

Sock Monkey Exercise



PLT theme Sock Monkey

Summary

The Sock Monkey exercise is intended as a team building exercise that will engage participants on a tactile level and help the group develop a common memory. Additionally, the sock monkey exercise gives participants time to process other things that may have happened throughout the week (or other time period). Finally, sock monkeys are awesome and this is a fun activity that builds community.

Process

Each group will complete the following:

- Select a sock monkey
- Create and accessorize your sock monkey to represent your PLT and congregation
- Create a story about your sock monkey and how each part represents each member of your PLT and congregation.
- Video tape your team and sock monkey explaining its story.
- Show your video to the whole group
- Take your sock monkey back to your congregation and love it.

*Note: Some groups have chosen to do these steps by consensus.

MATERIALS:

1. Pre-made sock monkey
2. Felt & fabric... for accessories
3. Fabric Glue or hot glue
4. Needle and thread
5. Scissors
6. Video camera (Please line up ahead of time)

Back at your congregation you can choose to create/ sew your own sock monkey as an activity. Here are a couple examples of making a sock monkey.

INSTRUCTIONS

TURN THE SOCKS INSIDE OUT

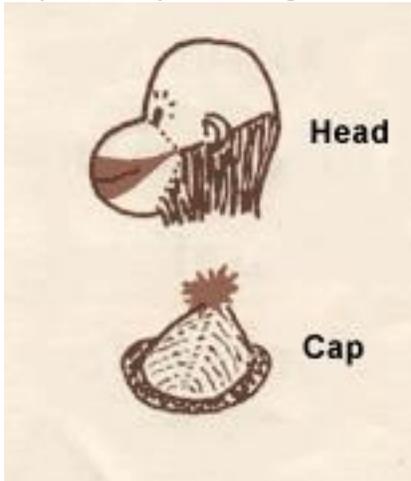
Sew a seam (A) 1/2 inch on both sides of the center of sock starting three inches from the white heel and across the end of the top. Cut the sock between the seams and to within 1-1/2 inches of white heel. This leaves an opening in the crotch.

Then turn the sock so the seams are on the inside and use the crotch opening to stuff the head, body and legs.

CAP: Cut off toe of the sock, leaving 1/2 inch of brown to roll for a brim.

TAIL: Cut a one inch strip, taper to end of cuff on length of front of sock. Seam and stuff.

MOUTH: Cut the heel from the sock, leaving a brown edge around the white. Fasten on lower part of the face, whipping around the bottom; stuff and finish sewing around top. The mouth can be improved by a running stitch of either black or white across the middle.



ARMS: Cut the upper part of the sock into two pieces. Seam and stuff.

EARS: Cut the ears from the remaining brown part of the sole of the sock.

EYES: The eyes can be made either by sewing on buttons or by embroidering them with black thread. In this same operation a nose can be indicated by two small embroidered marks.

Source: http://www.vintagesockmonkey.com/Sock_Monkey_Vintage_Pattern.html

Notes to facilitator:

- It is helpful to build one of these before the session so you can know how it goes together and the group can have an example.
- This process will take from 1.5-3 hours depending on the craftiness of you group.

Modern Style Sock Monkey Pattern



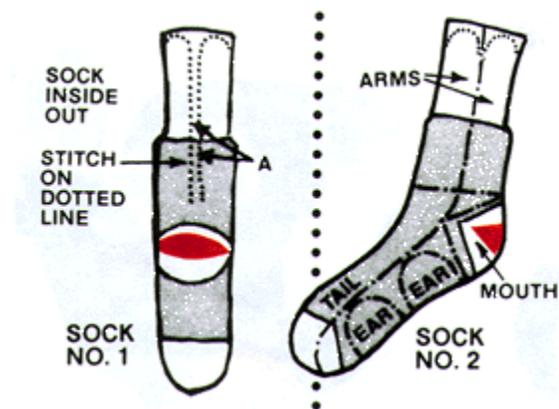
The New Style Sock Monkey Pattern was released around 1970 and was quickly adopted as the standard Sock Monkey design.

It has a shorter tail with a little curve at the tip because the tail is cut from the toe end of the sock instead of the cuff end. The tail has less white on the end because the toe has a shorter white section than the cuff end of the sock.

The arms of this Sock Monkey are usually a bit larger around, more equal to the size of the legs because they are sewn from the whole upper tube section of the sock. Both arms will have only one seam, unlike the vintage pattern that was often sewn with two seams on one arm.

The new pattern doesn't leave you with a whole extra toe piece, so if you want the traditional self-fabric cap you have to use 3 socks.

Many people find the newer pattern easier to sew up, due to the shorter tail. This gives you more room to work with for the arms and it is not as difficult to stuff a short tail.



MATERIALS:

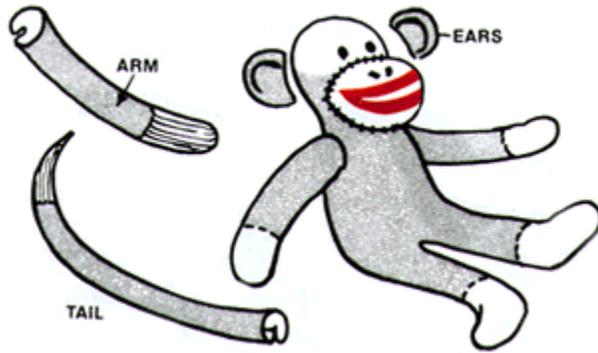
1. One pair of Rockford Red Heel Socks
2. Stuffing - cut up old nylon stockings, cotton batting, kapok, shredded foam rubber or polyester fiber. (do not use yams or other vegetables)
3. Red knitting yarn.

INSTRUCTIONS:

TURN THE SOCKS INSIDE OUT

Sew a seam (A) 1/2 inch on both sides of the center of sock starting three inches from the white heel and across the end of the top. Cut the sock between the seams and to within 1-1/2 inches of white heel. This leaves an opening in the crotch.

Then turn the sock so the seams are on the inside and use the crotch opening to stuff the head, body and legs



ARMS:

Cut the upper part of the sock into two pieces. Seam, rounding the ends and stuff the arms.

MOUTH:

Cut the heel from the sock, leaving a brown edge around the white. Fasten on lower part of the face, whip-stitching around the bottom; stuff and finish sewing around the top. The mouth can be improved by a running stitch of either black or white across the middle of the

lips.

TAIL:

Cut a one inch strip, taper to end of cuff on length of front of sock. Seam and stuff.

EARS:

Cut the ears from the remaining brown part of the sole of the sock.

EYES:

Sew on moving eyes, buttons, felt, or embroider with black thread. (For very small children embroider the eyes.)

CAP: (Optional)

Cut off toe of another sock, leaving 1/2 inch of brown to roll for a brim. Sometimes a fez is used for a cap.