

Courage Cape Instructions



Up, up and away! These courage capes will bring hope and joy to little boys and girls in crisis centers and hospitals. Stitch some love as you create dress-up accessories that will provide courage, comfort and imaginative play.

Download and use the templates provided or create your own design!

We have provided the following templates: lightning bolt in circle, layered stars, two stars, letter in shield, crown, and star in shield.

Supplies Needed:

- Ponte knit, 1 sq. yard
- 1" Grosgrain ribbon, 18" long in a coordinating color
- $\frac{3}{4}$ " Velcro, 1" long (or a Velcro square)
- Felt in various colors (approximately 1 sq. foot per color)
- Fabric scissors
- White fabric marking pencil
- Yardstick
- Jewels or beads, *optional*
- Hot glue gun and glue sticks, *optional*

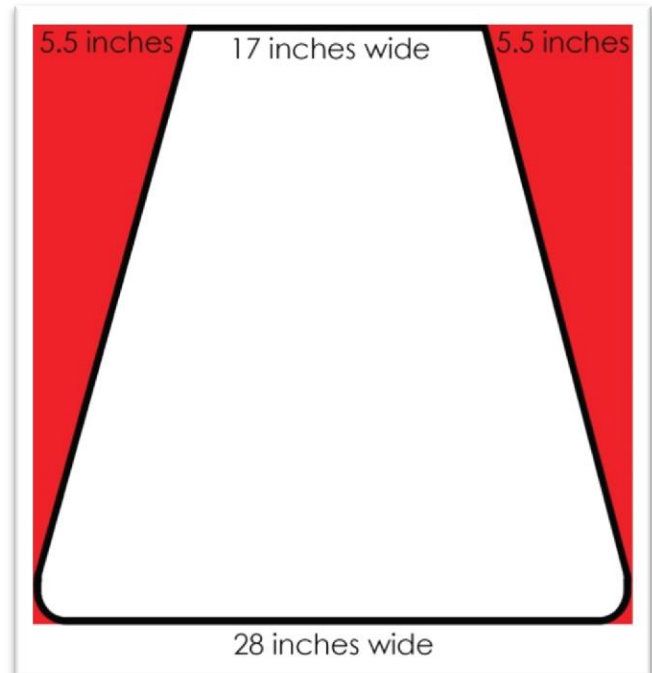
Instructions

Make cape:

1. Cut: Take ponte knit fabric and cut into a 28 x 28 inch square. Taking one side of the square, measure 5 ½ in. from the corner, mark that spot with your fabric pencil. Repeat measuring 5 ½ in. from the other corner. Take a yardstick and draw a line using your fabric pencil from the mark to the bottom corner. Repeat on the other side. That will make your cape into a trapezoid shape. Cut along that line, rounding the bottom corners, as seen in the picture to the right, to create your cape (See diagram).

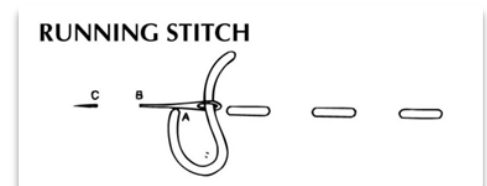
2. Hem: Fold under ¼ inch on sides and bottom of cape, leaving the short top for casing. Stitch with double thread using a running stitch.

Tip: Ponte knit does not fray and looks nice if the cut is smooth and even. Use a rotary blade to cut your fabric and skip the hemming step.



Running Stitch Instructions:

To work the running stitch, insert your needle through the back side of the fabric at your starting point. Next, weave the needle in and out of the fabric, taking several evenly-spaced stitches. Pull the needle through and repeat to the end of the stitching area.



3. Casing: On the top edge of the cape, fold under approximately 1 ½ inches and stitch close to raw edge, leaving enough for ribbon to slide through the casing.

Assemble design:

4. Use the templates provided to cut the pieces out of felt, and follow the instructions on the template to create your design. Or design your own cape!

Attach design to cape:

5. Pin design to cape, centering it horizontally and placing it slightly above center vertically. Stitch close to the edge of the design using matching thread.

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Ribbon closure:

6. Thread the ribbon through the casing

Tip: Attach a safety pin to the end of the ribbon to help you work it through the casing.

7. Allow 3 inches of ribbon to extend from each side of the casing, causing the cape to gather. Pin the extended ends securely and stitch each end of the casing closed, catching all layers.

8. Pin one part of the Velcro to each end of ribbon, making sure they are positioned for proper closer. Stitch closely to the edge of the Velcro using matching thread.

