

## FLEECE BLANKET INSTRUCTIONS

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When survivors of sexual abuse come to our retreat, they receive three things.

**First**, our Reclaim Hope book and workbook, **second** a journal, and **third** a fleece blanket.

As we've worked with participants at the retreat, we've noticed that these simple fleece blankets provide immense comfort and security for these women as they address intense, emotional, and sometimes difficult situations.

In addition to having something soft and comforting, participants will often comment on how much it means to them that someone cared enough about them to personally make or donate these blankets.

Thank you for your donation and for supporting these wonderful and strong survivors of childhood sexual abuse.

### **MATERIALS NEEDED:**

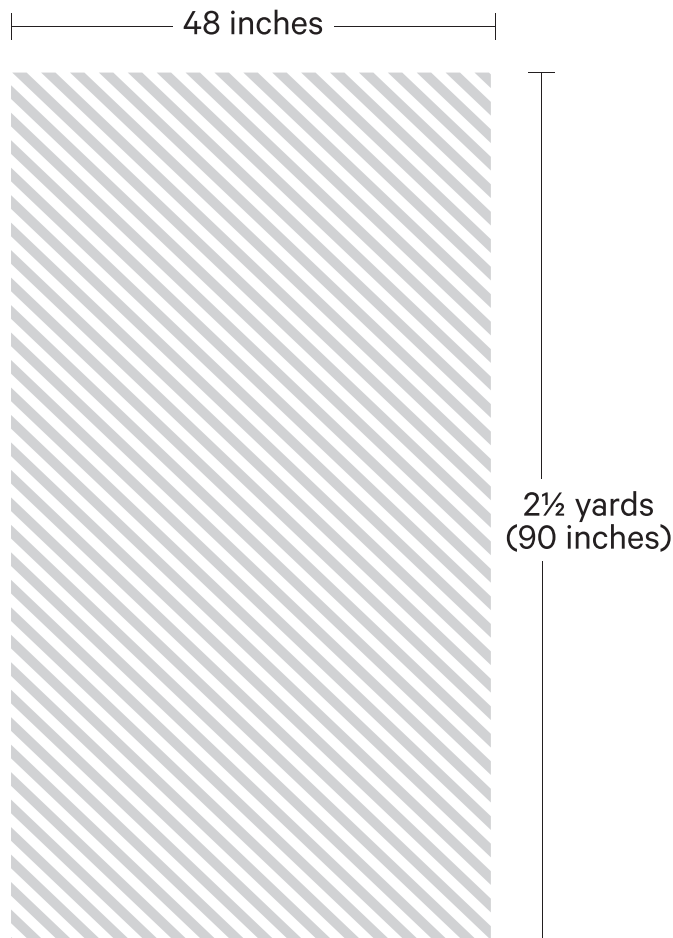
- 1 piece of fleece (2½ yards long, 48 inches wide)
- Scissors
- Ruler



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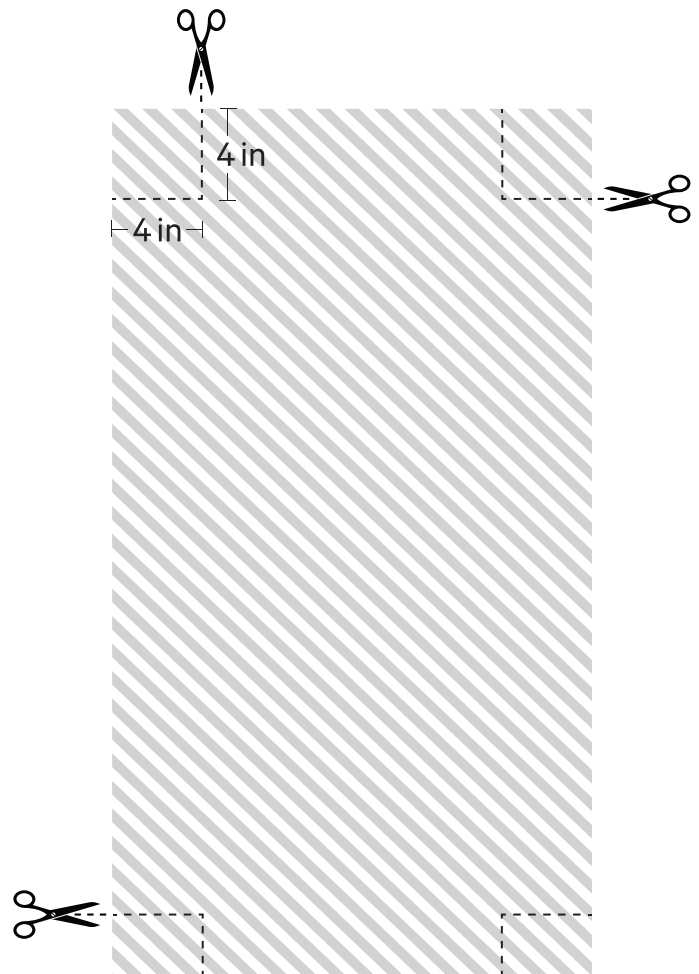
### STEP ONE:

Lay out fleece on a flat surface. Fleece should be 2 ½ yards by 48 inches.



### STEP TWO:

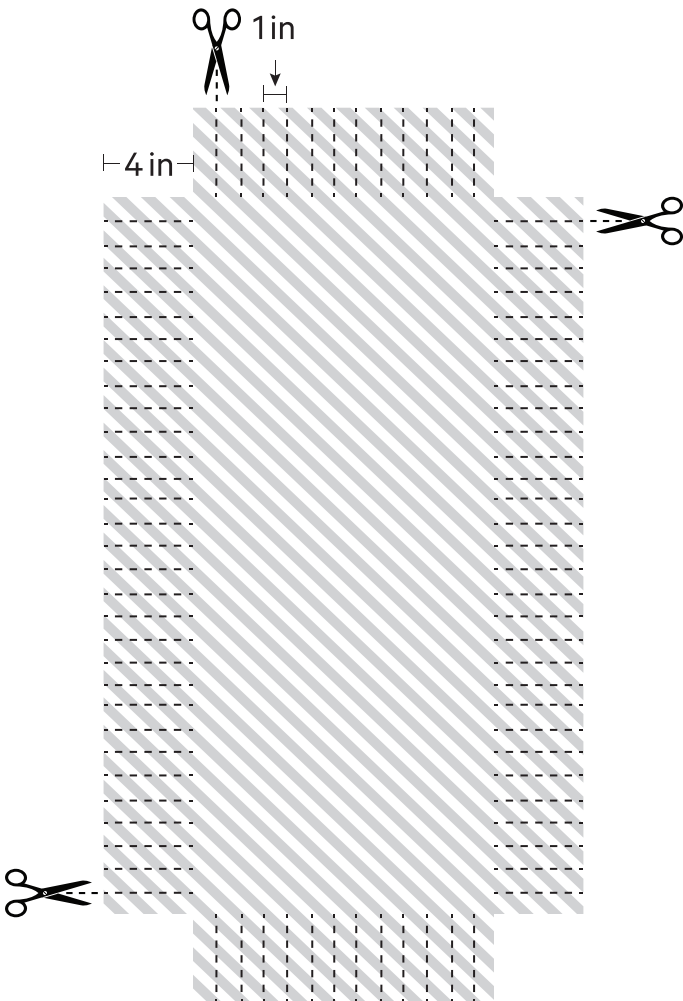
Cut a 4" square in all four corners.



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### STEP THREE:

Cut 4" long strips along all four sides of the fleece. Try to keep the strips about 1" wide.



### STEP FOUR:

Tie each strip into a single knot with the know at the ase of the strip along all four sides.

