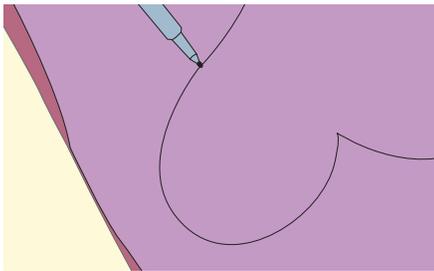


This DIY is a great way to warm up after coming in from the cold outdoors. You can make them in any shape – for your hands, for your neck, for your back. This project is just begging for creative spin.

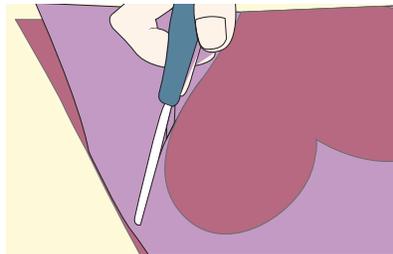
Once you're all cozy, knock the thermostat down a few degrees to save energy, and rest easy, knowing that your energy cost will be just that much lower.

Materials needed: Old t-shirt, scrap fabric or felt, scissors, needle & thread (or sewing machine), rice



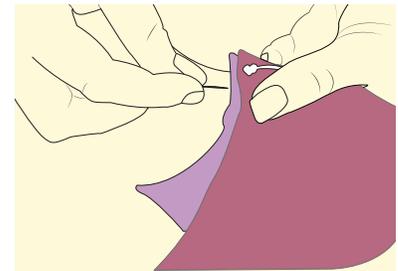
Step 1: Shape

Draw a heart shape into two pieces of fabric that are the same size. (A heart is just our suggestion; try experimenting with other shapes too!)



Step 2: Cut

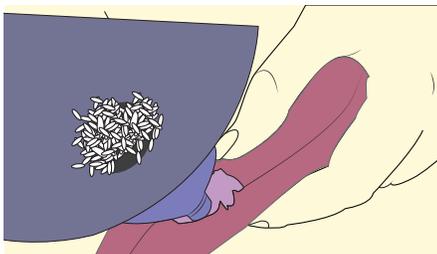
Cut out two shapes in the same size.



Step 3: Sew

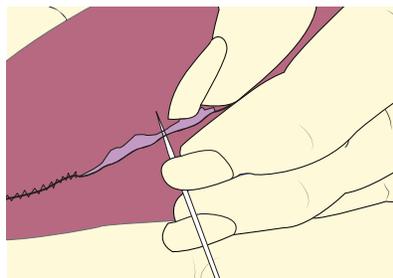
Match your cut-out shapes on top of each other and sew them together. Leave a hole near the top and turn your shape inside out through the hole.

Tip: Make sure your stitches are close enough together to keep the rice inside.



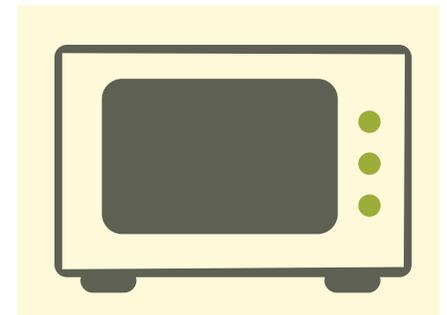
Step 4: Fill

Fill your shape with rice through the hole you left in your shape.



Step 5: Finish

Sew up the hole you left in the top of your shape.



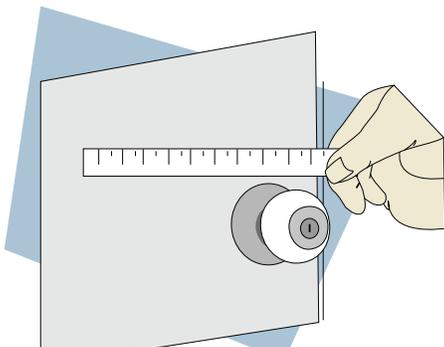
Step 6: Warm

Place it in the microwave for about 30 seconds (add more time if you went with a larger design). **Be careful when you take it out, it might be hot!**

Your hands can now brave the chilly, winter temperatures with snugly, homemade goodness! The best part is, your hand-warmers are reusable from season to season, AND they are chemical free.

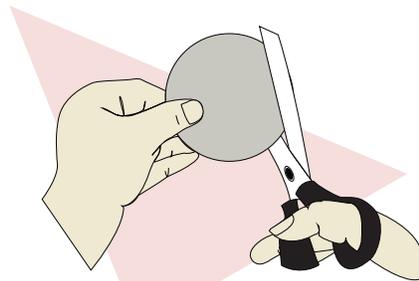
Keep as much of your heat inside as possible with your very own door draft dodger. Your draft dodger will snuggle up to your doors and help stop pesky drafts. This is one of the best DIYs that you can do to make your home more energy-efficient during the winter. (It's also our favorite.)

Materials needed: Measuring tape, decorative cotton fabric, scissors (or rotary cutter), sewing pins, needle & thread, sewing machine, iron, filler material (like dried navy beans or other weighty fillers such as dried peas or rice).



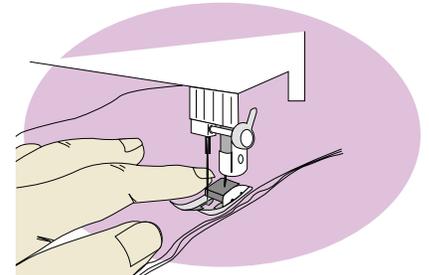
Step 1: Measure

Measure the width of your door.



Step 2: Cut Shapes

Cut two 3 1/4-inch circles and a rectangular shape that's 9 1/4-inch by the width of your door.



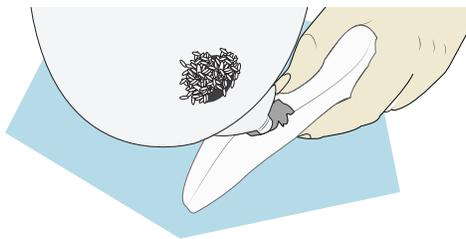
Step 3: Pin & Sew

Fold rectangular piece of fabric in half lengthwise, right sides facing, and pin raw edges together. Sew along the length of the open side with a 1/4-inch seam allowance, creating a long tube. Somewhere in the middle of the tube, leave about a 4-inch gap in the stitching. Backstitch at both sides of the gap, as this will be the opening for turning the draft dodger right-side out later.



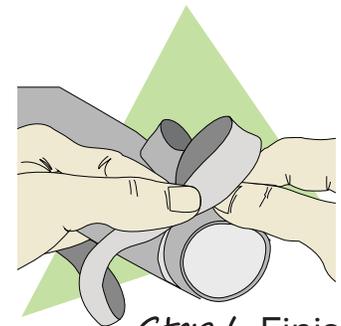
Step 4: Press & Sew

Press the long tube flat, with the seam in the center. Press seam open. Press circles in half, then in half again. Open. Lining up the creases in the circles with the creases in the ends of the tube, pin circles into each end of the tube, with right sides facing in. Baste the circles into place with a needle and thread, and remove pins. (The extra step of basting makes machine-sewing these small pieces easier.) Machine-sew each circle end to the tube with a 1/4"-inch seam allowance and remove basting.



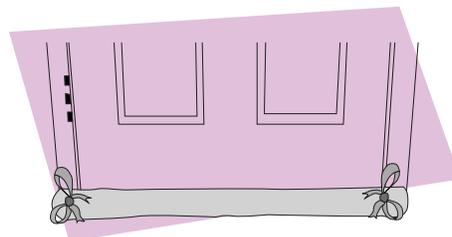
Step 5: Fill

Turn your sewn shell right-side out and fill with approximately 14 cups of filler material. (Whatever the size of your draft dodger, just be sure to press the filler in so it's not loose.) You can use dried navy beans, or other weighty fillers such as dried peas or rice.



Step 6: Finish

Decorate how you like with handles or ribbons on the ends, and sew up the final opening.



Step 7: Protect

Place in front of your doorways to reduce draft!