Make your own Christmas presents for friends and family

DIY computer wrist rest

When making this gift, you'll be putting into practice some of the skills during your lessons in school. These skills include designing and creating functional products, selecting the correct tool for the job and using a variety of materials. This is a great present for someone who spends a lot of time on their computer.

Stay safe

Whether you are a scientist researching a new medicine or an engineer solving climate change, safety always comes first. An adult must always be around and supervising when doing this activity. You are responsible for:

•   ensuring that any equipment used for this activity is in good working condition
•   behaving sensibly and following any safety instructions so as not to hurt or injure yourself or others

Please note that in the absence of any negligence or other breach of duty by us, this activity is carried out at your own risk. It is important to take extra care at the stages marked with this symbol: ⚠️

Equipment ⚠️

> Freezer bag – the same size as a computer keyboard
> Approximately 200g dried wheat, barley, rice or lentils
> Sellotape

> Length of fabric approximately 50cm x 20cm
> Needle and thread

Instructions ⚠️

Step 1

Firstly, you need a freezer bag the same length as the computer keyboard. Cut off the top zip lock part as this won't be needed in your final creation.

Step 2

Now fill the bag about a third of the way up with rice, barley or wheat, or anything else of a similar consistency, dried lentils would also do.

Step 3

Fold the bag over so that you have made a package that is about 5cm in width and 30cm in length. It should look a bit like a long, thin pillow. Sellotape or staple the bag together to keep the filling securely in place.

Step 4

Now use a piece of fabric, this could be an offcut or a recycled old shirt. If using an offcut, you might like to think of the person you are giving it to and their favourite colours or things that they like. For example, if they like birds, you could get some beautiful fabrics with robins on. Make sure the piece of material is large enough to wrap all the way round the filled bag you have just created.

If you are cutting up an old plain coloured shirt, this is the opportunity to put your artistic skills to good use.

Using fabric pens, draw your design onto the piece of material, you can use your imagination and make it as interesting as you like.

Step 5

Fold the piece of fabric around the filled plastic bag to ensure that you have a material pouch that will fit perfectly around the plastic bag.

Sew the end and sides together as if creating the sort of pouch you would put an umbrella in. Then slide the plastic bag into the pouch and sew up the end.

⚠️ **Take care when using sharp needles with thread.**

Now you have your very own computer wrist rest or a helpful gift for someone else.