暖暖包 DIY

(DIY The Body Warmer)

材料及工具：(Materials & Tools)

1. 棉布束口袋
1. Cotton drawstring bags.

2. 壓克力顏料

2. Acrylic paints

3. 水彩筆 Water color brushes 　　4. 小水杯 A cup
5. 塑膠袋 A plastic bag 　　6. 面紙 Tissue
7. 卡紙 Thick papers (Card stocks) 　　8. 鉛筆 A pencil

1. 用鉛筆在布袋上畫草稿。

1.Draw a draft on the bag with a pencil.

2.在布袋內先放入一張紙卡，以免作畫時弄髒。

2.Put a thick paper into the bag for fear of messing up the bag when drawing.

3. 將塑膠袋當做調色盤，擠出適量的壓克力顏料。
　（不要一次擠太多，以免顏料乾掉）

3.Regard a plastic bag as a palette. Squeeze regular amount

　of paint. (Don't squeeze too much paints in case it will

　become 　dry soon.)

4. 沾少量的水調出喜歡的顏色後，開始上色。

4.Using a bit of water to mix the color you like, and start to color.

5.依序將圖案塗上顏色。（可利用面紙，吸掉過
多的顏料或水）

5.Color　the pattern in order.

(Use tissue to absorb unnecessary paint and water.)

6. 待顏料乾了，即可裝入豆子或其他乾的種子。

6.After the paints were dried, put the beans or dry seeds into the bag.

7. 裝入八分滿的豆子後，把袋口綁緊，就大功告成了。（務必綁緊，以免豆子散落）

7.The amount of beans is about 80% of the bag.Tie the bag tightly. And then it's done.

(Please make sure you tied the bag tightly, or the beans will fall out.)

暖暖包使用方法

(How to use The Body Warmer?)

1. 放入微波爐，加熱１分鐘。（勿加熱太久，以免暖暖包溫度太高造成燙傷）

1.Put the bag into the microwaveoven, and heat up for one minute. (Don't heat up too long, in case the temperature will be too high to cause a burn.)

2. 剛取出時溫度較高，請小心！
   加熱後，暖暖包在 30-60 分鐘內，可以保持
   一定的溫度。

2.Be careful when the bag is just took out from the
   microwaveoven. The temperature can maintain for 30 to 60
   minutes.

3.暖暖包也可以當做熱敷包，舒緩疲勞！

3. The hand-made warmer can be a hot compress pad to relieve your fatigue/stress.