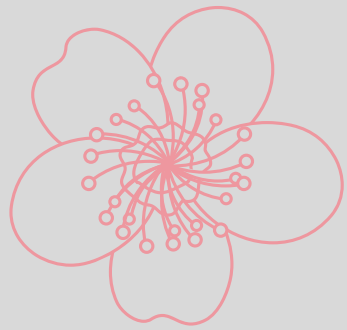
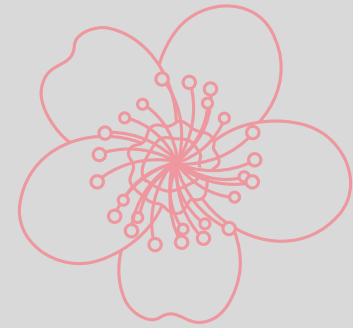


## Doll Making Guide

わびさび  
wabi-sabi



## Making your wabi-sabi doll



1

The first stage of any successful sewing project is to gather together everything you need before you start-

Your kit comes in the wabi-sabi calico bag as we believe in avoiding plastic packaging as much as we possibly can.

Inside you will find the wabi-sabi doll panel (one piece with both front and back doll pieces), and a label to sew into your doll seams if you choose to.

We also have a video for you to follow if you prefer a visual guide!



## Gather together everything you need

2 A sewing machine (optional)

A hand sewing needle.

Some good quality sewing thread.

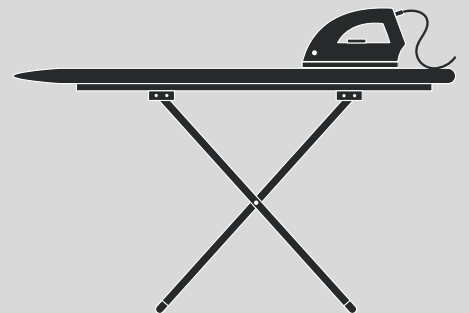
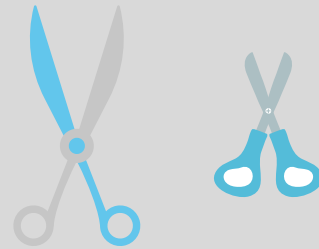
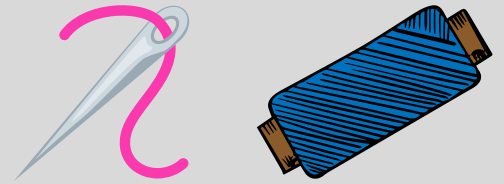
You can sew our projects together by hand or use a machine - its up to you!

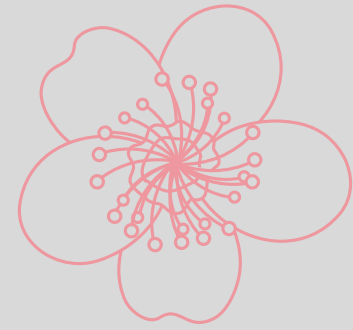
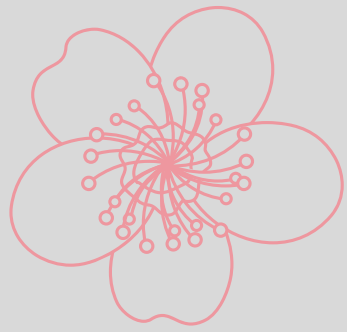
You will also need some fabric scissors for cutting out your pieces, snips for cutting loose threads are useful but not essential.

Fabric clips are best to hold the layers of fabric as you sew.

**Note** we do not recommend using pins if you are making the doll for or with a child - disappearing fabric marker pens are also useful but not essential.

It is also a good idea to press your doll sheet before you begin your project - this is not essential and again please make sure children are supervised at all times.





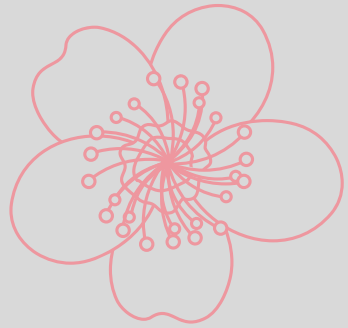
## Gather together...continued

2

You will also need :

- Some good quality toy stuffing that meets the required standards for your country - we are using recycled polyester toy filling in our example - or you can use an eco friendly pure wool stuffing. Please see our wabi-sabi haberdashery for all our doll sized trimmings & sewing supplies.

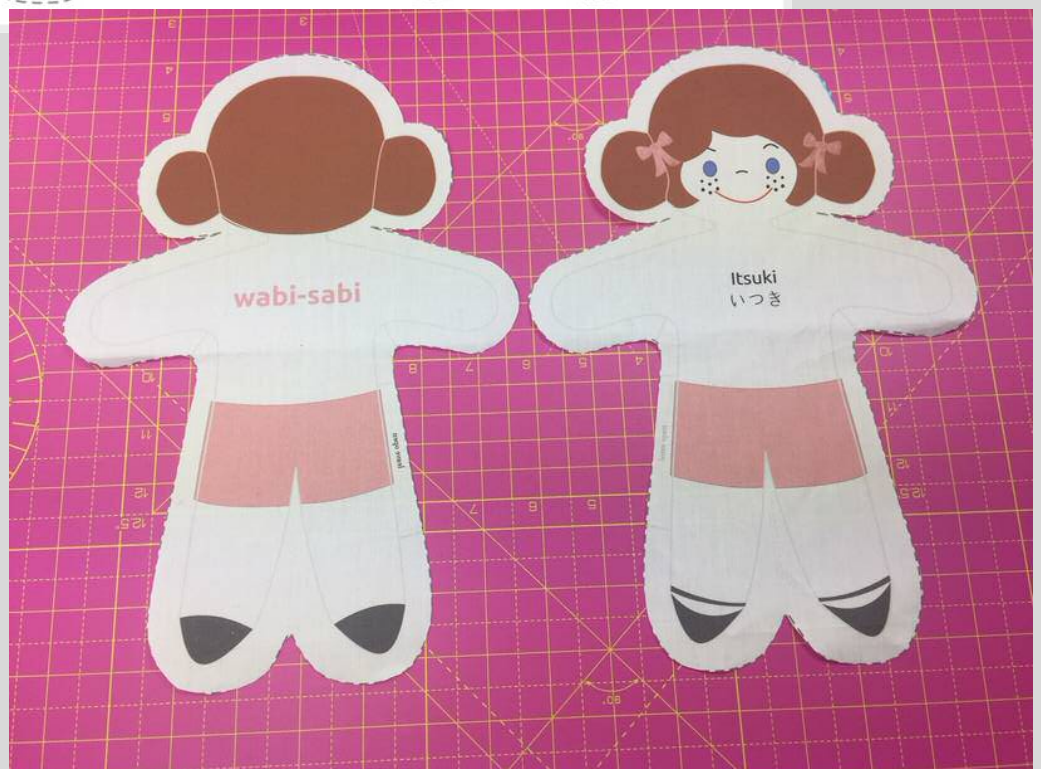




## Cutting out

# 3

Let's start by carefully cutting out your doll shapes - cut on the dotted lines - aim to cut in the center of the line for the greatest accuracy - take your time doing this.



## Cutting out continued...

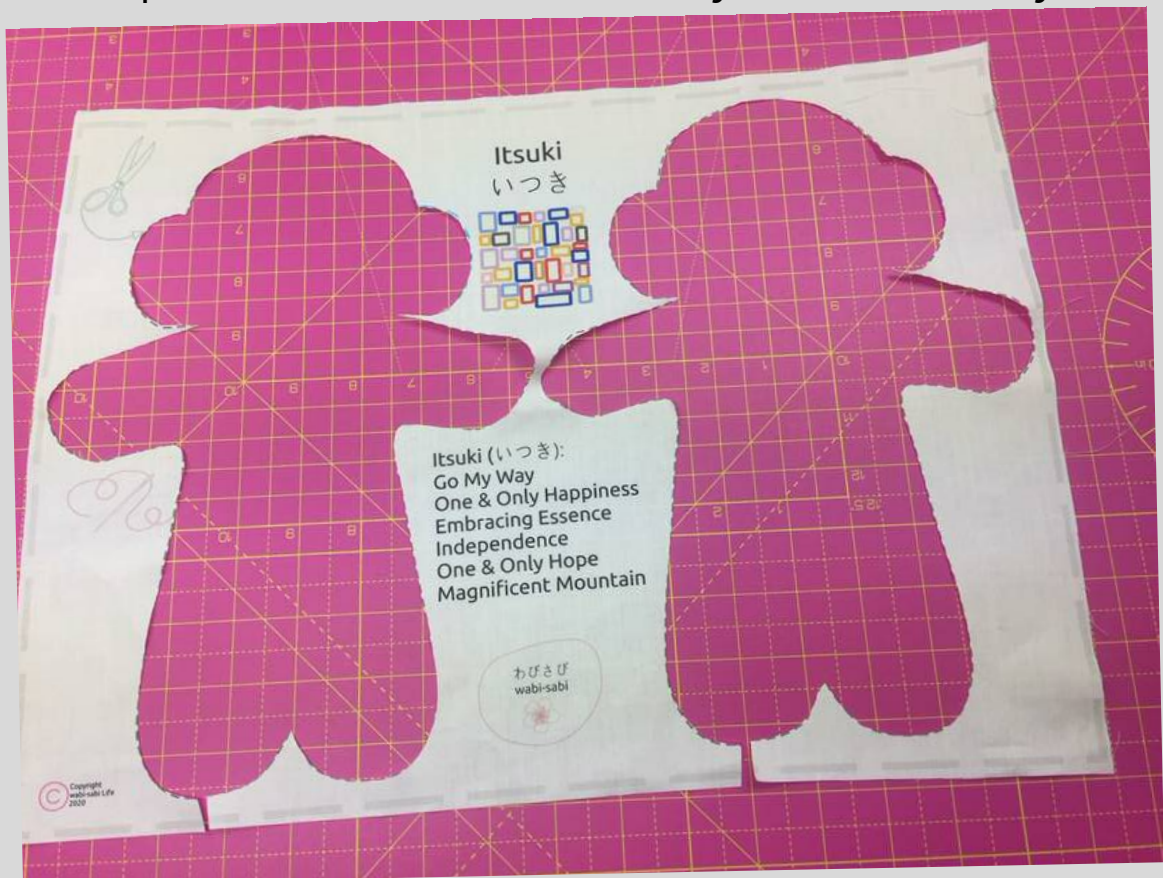
3

Here at wabi-sabi we don't like waste. Your doll has been printed on a beautiful 100% cotton poplin fabric so why not experiment and see what you can do with the leftovers.

Join us on facebook and Instagram and let us know what you can make out of the scraps left over after cutting out - we would love to see your ideas!

Or post your creations on Instagram using our hashtag [#wabisabizerowaste](#)

You can also use the tiny scraps of fabric and cut them up into small pieces and use them to fill the very center of the body !



going →  
**ZERO**  
WASTE



## Lets prepare to start sewing

4

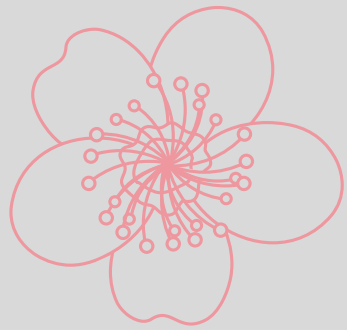
Place the front doll panel right side up on the table - and lay the back doll panel right side down on top - matching the edges of the shapes perfectly. You also have notches around the doll shape that are printed on the fabric in the seam allowance in a very light grey, these can be used to make sure the front and back are perfectly matched.

We use a high quality poplin fabric and this allows you to see through the fabric slightly so you can check your front and back are perfectly aligned.

Hold the two layers together with clips if you need to.

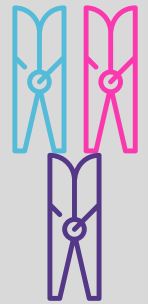


More pictures below to help you !



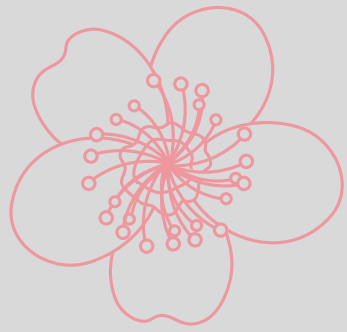
## Lets prepare to start sewing inserting the label

- 4** If you choose to use the wabi-sabi label then now is a good time to place it where you would like it - If you forget you can always hand stitch it in at the end!

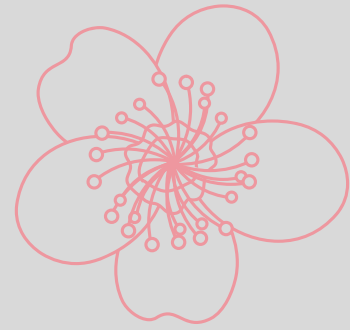


More pictures below to help you !





## Lets start sewing



**5** Sew about 1mm or 1/16 of an inch inside the doll printed shape - if you are using a sewing machine use a small stitch - if you are hand stitching then use small stab stitches.

Start stitching at the top of shorts at the gap position and make sure you back tack to secure. It is important to make sure your stitches are strong at the beginning and end as you will be putting them under stress when you insert the filling.

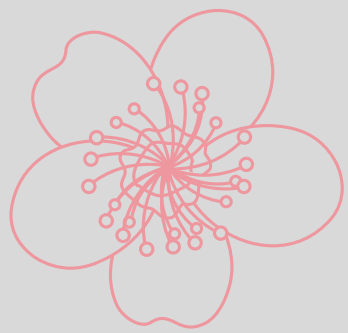
Stitch up the body, under the arm and towards the neck.

It is important to make sure that when you get to the neck you make **2 stitches upwards** - carry on around the head shape and back to the neck where again you should make **2 stitches** - this helps the neck sit nicely and is much better than sewing a V shape.

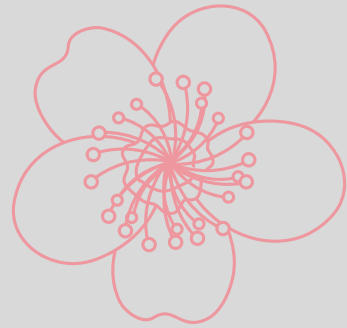
Continue right around the doll to between the legs where you can use the **2 stitch technique** again to make a nice shape.

REMEMBER TO LEAVE A SMALL GAP AT THE SHORTS AREA TO ENABLE YOU TO FILL YOUR DOLL

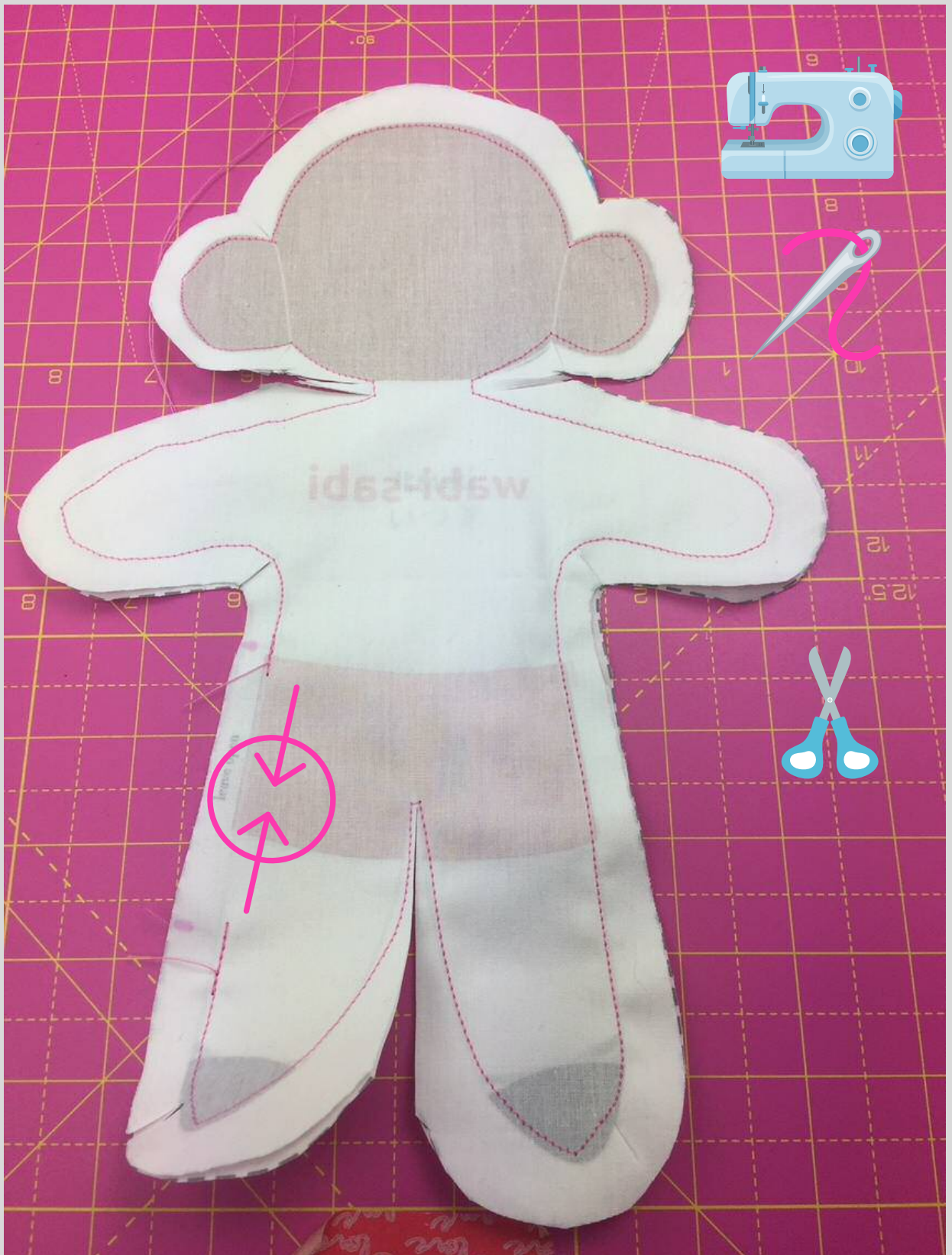
Pictures below to help you !



Lets start sewing continued



5



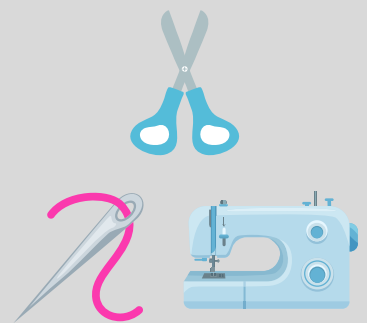
More pictures below to help you !



Remember to leaving a small gap where indicated for filling  
I used my disappearing fabric marker to remind me



Remember the 2 stitch technique at the neck and between the legs simply make 2 small stitches.



Remember to back-tack at the beginning and end of the sewing to secure and add strength.

## 6 Preparing to turn through



Snip in at the neck line as shown  
- there are faint grey dots to show you  
where to cut on the fabric.



Snip in at the underarm areas  
and all curved areas - this allows the  
fabric to sit correctly once it has been  
turned through



Now trim all the excess seam  
allowance off - remember that  
you can use these scraps for  
filling right at the center of the  
torso!



Turn the doll through to the right side of the fabric.  
A pen with a rounded end is great for encouraging the fabric gently.



Take a little time to make sure all the seams are turned through and are lying flat



Now you are ready to add your toy filling and bring your doll to life!

## Bringing your doll to life!

7

Through the small gap you left for the filling, begin by inserting small pieces of filling and push them up towards the head, I use a pen for this (with the lid securely on of course)

Adding lots of small pieces is the key to a nice shape and a well filled doll. This does take time so be patient - the end results will be much better if you do!

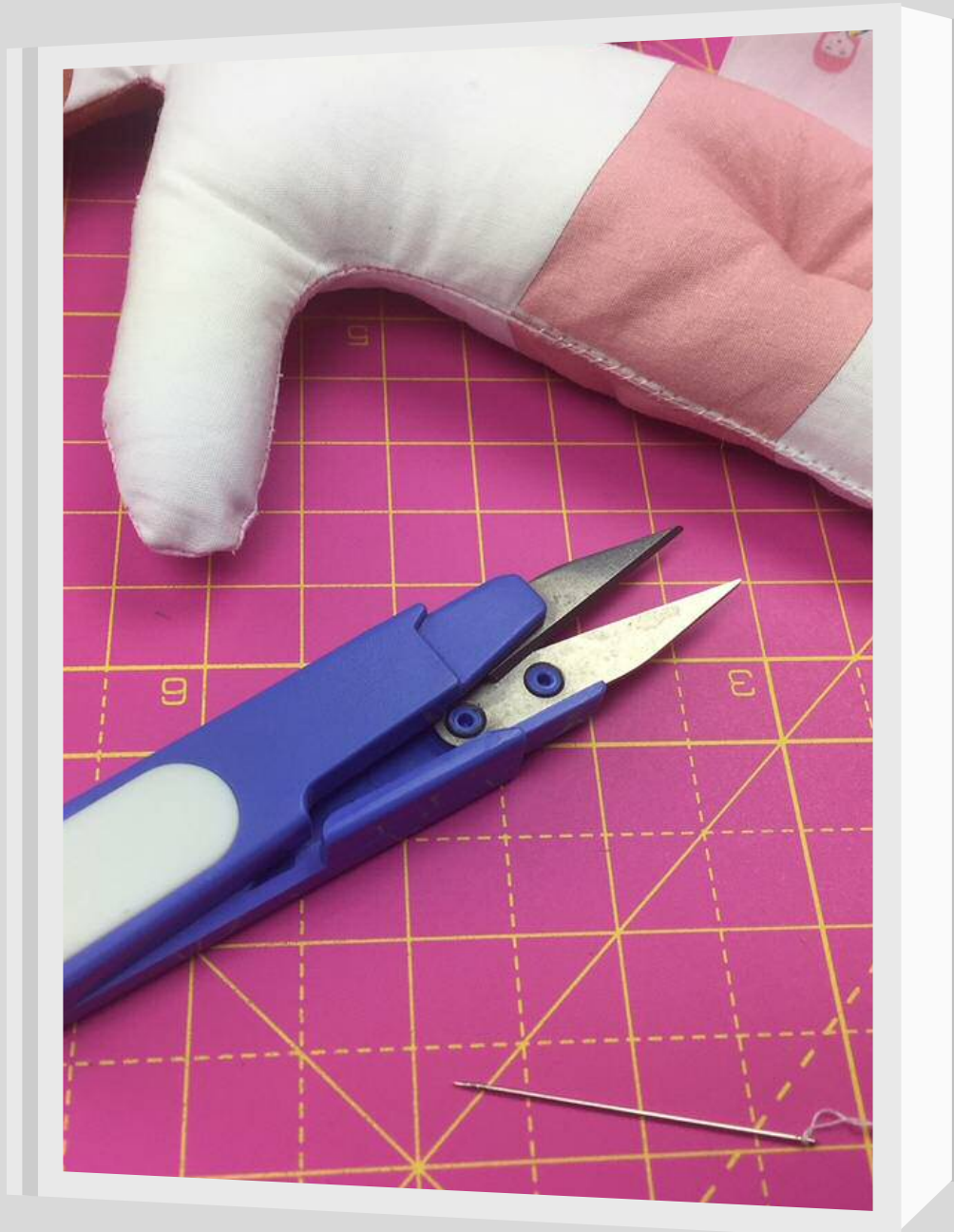
Once you have filled the head then concentrate on making sure the neck area has sufficient filling, continue to arms and legs. The main body is last to be stuffed. If you are using the small scraps of fabric leftovers then make sure they are placed right in the center of the torso - and are surrounded by filling - this avoids a bumpy look!



How much stuffing you insert is your choice, if you are making the doll for a young child then you may want a softer more squashy feel.

## 8 The final step... or is it

Hand stitch the gap closed and secure - snip off the loose threads.  
Use your hands to shape and pull the doll into position.  
Please note that the neck does crease slightly, this is natural.



There is much more you can do ... continue reading

## Creating a new and exciting wardrobe

Now your doll is finished you can begin to build a new and exciting wardrobe !

Each of our characters has it's own fabric and a special T-shirt design. We have kits for all our garment. Why not try one of our other charectors in our ever increasing range of dolls.



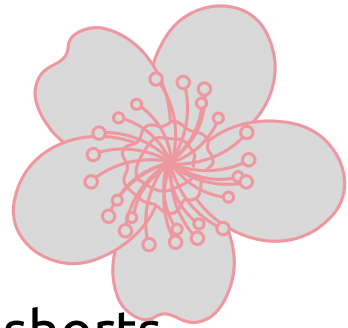
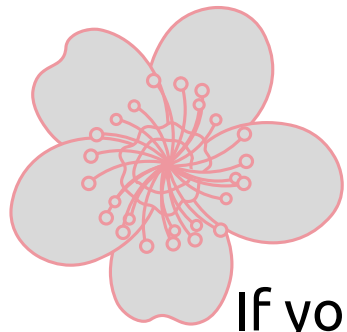
what about making a traditional Japanese kimono!



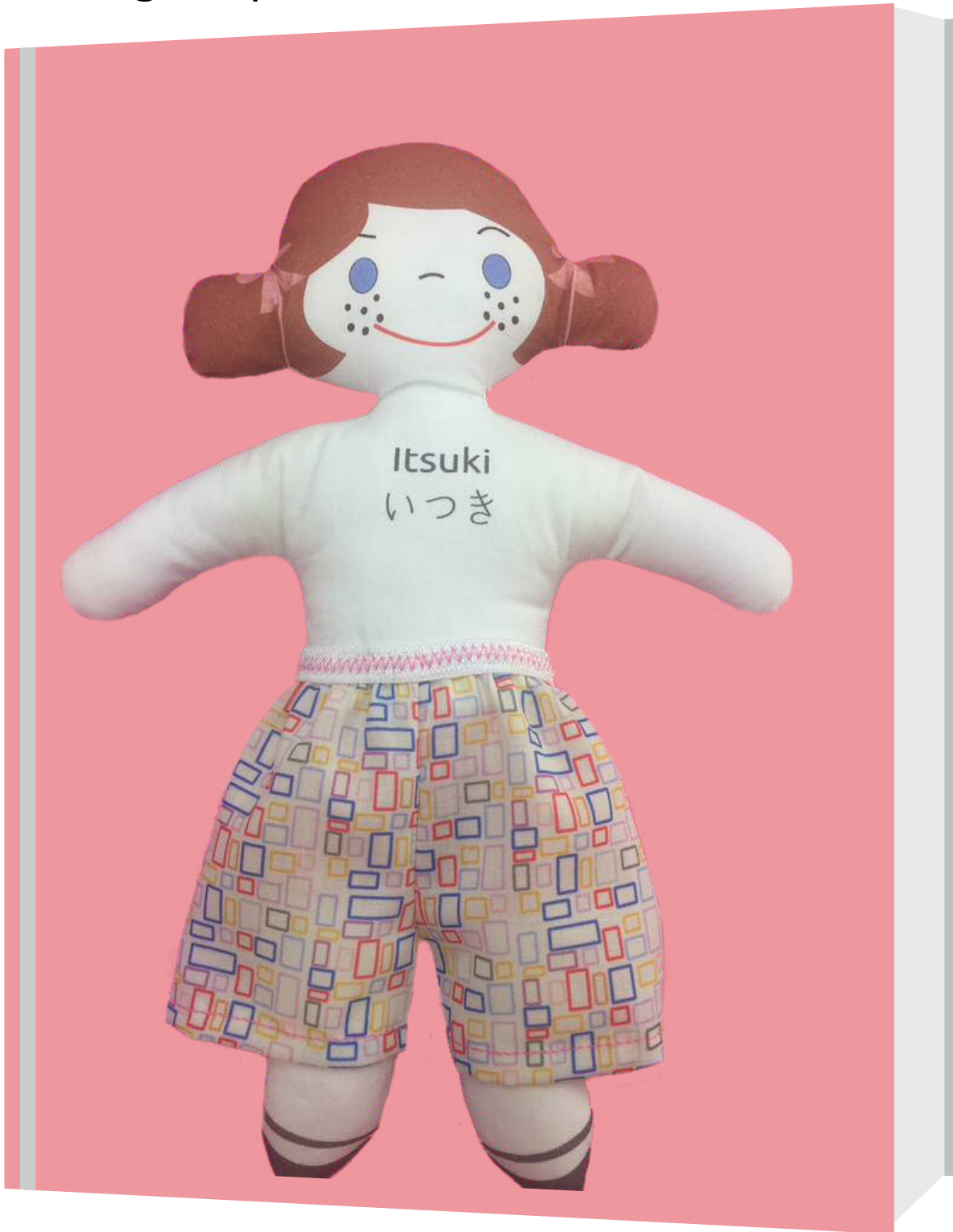
Or why not try our wabi-sabi t-shirt...each character has their own t-shirt and fabric!

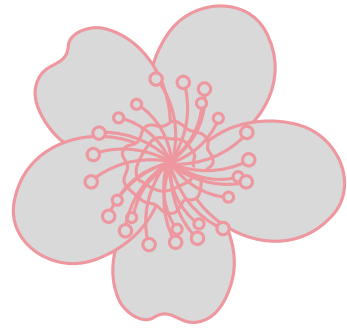
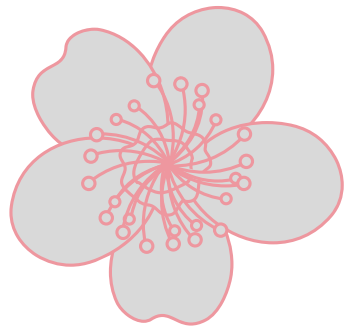


[www.wabisabilife.co.uk](http://www.wabisabilife.co.uk)



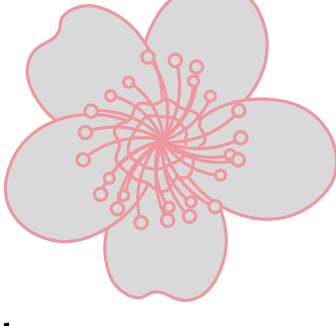
If you are new to sewing garments the shorts are a good place to start!





We also have lots of doll sized fabric prints and doll sized trimmings in our Etsy shop.

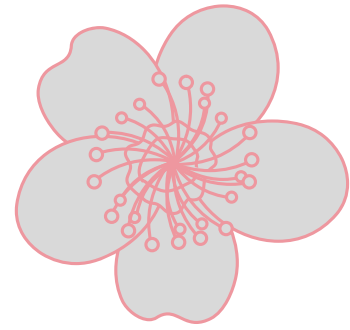
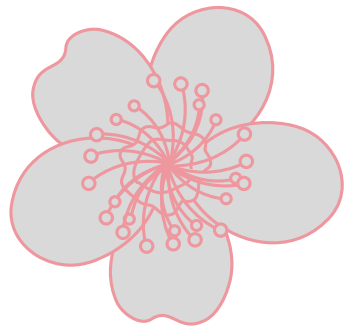




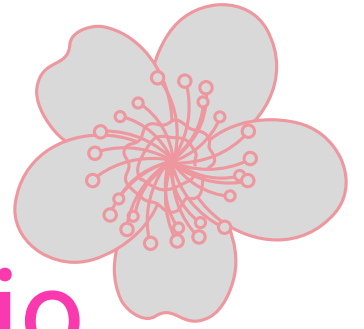
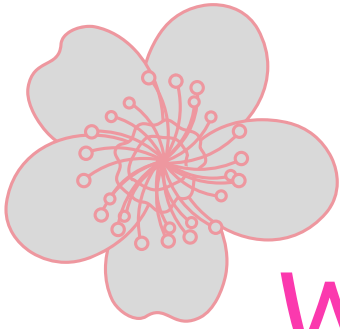
We have an ever increasing range of doll clothing patterns...



All our doll clothing patterns are available in kits with fabric supplied, or as PDF patterns that you can instantly download at home .



Try one of our other projects - all available on our web site  
[www.wabisabilife.co.uk](http://www.wabisabilife.co.uk)



# Wabi-Sabi Studio

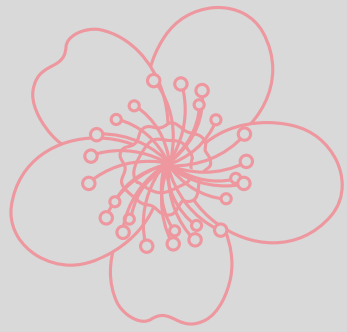
JOIN US OVER AT OUR BLOG



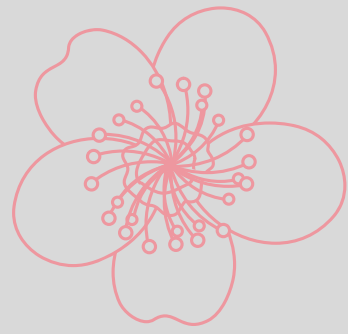
Find lots of help and advice over at our blog page  
Wabi-Sabi Studio.

Including an area where you can access our pdf  
guides and templates

[www.wabisabistudio.co.uk](http://www.wabisabistudio.co.uk)



# Wabi-sabi Life



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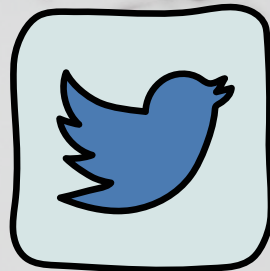
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