



HOW TO MAKE
*Sheila the
Thoughtful Sheep*

INSTRUCTION SHEET

Tools and Materials

Tools

Hot Glue Gun (Optional)



Pencil



Sponge Brush or Paint Brush



Plastic Bottle Tops



Black Sharpie Pen or Felt Pen



Plant Trainer Stick or old pencils



Scissors



Stuffing from inside an old pillow



Uncooked Rice



Googly Eyes for craft or Black Sharpie Pen



Craft Tweezers (Optional)



Black Felt (Optional)



White Paint (Emulsion or Acrylic)



All Purpose Adhesive



Toilet Roll Tube



Black Acrylic Paints



Any Coloured Wool



Corrugated Card and Cereal Box Card



How to make Sheila the Thoughtful Sheep

Step 1: Preparing the Body

- Print out the Sheep Body and Head Template provided or draw your own.
- Cut out the Template pieces and place on corrugated card. Draw around the body piece 5 times placing 3 with the card corrugation lines going horizontally and 2 with the lines vertically.
- Cut out the 3 Head pieces in a similar way. This strengthens the card when the pieces are put together. Put the other 2 pieces to one side.
- Using the All Purpose Adhesive glue the 2 vertical line body pieces together with one of the horizontal pieces sandwiched inbetween.

Step 2: Preparing the Legs

- Cut 4 equal lengths of cane from plant trainer sticks or thin wooden dowl. You could also use old pencils if you wish. Approx 7 inches in length.
- Cut one smaller piece of stick for the sheep neck. Approx 2.5 - 3 inches long.
- You will need 8 plastic bottle tops of equal size, 2 for each sheep foot. Make a hole in the top of 4 of them carefully.
- Place the lid on a firm surface and press the cane sticks into the holes.
- Fill the other half of the the sheep foot with some uncooked rice to add a little weight.

Step 3: Creating the Legs

- Squeeze some Hot Glue or All Purpose Adhesive around the rim of one bottle top and stick it to the base bottle top. Press the stick in firmly and allow to dry. Repeat this for the other 3 legs.
- Paint all the legs and feet in Black Acrylic Paint and leave to dry.
- When the paint is dry, glue a strip of black felt or fabric around the feet if you wish.
- Cut 4 rectangle piece approx 3" x 4" of scrap fabric, I used some old pyjama material. These will make the leg warmers.



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Step 4: Attaching the Legs

- Glue the edges of the rectangle pieces over to form a small tube and place them over the legs before attaching them to the body.
- Use Hot Glue or All Purpose Adhesive to glue one leg to the body. Hold in place until dry.
- Attach the other 3 legs, checking they are all the same length and your sheep stands properly. It is a good idea to angle the legs slightly to create balance.
- When the glue has dried, take the 2 pieces body pieces you put aside and bend them slightly to fit over the legs, and glue these onto the body.

Step 5: Assembling the Body

- Make a small hole in the head and push the shorter piece of cane into it. Add a dab of glue to secure.
- Press the other end of the cane into the sheep body, using the corrugated hole in the card to push into.
- Fill the holes around the edge of the head piece with quick drying interior polyfiller.
- When this has dried plain the head, neck and body in white acrylic paint. You may need to give the head 2 or even 3 coats if it is patchy. There is no need to paint the body again.

Step 6: Add the Fleece & Prepare the Hat

- Using the stuffing from an old pillow or duvet, or cotton wool if you don't have an old pillow, cover the body in small sections with the All Purpose Adhesive and stick on the fleece.
- Be generous with your fleece so your sheep look lovely and fluffy.
- If you have some old balls of wool or string, wrap this around your hand and arm until you have a good skein of wool. Cut the loops to create long lengths.



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Step 4: Making the Hat

- Cut across the whole width of an empty toilet roll. Approx 1" deep.
- Fold one of your lengths of wool in half to create a loop and thread this through the centre of the toilet roll piece.
- Thread the two loose ends through the wool loop and pull tightly to secure to the cardboard. Repeat this all around the toilet roll until it is covered completely.
- When you have finished push all the wool lengths back through the centre of the toilet roll. Tie another piece of wool around the lengths to create the hat. Cut off the excess wool.

Step 5: Face and Scarf

- Cut a small piece of black felt for the sheep's nose and use either googly eyes or felt, or use a black sharpie pen to draw the eyes on the face.
- Cut a rectangle strip of scrap material approx 12" x 4" to make a scarf for your sheep. Fold it in half length ways and wrap around the sheep neck.
- Cut little slits into the end of the scarf to create a tassled look if you wish.

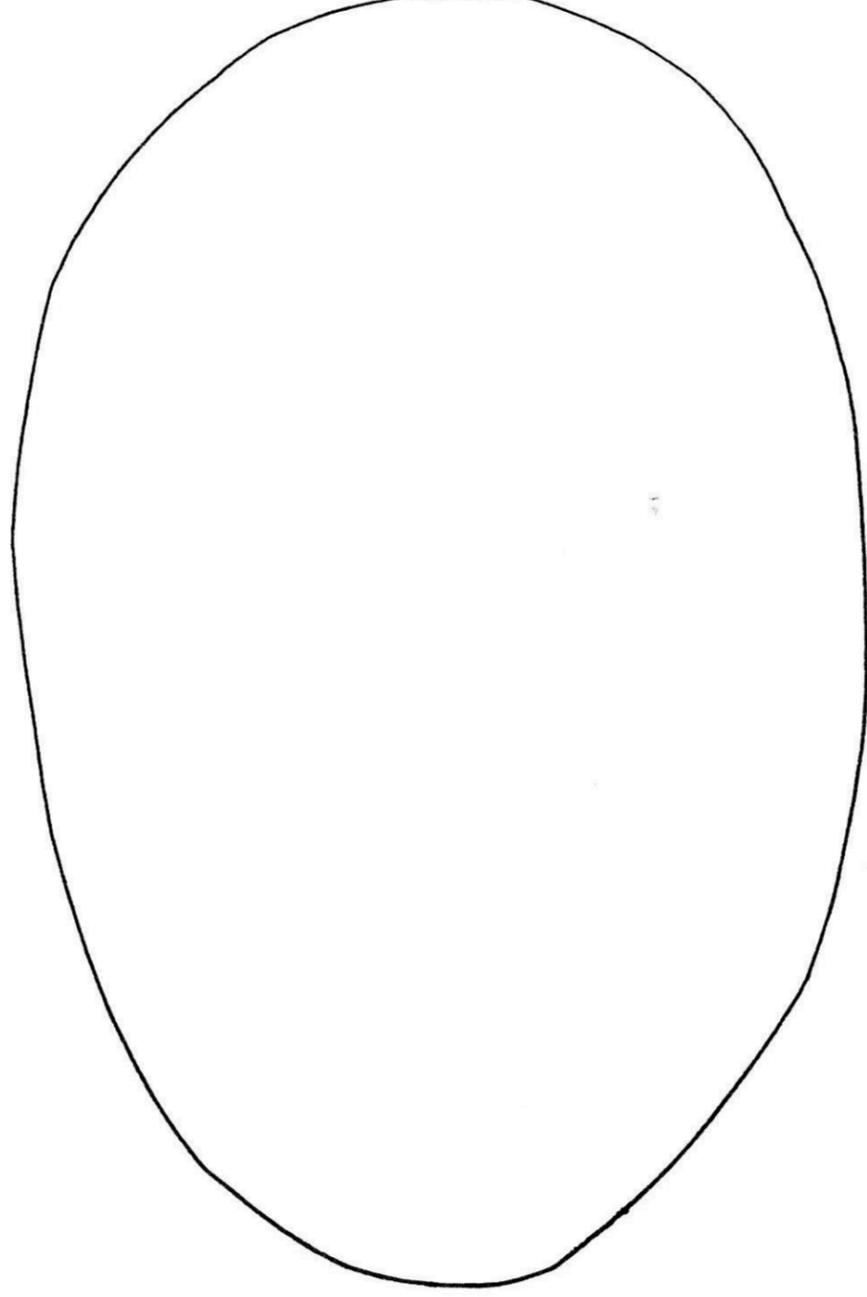
Step 6: Finished Sheila

- Put Sheila the Thoughtful Sheep somewhere you will see her daily to remind you that it is important to guide your thoughts towards your dreams and goals.
- If left unchecked imaginative thoughts can wander off in all sorts of unhelpful directions.



Sheila the Thoughtful Sheep

Sheep Body



Sheep Head

