



誠 愛 勤 力 勇
Integrity Compassion Diligence Courage

欢迎你们

Welcome!





北京师范大学附属中学
THE HIGH SCHOOL AFFILIATED TO BEIJING NORMAL UNIVERSITY

沙包
shā bāo

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缝féng沙包
To sew 沙包.





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准备材料

Materials needed





- To thread the needle and tie a knot at the end of the threads.

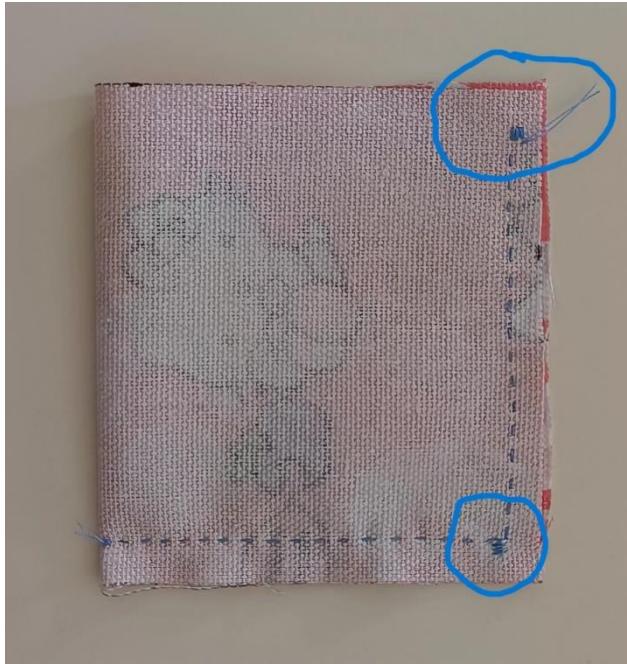


- To sew the two edges.





Attentions:



- **A few more extra stitches** around the corner and at the end to make sure the stitches won't open.



- The smaller the better between the two stitches, at least no more than 3 millimeters.



•To turn the bag inside out.





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To fill it with the stuff.



To fold the raw edges
inwards.

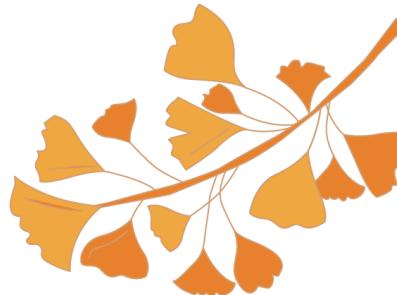




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Binding off

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Binding off



Attention: On both ends we need extra stitches to keep it from opening .





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Congratulations!

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玩儿wánr沙包

To play with

1. 倒dǎo沙包

2. 打鸭子(dǎyāzi)

Duck Hunt



打鸭子(dǎyāzi)

Duck Hunt

