

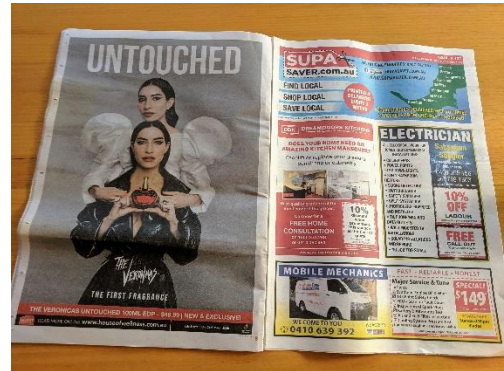
## SIT UPON

A sit upon is an easy-to-make and ideally (!) waterproof cushion or mat that is perfect for camping and sitting on during meetings to protect from the cold and dampness of the ground. It is usually just large enough for one person to sit on.

One type of sit upon is the newspaper sit upon.

It's made by weaving several thickness of newspapers together. The more pieces the more padded the sit upon will be. However, the thicker it is the heavier it becomes and less able to fold into a dilly bag. Open a newspaper and ensure 3 or 4 pages of a double page spread. (This seems to be about the right thickness to work with).

Make a strip that is about 5cm wide by folding the page over several times along the longest edge. The girls will need about 14-16 of these each.



Once they have made sufficient numbers of strips they need to weave them into a tight lattice. The weaving should be tight, without gaps and the four edges should be secured with packing tape. The girls can then decorate the newspaper weave to make it personal – some may choose ribbon, stickers or maybe a grace or guiding song. Once the sit upon is finished it should be sealed with vinyl adhesive film. (Making a sit upon like this usually takes place over two meetings).

