### ***This is how the images will look….***

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### ***It’s easier if you work in this table without any images.***

***The hardest part is to use as few words as possible but still be clear! Some languages require longer phrases, and that’s ok.***

### **A****ir Duvet****:** Recycled/Do it yourself BuildSimple.org February 2023

|  |  |
| --- | --- |
| English | Translation |
| **Air Duvet:** Recycled/Do it yourself  |  |
| Share warmth under layered fabric and plastic film made for freezing temperatures. Tuck a blanket inside at night.  |  |
| Reuse plastic film or bags, scrap fabric, grain bags, landscape fabric, pillowcases and sheets.  |  |
| * + 1. Supplies:

4 fabric layers 2 plastic layers the same sizeThread Safety pins |  |
| Tools: Needles Scissors or sharp knife |  |
| Make panels 205 x 210 cm.Tape together clean plastic. Add small holes near the edges. |  |
| Sew fabric together. |  |
| Lay a plastic layer on a strong fabric layer. Cover the plastic with light fabric. Sew the three layers together. Hem one edge. |  |
| Repeat. |  |
| Lay the strong fabric faces together to make a pocket.  |  |
| Sew together on three sides.  |  |
| Turn right side out. Put a blanket in the pocket and close with large safety pins. |  |
| Lay on insulated mats and emergency blankets. Use over sleeping bags or blankets. Keep away from candles and fire. |  |
| Don’t breathe under the duvet. Turn the pocket to dry during sunny days. |  |

### ***This is how the images will look….***

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### ***It’s easier if you work in this table without any images.***

### **Insulated Mat:** DIY bedding for the displaced BuildSimple.org Feb 2023

|  |  |
| --- | --- |
| English | Translation |
| Insulated Mat: DIY bedding for the displaced |  |
| Beat the cold with insulation between you and the cold ground made of plastic scraps in fabric tubes.  |  |
| * + 1. Tools:

Needles PinsTape measure Flat stirrerScissors or sharp knife Serrated bread knife |  |
| * + 1. Supplies:
1. 5 m of fabric 112 cm wide: landscape fabric, burlap, sheets or sewn together sand bags or scraps
 |  |
| 1. Hard plastic fill (cleaned, crushed and cut 12.5 cm wide)- bottles, lids, containers
 |  |
| * + 1. Soft fill- plastic foam, plastic film or bags, fabric scraps
 |  |
| Thread |  |
| 1. Cut fabric 91 x 375 cm.Fold in half (91 cm wide). |  |
| Sew tubes every 14 cm. |  |
| Stuff hard plastic 30 cm into each tube.  |  |
| 2. Add soft fill.Wrap bags or fabric on a flat tool and slide in on top of the hard plastic. |   |
| Add more hard and soft fill. Sew shut. |  |
| 3. Cut fabric for the back 56 x 254 cm.Fold in half (56 cm wide).  |  |
| Sew channels and fill. |  |
| Sew the back piece to the long mat piece. |  |
| Walk on the mat to even out the plastic fill. |  |
| Lay a plastic film or tarp on the mat under a foam mattress. Keep away from candles or fire. |  |

Thank you so much for any help!

If either of the documents is more than one page, that will be ok.