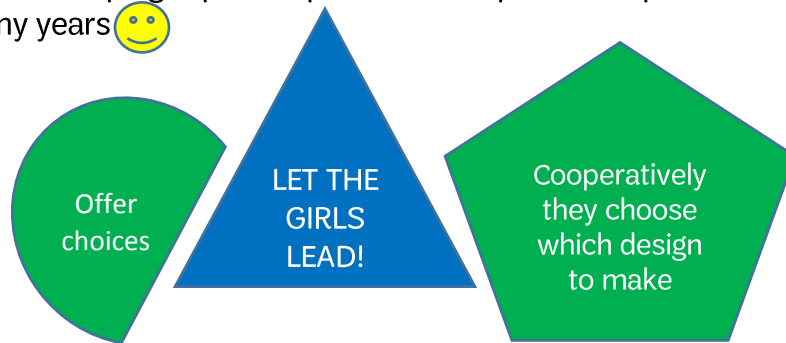


# Girl Scout Traditions

What's that all about??

SIT-UPONS

**Sit-upon:** something you sit-upon to keep dry and warm or designate your personal area. Sit-upons are usually home-made and are a great craft for your girls to make in preparation for a hike or camping trip. Sit-upons have helped to keep Girl Scout backsides warm and dry for many years 😊



### Tablecloth sit-upon:

- Vinyl tablecloth
- Filling
- Scissors and hole punch
- String/yarn

Plastic shopping bags, newspaper, and old t-shirts make cheap, easy filling

Cut a 12 inch square pattern for your sit-upon. Using your pattern, cut your square out on the fold of the table cloth (such that you have one rectangle that folds over to make your square). Cut out your filling to fit within your square. Punch holes on the open 3 sides, place filling inside, and sew together using your string/ yarn. Tie the end off with a bow.

Teamwork

Working in pairs = easier and more fun

### Plastic Bag sit-upon:

- Thick plastic bag
- Filling
- Duct tape



Open up your bag and place filling inside to the shape and size of your choice. Fold the excess bag over to close off the opening. Duct tape around all sides, making sure to cover any openings to keep out water.



**Bucket sit-upon:**

- 5 gallon bucket
- Plastic/ vinyl tablecloth
- Filling
- Duct tape

Bakeries are wonderful places to get 5 gallon buckets (frosting containers)

Using the lid as a pattern, cut out your filling. Then cut out your vinyl tablecloth piece, at least 1.5 inches larger than your lid. Place the tablecloth piece down, then the filling, then the lid. Fold the edges of the tablecloth over the lip of the lid, and duct tape down. Then place the lid back on the bucket. Duct tape lid to the bucket OR leave loose and girls can use the bucket to store camping supplies such as first aid kits, flashlights, etc.



**Blue jeans sit-upon:**

- Old pair of jeans
- Filling
- Scissors
- Needle and thread



Cut off the legs of the pants, leaving about 1 inch of each leg. Unzip the pants, turn them inside out, and sew the legs and waist closed. Using the hole from the unzipped zipper, turn the pants right-side out and stuff the filling through the zipper hole. Zip-up the pants and voila!



**Reusable bag sit-upon:**

- Reusable shopping bag
- Newspaper
- Scissors
- Duct tape

Watch a YouTube video on how to make this bag!

<https://www.youtube.com/watch?v=fgV-LFaHp7I>

Cut the sewed seams of the bag. Lay the bag out flat with waterproof/ plastic side down. Place newspaper on one half. Fold the other side of the bag over so the newspaper is sandwiched in the middle. Cut off the handles. Duct tape all 3 open sides. Reattach handles for easy carry.