



Yeti Squishy

Make a Yeti squishy toy that's perfect for the winter season out of memory foam and fabric paint.



Ingredients (Included):

- square of memory foam
- paper template
- white, blue, and black fabric paint in cups (Tulip brand)
- paintbrushes

You Supply:

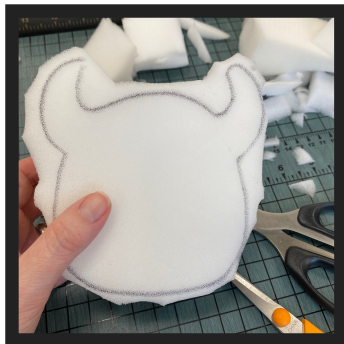
- sharpie marker
- sharp scissors
 - having two sizes (large and small) is most ideal
- plastic gloves (optional)

Step One: Cut out the Yeti template and trace it onto your block of memory foam with the sharpie.

The horns have a dotted line because they can be difficult to cut out of the memory foam as part of the whole shape. If you're working on the foam and the horns seem difficult, you can cut the horns from the template, and trace and cut out of leftover foam. Then glue them on!



Step Two: Using large, sharp scissors, start cutting out the rough outline of the Yeti shape in the memory foam. Get as close to your sharpie lines as you can and remember to work three dimensionally! Check the sides and back frequently.



Watch these YouTube videos for demonstrations of cutting memory foam:

Watermelon Squishy:

<https://youtu.be/bQir4pwPzIU?si=-aJy-UAOvOvTJyxS>

Avocado Toast Squishy:

<https://youtu.be/0dUIO5Ze9R8?si=S4mypZcPYfgCF6GE>



Memory foam is hard to cut, especially if your scissors are not sharp. Pinching the memory foam while cutting helps. Just go slow and take breaks to make sure you're cutting the shape you want.



Step Three: If you also have small scissors, you can use them for the detail work of smoothing out your shape, cutting the curves of the horns, and so on. Make sure to eventually cut away the sharpie lines - fabric paint will smear them!

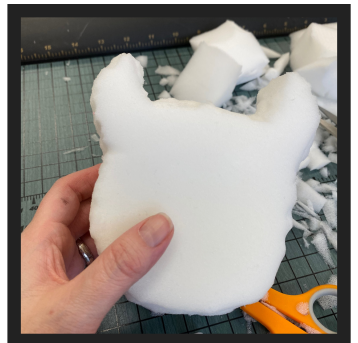


If you don't have small scissors, it's okay. Just work slowly and carefully and rotate your shape frequently to make sure you're not cutting too much away. You can always cut more, but you can't add back on.



Sometimes making vertical cuts to separate tight areas helps.

It's unlikely that you'll get your shape totally smooth and even, and that's okay. Just do your best to keep them looking about the same front and back.



Step Four: Paint your finalized shape with the white fabric paint. You can do this by hand wearing the plastic gloves to get the most coverage or with the foam brush. You can dilute the paint a little with water if it seems to be thick. You'll have to let one side dry before doing the other so take your time. Let dry.



Step Five: Use the blue paint to add the a face shape and paint the horns. These smaller areas you can do with the paintbrush.

Step Six: Let the blue paint dry, then paint on a cute face with the black paint!

Let dry at least 24 hours before getting really into squishing!

If you want to make more, buying an inexpensive memory foam pillow and cutting it up is a great way to keep going.



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