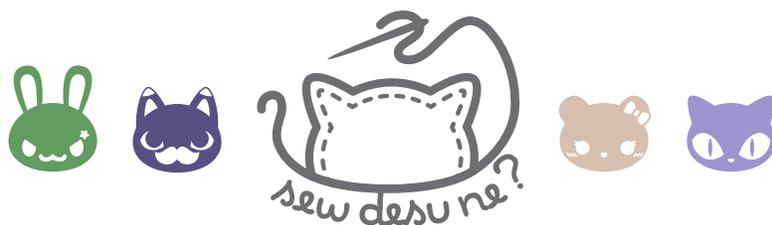


zipper wrist rest



A SEWING PATTERN BY



zipper wrist rest

SEWING TUTORIAL

zipper wrist rest

This project is a handy little cushion filled with micro pellets to save your wrists from lots of strain while at the keyboard. The optional applique turns it into a faux zipper, complete with slider & teeth.

DIFFICULTY: 

The appliqué is likely the hardest part of this project, but otherwise it's quite simple.

MAKES:

one 17" x 4" wrist rest

MATERIALS & TOOLS

- 2/3 yd. or 13" x 22" scrap of fleece (1/4 yd. if you don't really care about grain lines)
- Micro pellets
- Appliqué supplies:
 - 9" x 9" scrap of gray appliqué fabric
 - 2" x 3" scrap of black appliqué fabric
 - 10" x 10" scrap of light or heavy-weight fusible web
- Matching sewing thread
- Basic sewing tools (sewing machine, scissors, iron, needles, pins, fabric marker, seam ripper)

BEFORE YOU BEGIN:

1. Print out the project pattern, pages 6-8
2. Assemble the pattern pieces by lining up the page markings (A1 to A2, B3 to B4, and so on)
3. Lay out the pattern pieces on your fabric and cut them out
4. Mark the fabric pieces with the guidelines from the pattern

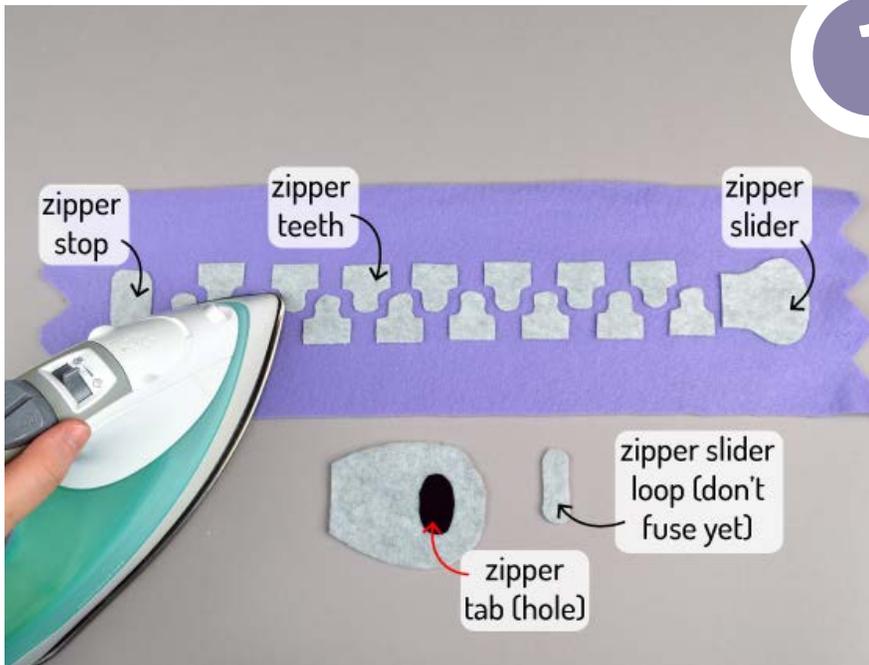


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1

Up first is all the appliqué. Trace the appliqué shapes to your fusible web, then iron the fusible web to the corresponding appliqué fabrics. Cut out the shapes, then fuse the appliqué fabrics to the right side of one of your zipper pieces, following the pattern guidelines.

Assemble the zipper teeth as shown, and don't forget to add the zipper tab hole with the bit of black appliqué fabric. Don't fuse the zipper slider loop just yet, set that aside for now.

If you used heavy duty fusible web you can leave it as is, but if you used lightweight fusible web you'll want to sew around the edges of all the appliqué shapes. I personally used a zigzag stitch.



2

Create the zipper tab by aligning the two pieces together with right sides facing. Sew around the perimeter, leaving a pretty small opening for turning (about 1/2") along the top edge as the pattern guidelines indicate. Clip the corner seam allowances and turn the tab right side out.

3

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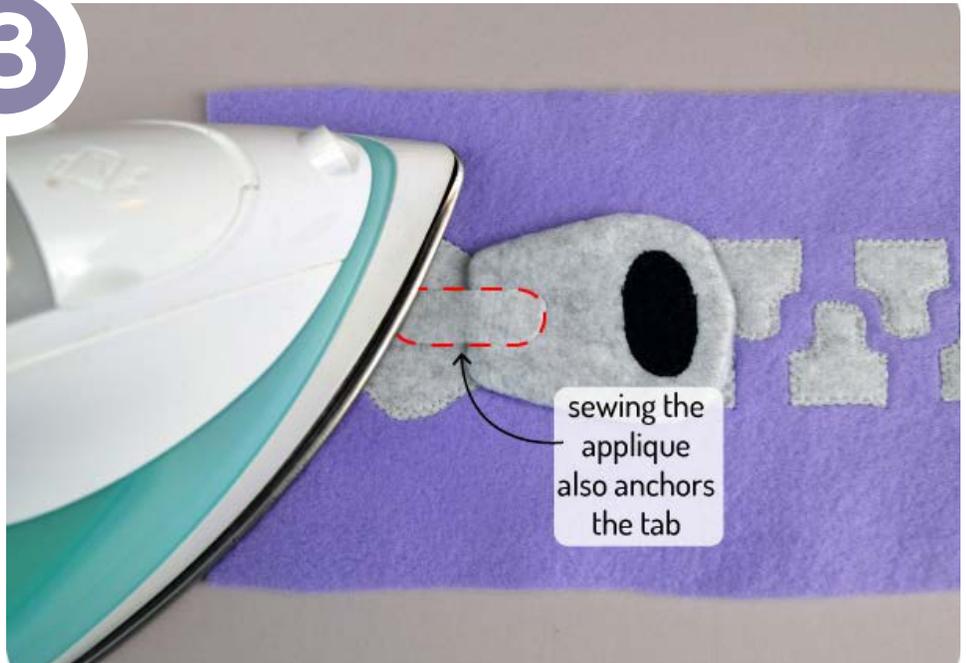
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Use the zipper slider loop to attach tab to the slider. Center the slider over the tab, covering halfway, and align the other half over the slider. Iron the appliqué piece in place. You'll want to sew around the edge of this shape to anchor down the tab and permanently attach it to your wrist rest. I used a zigzag stitch but a straight stitch would work as well.

3



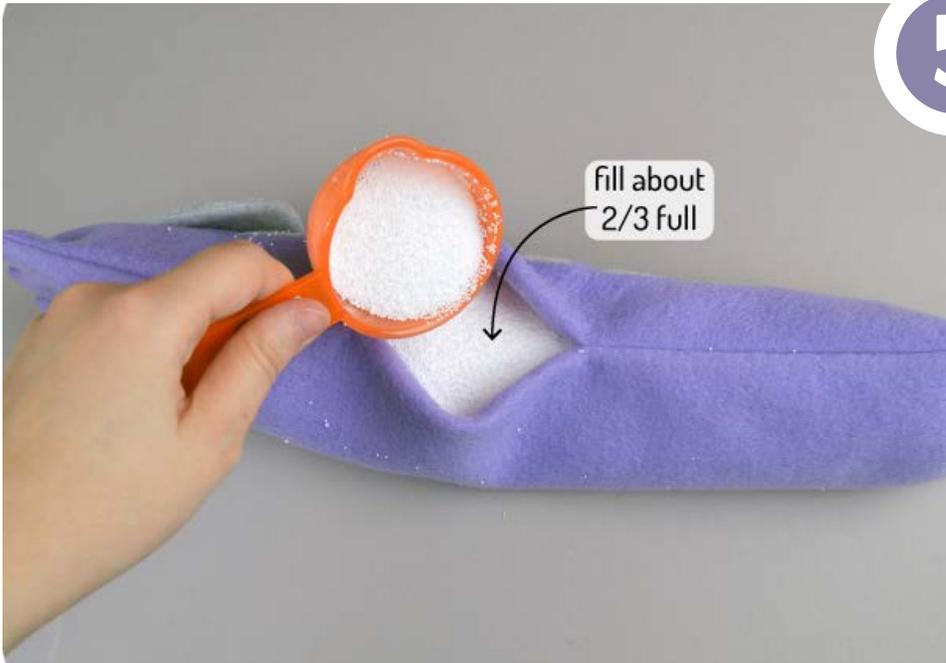
There! The hard part is all over. All that's left is to sew the actual body of the wrist rest. Layer your wrist rest pieces together with right sides facing each other. Sew around the perimeter of the shape, leaving an opening at one side (as the pattern indicates) for turning right side out.

4



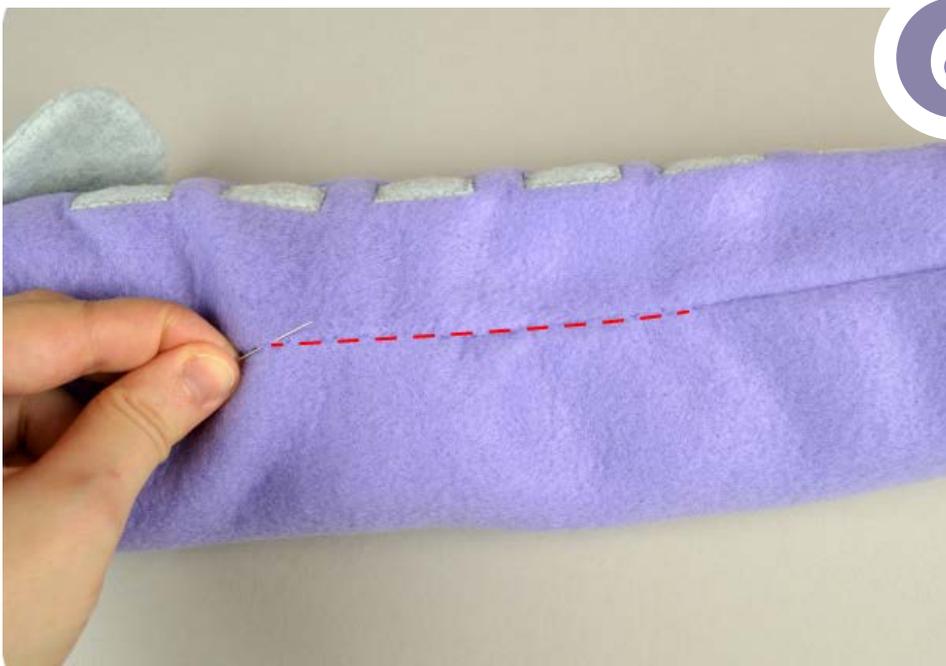
zipper wrist rest

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5

Clip the excess seam allowance in the inner and outer corners and turn the wrist rest right side out. Poke out the corners with a chopstick or similar blunt tool, then fill the wrist rest. If you're using micro pellets, do this in an area that's easy to vacuum, because they make a huge mess. Fill the wrist rest a cupful at a time until it feels about 2/3 full. This will give the wrist rest room to squish when you have your wrists on it.



6

To finish up the wrist rest, bring together the seam allowances from the opening for turning and fold them inward. Sew the whole thing up with a ladder stitch and you're done!



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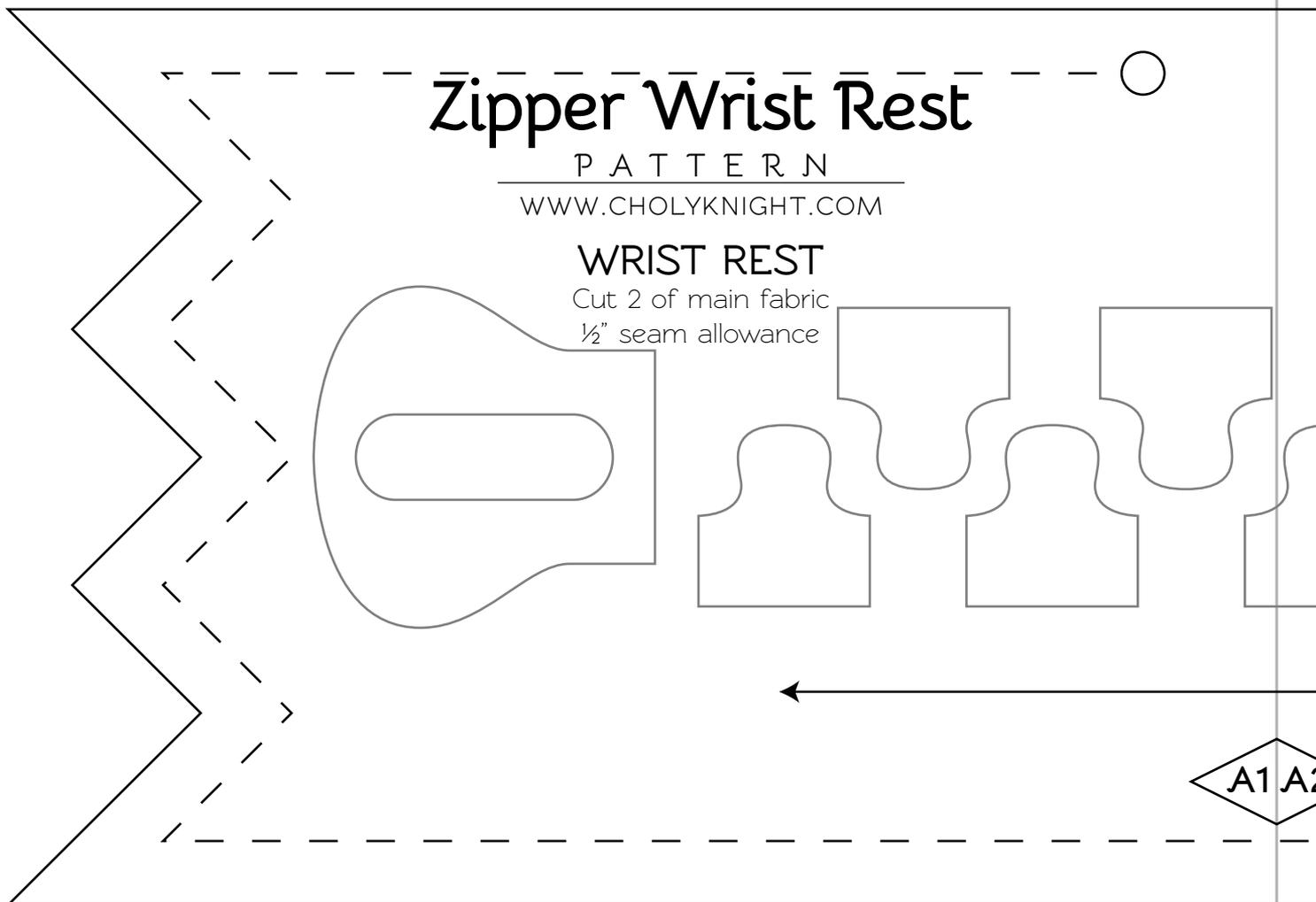
Zipper Wrist Rest

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WRIST REST

Cut 2 of main fabric
1/2" seam allowance



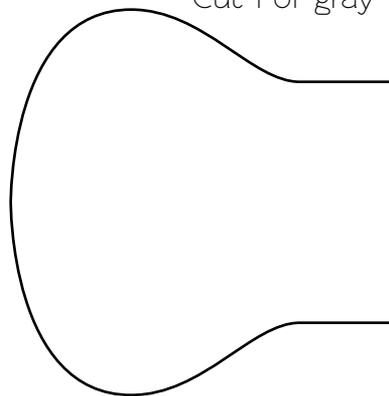
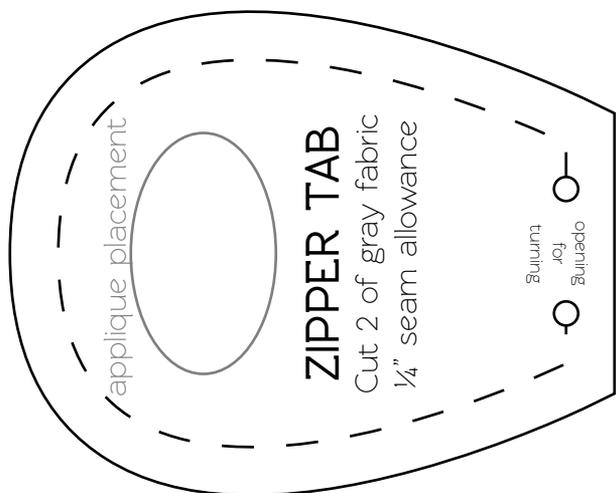
Zipper Wrist Rest

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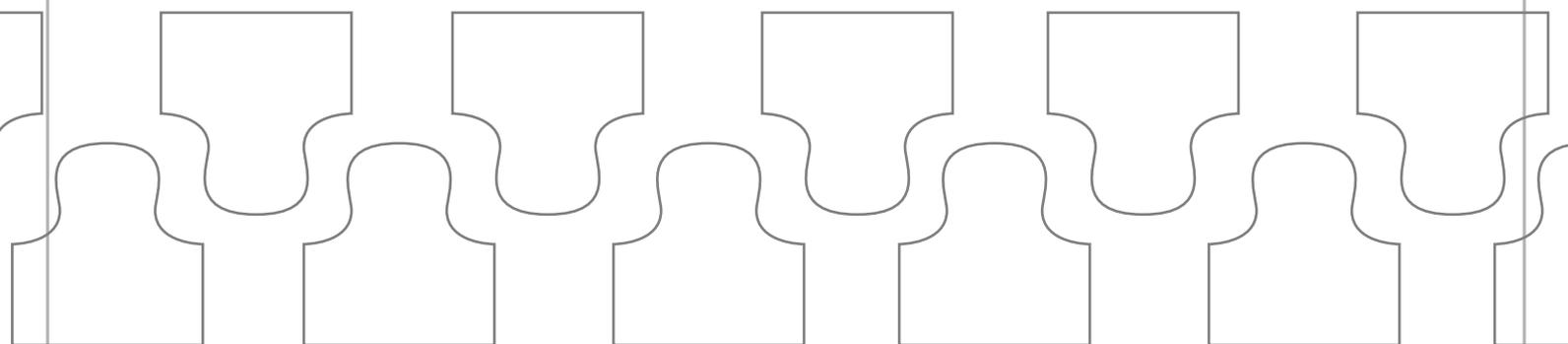
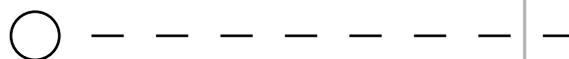
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ZIPPER SLIDER APPLIQUE

Cut 1 of gray



opening for turning



applique placement



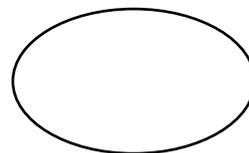
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ZIPPER TAB HOLE APPLIQUE

Cut 1 of black



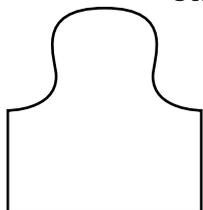
Zipper Wrist Rest

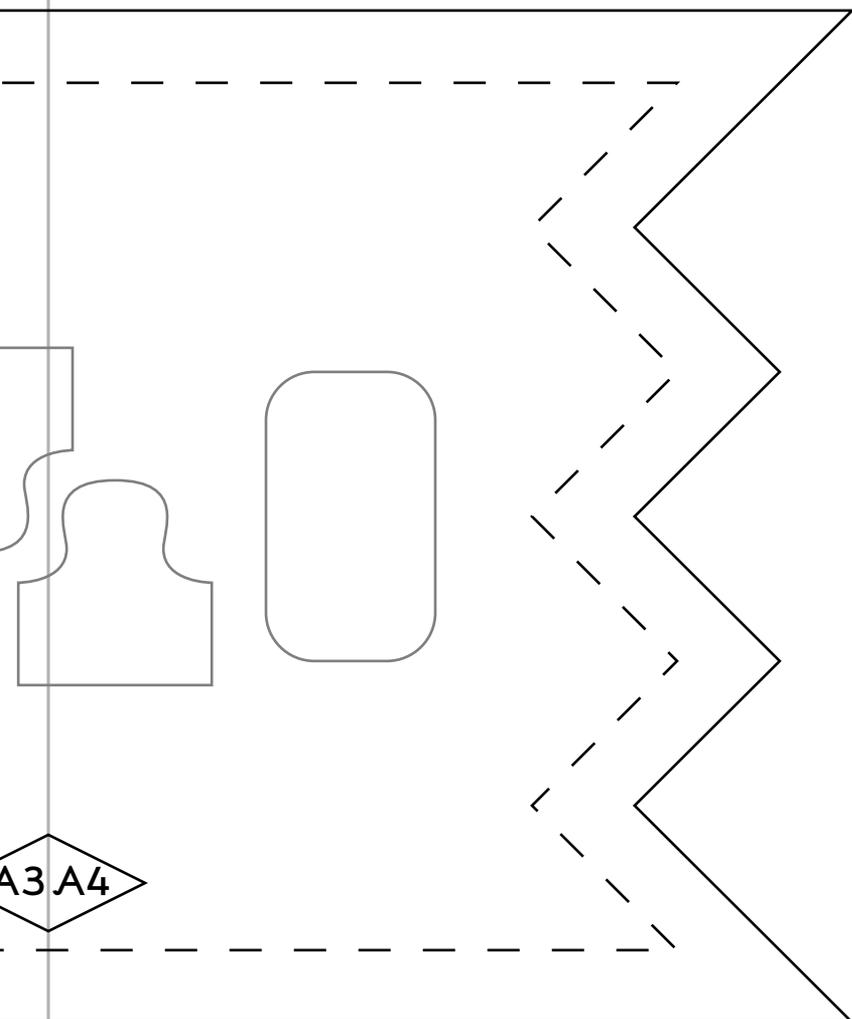
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ZIPPER TOOTH APPLIQUE

Cut 15 of gray





Zipper Wrist Rest

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ZIPPER STOP APPLIQUE

Cut 1 of gray



Zipper Wrist Rest

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ZIPPER SLIDER LOOP APPLIQUE

Cut 1 of gray

