What you’ll need . . .

» Fabric
» Thread
» Ruler
» Sewing Pins
» Sewing Machine or Needle
» Funnel
» Rice

1 Cut out two 4” squares for each hand warmer. (You’ll need four fabric squares for two hand warmers.) For smaller hands, cut 3” squares. The edges won’t show, so the squares don’t need to be perfect.

2 Pin two fabric squares together with the insides facing out.

3 Sew around the edges of three sides completely and about half of the fourth side, removing the pins as you go.
4. Turn the fabric right side out through the opening.

5. Use the funnel to pour rice into your hand warmer until it is $\frac{1}{2} - \frac{2}{3}$ full.

6. Fold in the edges of the opening and use a pin to keep them in place.

7. Making sure to keep the edges tucked under, sew your hand warmer closed. To use your hand warmers, heat them in a microwave for 20–30 seconds or until they reach the desired temperature. Be careful not to microwave them for too long, as they can get hot enough to burn skin. Tuck them inside your gloves, mittens, or pockets before heading out into the cold!