



# Short and Snappy

Learning Opportunity for Volunteers

## What is a Short and Snappy?

- These short trainings can be provided at a service unit meeting.
- Any interested volunteer may lead a Short and Snappy.
- Short and Snappys are usually 10-45 minutes in length.

## What you'll need

- Short and Snappy outline
- Examples of handmade sit-upons

## Things to remember

- Stay within the allotted time.
- If you don't know the answer, seek the correct answer from the appropriate support person.

## Questions? Comments?

Contact  
[training@sdgirlscouts.org](mailto:training@sdgirlscouts.org)  
[www.sdgirlscouts.org](http://www.sdgirlscouts.org)

## Creative Girl Scout Sit-Upons

45 minutes

Sit-upons come in all sorts of shapes and sizes. These insulated, usually homemade, often waterproof pads protect girls from the cold and damp while "sitting upon" the ground. They also make good cushions for webbed lawn chairs (and keep mosquitoes from biting you from underneath!)

### Simple sit-upons

- Construct a super-easy, waterproof sit-upon by folding up several layers of newspaper to an appropriate size and inserting them into a large, heavy-duty plastic bag. Squeeze out any air, fold the bag snugly around the newspaper, and use duct tape or packing tape to hold it all together. Add names with permanent marker.
- With imagination, you can make this easy model fancier. Cover your padding of choice with cloth, add names with fabric paint, and enclose in a clear garbage bag secured with clear packing tape.
- For an interesting touch, ask a local T-shirt shop for used iron-ons. Pick one with no words, since they'll be mirror-imaged. Carefully cut the picture out, tape it to your sit-upon fabric or plastic, and cover with clear plastic. These add personality without losing functionality!
- Get contact paper (one roll per 3-4 sit-upons) at the dollar store. Place folded newspapers on the contact paper (with the backing still on), fold the contact paper over, and cut. Remove backing, replace newspapers neatly, and place a long piece of twine inside a newspaper fold to make the handle. Fold the contact paper over, with the twine coming out. Trim edges, then tie the ends of the twine together.
- A variation even very young girls can make: Seal folded newspaper in a large Ziploc® storage bag, then decorate with permanent marker.

### Additional sit-upon ideas

**Tablecloth:** Cut vinyl tablecloths (one makes about four sit-upons) into rectangles (two per sit-upon). Stuff with padding, then sew edges or secure with colorful duct tape. **Variation:** Cut just one 20"x30" rectangle per sit-upon and fold it over padding — then you only have three sides to secure.

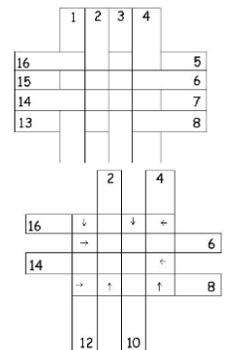
**Old jeans:** Cut an old pair of adult blue jeans about three inches below where the legs come together. Sew across legs and across top of belt loops. Unzip and stuff with batting. Decorate with fabric paint or hot-glued patches. Tie ribbon through belt loops for a handle.



**Carpet samples and floor tiles:** Use one carpet sample and two floor tiles per sit-upon. Remove the backing from one floor tile and place it on the carpet sample, with the decorated side of the tile touching the wrong (undecorated) side of the carpet sample. Fold the edges of the carpet tightly onto the tile glue. You can cut the corners to get it as flat as possible. Remove the other tile's backing and stick it to the glued side of the first tile.

**Rip-stop nylon:** Stack up two squares of rip-stop nylon (the fabric used in outdoor banners or windbreaker jackets), right sides together. Stitch three sides (machine sewing recommended), leaving the fourth open. Clip corners to remove bulk, taking care not to cut the stitching. Turn it right side out, cut and insert a quilt batting square of the same size, then stitch the remaining side shut. This one is waterproof, machine-washable, easy to fold and stuff into a backpack or fanny pack, and very durable.

**Woven newspaper:** Take 8 full-sized newspaper pages (28" across unfolded). Open paper and fold in half, bottom to top, three times, making a 3" x 28" strip. Make seven more strips. Weave strips together tightly at the middle (see picture). Fold #1 up over the top of #16, then tuck it in underneath #16. You may have to fold the end over at least once before tucking so it lies tight and flat. Repeat process with ends #3, 5, 7, 9, 13 and 15, tucking ends under the strips that lie across them. Keep the weaving tight! Carefully turn the sit-upon over to repeat folding and tucking with the remaining ends. **Variation:** For a bigger sit-upon, use 12 strips.



Make this sit-upon yourself before teaching your troop; it can be a tough project. Use colorful section front pages for a more interesting pattern. Put it in a plastic grocery bag and seal with tape to make it waterproof, or add a coat of clear acrylic spray. This sit-upon folds up easily.

**5-gallon bucket:** Be sure to use buckets that held no chemicals. Cut a paper pattern of the lid, inside the outer ring (the indentation is your seating area). Use your pattern to trace seats out of corrugated cardboard, then cut a circle of fiberfill about an inch smaller around. Cut a circle of vinyl tablecloth 3 inches bigger around than your pattern.



Baste all around your vinyl circle, 1 inch from the edges, with heavy thread or embroidery floss (Brownies can do this!) Lay the fiberfill on the back side of the vinyl, then the cardboard on top. Using the end of your thread, gather the vinyl and pull tight. Tie off stitches or duct tape the end of your thread. Apply auto epoxy or marine epoxy to the bucket lid and the gathered side of the pad you made. Press pad and lid together, weigh down with books, and leave to dry.

Decorate with permanent markers. This sit-upon is waterproof, dirt-proof and suitable for all climates. Plus, it holds supplies, lunch, a towel, the fish you catch or just about anything else.

**Giant potholder:** Build a loom, then weave a sit-upon! — *Nancy Rimassa, Oklahoma*

**Loom:** Assemble an open square with 2' lengths of 1x2 pine lumber, yellow wood glue, and a couple of 2½" nails at each corner. Check with a carpenter's square and let dry 24 hours. Mark ¾" intervals along all four sides. Hammer a nail into each mark. Voila — loom!

**Giant potholder:** Use 10 old T-shirts per sit-upon (adult mediums are best). Cut each T-shirt side to side, making big loops about an inch wide. Stretch loops across the loom top to bottom at each nail. Weave the remaining loops under and over from side to side. To finish, lift a corner loop off its nail, then lift the next loop off and insert it through the first. Lift the third loop and insert it through the second, etc., all the way around.

## **Tips**

**Easy hand-sewing:** Use a hole-punch to make holes about an inch apart around the edges of both outside layers of your sit-upon material. Girls can use yarn or cord to whip-stitch the edges closed.

**Stuffing/padding:** Recycle old magazines, folded newspaper or plastic shopping bags. Or use egg-crate foam (much lighter than newspaper, it's great for sit-upons you take hiking — *Karen Marks, Junior Troop 289, Austin, Texas*) or baby change pads for more insulation and less noise. Cotton or quilt batting also work.

**Take it everywhere:** Secure a long string or cord along one edge of the sit-upon so a girl can tie it around her waist and carry it hands-free.