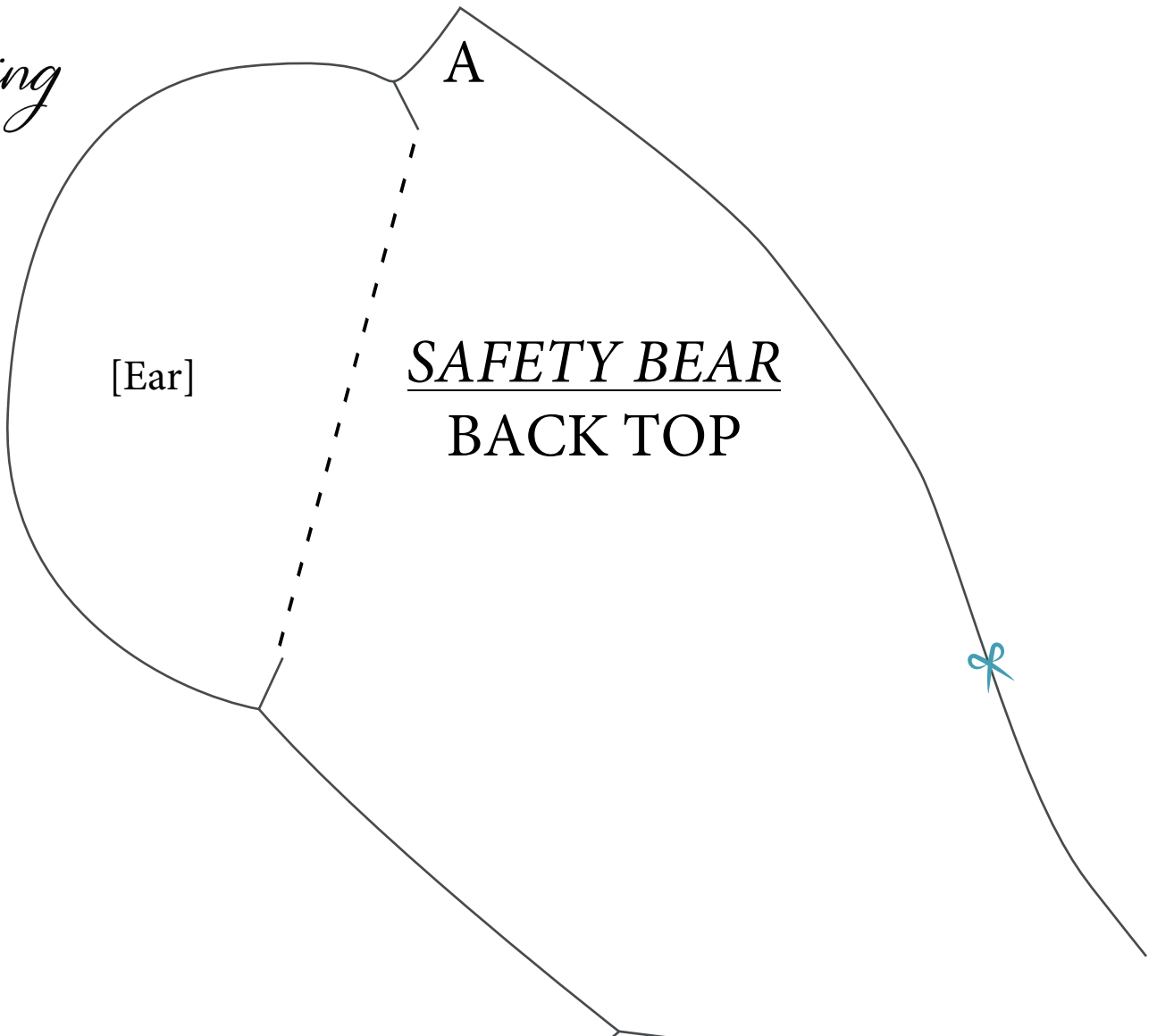
[Arm]

~~~~~  
~~~~~ Sew On Label ~~~~~  
~~~~~ over Heart Area ~~~~~  
~~~~~

SAFETY BEAR  
FRONT TOP

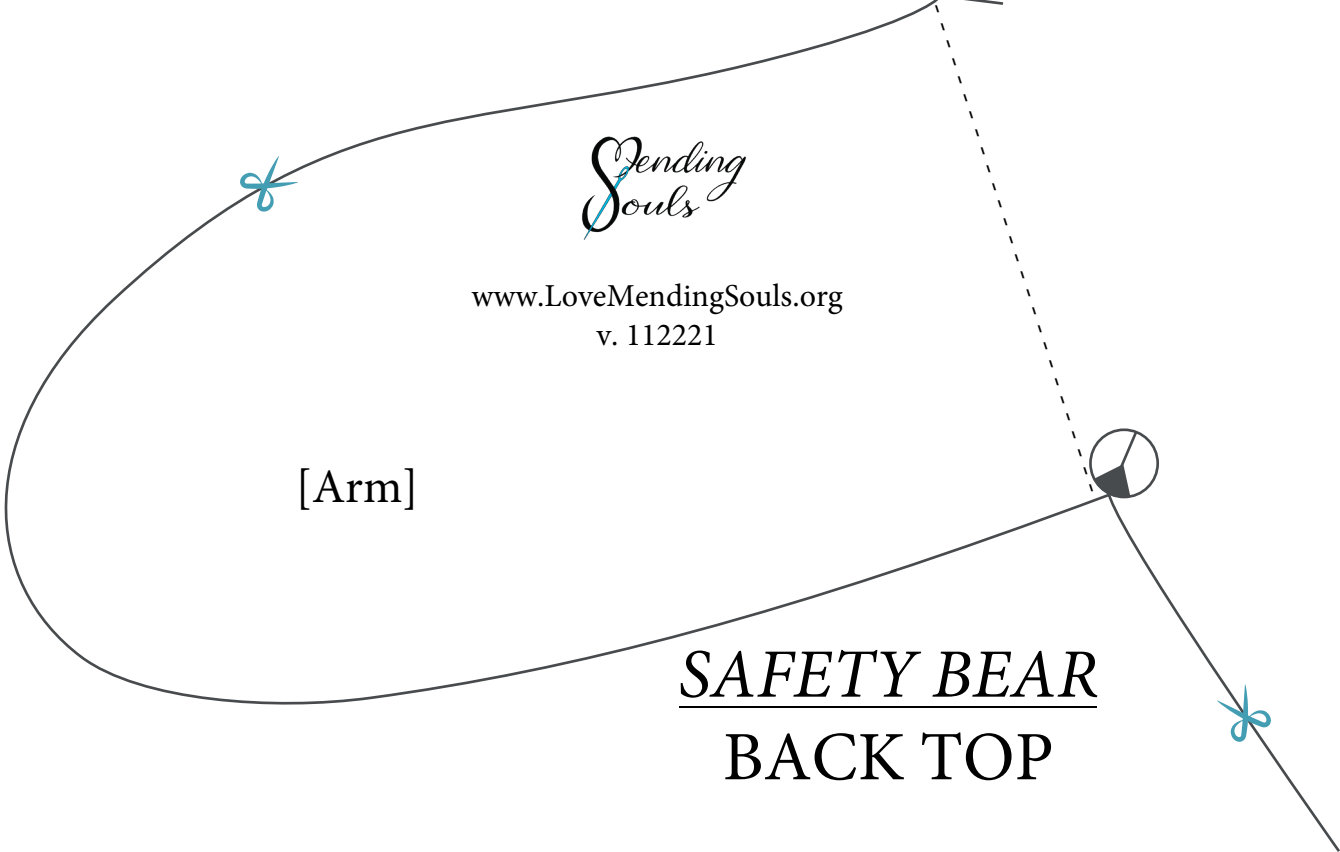


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Line up this symbol with the matching symbol on the top pieces to make full pattern.

Leave this opening ONLY for BACK panel. Do not clip edge around opening.

When stitching all around bear outline, Step 7, be sure to make 90 degree corner turns at **B**, the groin, like a box top, to create space across between the legs.

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**SAFETY BEAR**  
Leg

**SAFETY BEAR** Leg

Create Pattern:  
Cut (2) Legs and  
attach (1) Leg to  
Front Top & (1)  
Leg to Back Top

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