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# Weighted Stuffed Animal Tutorial

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## What is a Weighted Stuffed Animal?

A plush animal (and also blankets) that have some sort of weight put into them, normally designed for therapeutic usage by autistic and other neurodivergent people. They can also be very comforting to neurotypicals as well. The weight is often very calming and can be used as a good pressure stim. Stuffed animals are less bulky than weighted blankets and are easier to travel with, carry around, and are often less expensive.

## What You'll Need

1. A Stuffed Animal of any kind. For myself, I prefer Build-a-Bear size, and I got mine online for about \$12, but any plush you want will do.
2. Your Weight material. I used a mixture of poly beads, and cleaned fish gravel, but I've also seen people use rice, beans, bags of sand, or any mixture in between.
3. Some scrap fabric of any kind, to sew pouches for your weight.
4. Needle, thread, and scissors(if you don't know how to sew there's hundreds of tutorials online)
5. Some extra stuffing. When we put weight in your plush you'll need a bit extra stuffing to help fill it out. You can buy stuffing at almost any fabric or craft store.
6. (Optional) Some sort of kitchen weight scale
7. A cup

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8. Paper or a plastic funnel

## Getting Ready!

1. Get your plush out and check it for any holes or cuts. We don't want your beads leaking! This is also a good time to look at the size of the paws and stomach and,

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if you chose to sew bags, measure out a scrap of fabric to make your pouches.



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2. Time to cut the poor baby open. On all plush, there is a final hole that is closed by hand once the toy is done being stuffed, you'll often find this seam on the back, tummy, or bottom. Long furred plush like my wolf may make it difficult, but it can

be spotted by seeing the scrunched up and puckered fabric on her back.



3. Use scissors or a seam ripper to carefully cut the thread holding the seam together. It may be hard to see but if you dig down into the fur and pull it apart

you should find a piece of it.



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4. Depending on how big the natural open seam is on your stuffie, you may need to make it bigger. Use scissors to cut the hole bigger. Make sure with fur fabrics like mine, what you cut through the base fabric, not the hairs, or else the furs will be

cropped unevenly and look off.



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5. So! Now that your buddy has been cut open, remove the stuffing in the body and legs and put it to the side. You'll put it all back once our beans are in.



I recommend leaving stuffing in the head and tail, or other extremities that won't

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be affected by the weighted material, but this will differ depending on your plush.  
So now that your plush is prepped.....

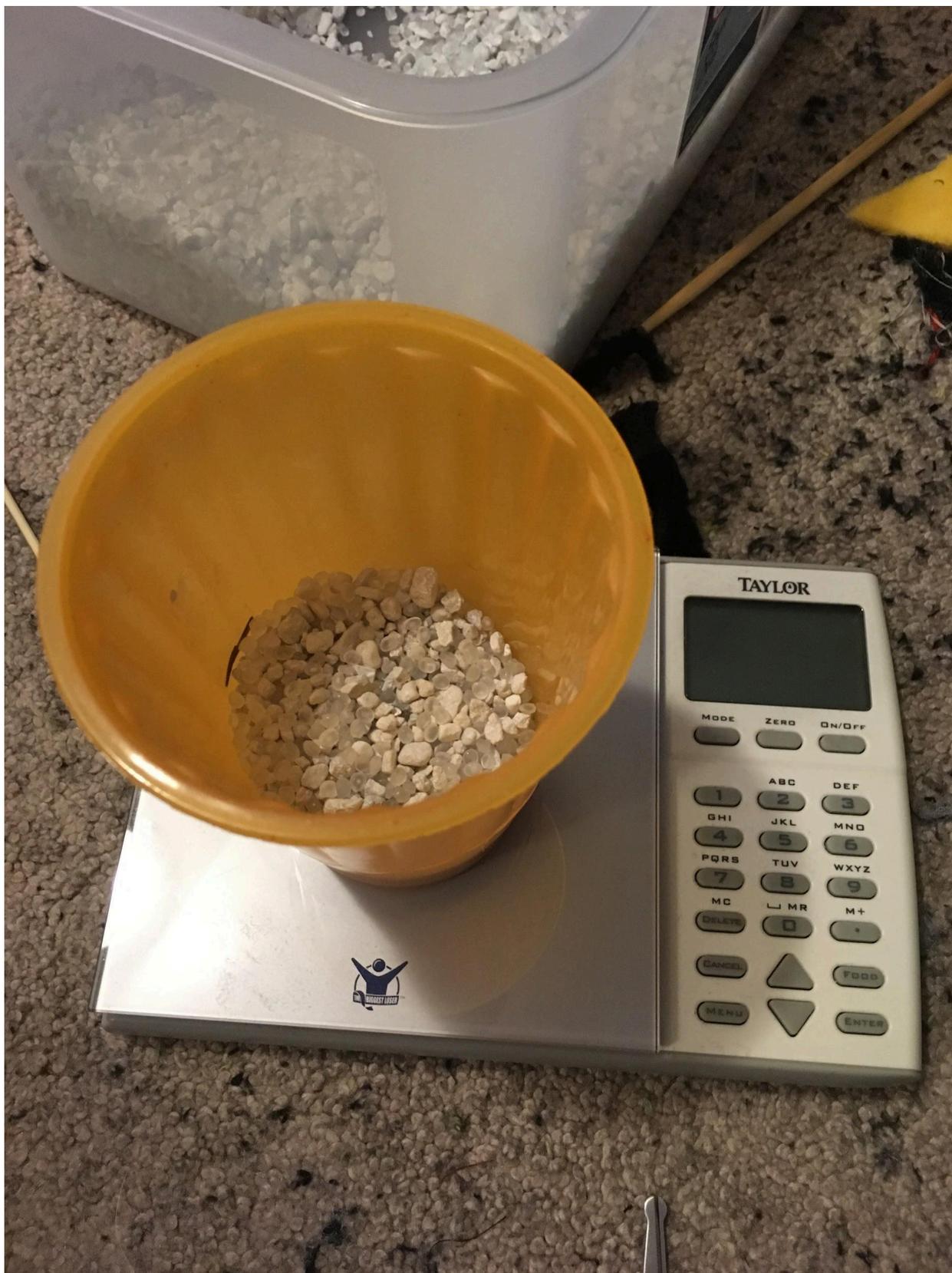
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## Weighing In!

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1. Gather up your weight materials, scale, paper, and/or plastic funnel.



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2. If using a scale, figure out how much weight you want your plush to be and divide the weight evenly throughout the feet and in the tummy.
  3. We will begin with the feet! Once you figure out how much you want in each, I recommend drawing a line on your cup, so you can easily fill it for all four legs.





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4. If you don't have a plastic funnel, you can easily construct a paper funnel. This will just make it easier and less messy to get the materials directly into the legs,

or into the pouches, whichever you prefer.



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5. Prepare one of the legs to get filled. Find the base of the leg inside the body and insert the funnel. [Note, I chose to put a tiny bit of stuffing back into the bottom of the paws as a cushion, as I didn't make pouches for my plushies small feet. If

you are making pouches you won't have to do this]

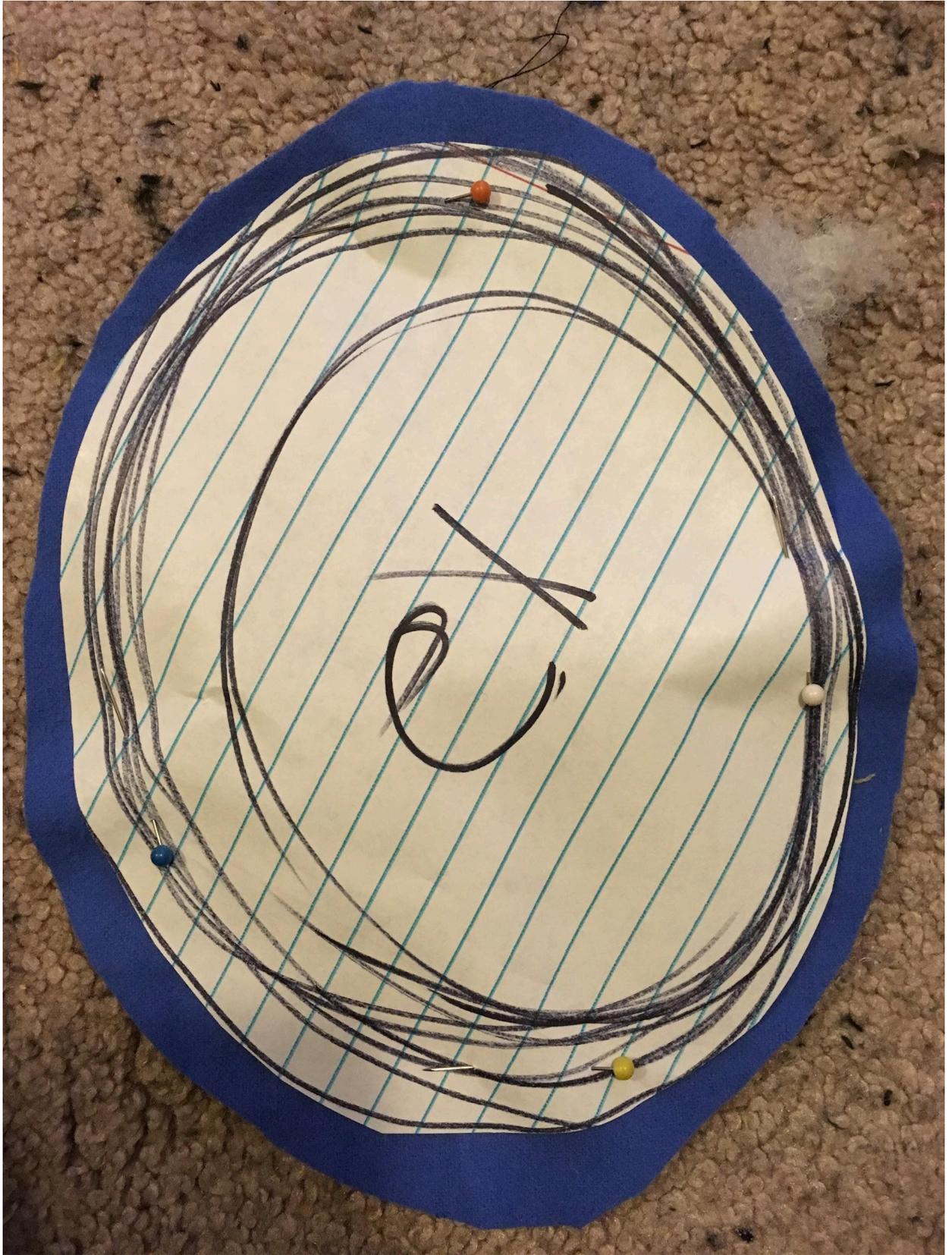


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6. Now pour your amount of weight material down the funnel, carefully shaking and poking it all down into place. Once it's in the leg, you may need to squish and work it into place. Once this is done repeat for all of your legs!! After the beads are in, fill all the legs with stuffing up to where they connect with the body. This is easier than stuffing them later, and helps keep the beads down in the feet while

you move the body later.



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7. Now that our feet are done, time to move on to the tummy! Even if you didn't use pouches for the feet I highly recommend using a bag for the tummy, as this will prevent the weight from poking you, ripping the fabric, or moving around within the plush. Start off by sewing up a tummy pouch, making sure to leave a moderately sized hole to put material in.





8. Now that it's sewn, fill it up with your weight. Make sure not to fill it too much, allow room for the material to move around and shift.





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9. Now sew up the hole of the pouch, making sure there's no loose or open seams for material to slip out.
  10. Now get ready to put the pouch into your plush. I recommend putting a small layer of stuffing between the bag and any of the plush's inner walls, to make it more squishy and comfortable. It may be a bit difficult to get the bag in at first.





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11. Now finish stuffing your plush back up as much as you like. You may need to use extra stuffing or scrap fabric.

## Finishing Up!

1. Our final step is sewing up any holes we cut open! I used a backstitch, and I went over the hole two times just to make sure it would hold.

2. I also used a dog brush, and a normal comb to brush the fur around the area to pick up any stray pieces.



## Hey You're Done!!!!!!

You did it! You now have a pretty awesome weighted stuffed animal for yourself or someone else. And you also have the tools to make as many as you want. I also recommend tying a chewable or stim necklace around your plush's neck, for even more stimming fun! My wolf, Aleu, has a Stimtastic block necklace around her neck.

I hope you had fun with this and if you had any questions or need clarification, please message me at [autistic-hiccup.tumblr.com](https://autistic-hiccup.tumblr.com)

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[And here's some bonus pictures of Aleu]



[Here's her with my other BaB wolf: Balto]

