



## Upcycled Sweatshirt Pillows

Complimentary Pattern © 2026 Angie Forshier  
Linen Flowers/Timeless Handwork  
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Size: Fits 13" Craft Pillows

These 13" craft pillow covers are quickly sewn with vintage embroidery sweatshirt motifs! Sports themes or T-shirt photos could be used as well, since these are stabilized with polar fleece on both front and backs.... Be as creative as you like with the basic pattern, even adding pockets. Great as cozy pillows for kids' rooms!

**Materials:**

1 (13") craft pillow

1 (15 x 15") template

1 Large sweatshirt with embroidery, or, if using a small embroidery motif, extra fabric for sewing on the front and back of pillow

At least 3 (15 x 15") pieces of polar fleece to stabilize pillow. (2 will be used for the pillow back).

**Instructions:**

**Pillow Front:**

Front of sweatshirt with embroidery:

Cut off sleeves and all neck, side, waist, and sleeve seams carefully, so as to leave as much sweatshirt fabric as possible around embroidery motif. (Lay back of sweatshirt aside)

Lay the 15" x 15" template over this and trim to size.

If the embroidery piece is small, you will need to add fabric to all sides to make the piece 15 x 15" square.

\*Be as creative as you like to add fleece extras, pockets, etc.

**Stabilizing:** After making this 15 x 15" top pillow piece with the embroidery, you will lay it on top of a piece of polar fleece, wrong sides together, and use a 1/4 hem all around. This makes the top of the pillow, with embroidery face up, and the underneath top side of the pillow, with fleece. Lay aside when complete. (Raw edges will be finished later).

**Pillow Back:**

\*\*Note: The back is constructed of 2 rectangles, overlapped. (Each sewn on top of fleece, to add stability). Next, the 2 "stabilized" pieces are sewn together at top and bottom, overlapping. Finally, the entire back side will be joined to the front of the pillow.

On the plain sweatshirt back fabric, cut off sleeves and all neck, side, waist, and sleeve seams carefully, so as to leave as much sweatshirt fabric as possible.

The sweatshirt material will actually be the INSIDE of the back of pillow, with the fleece to the outside, so it will not matter so much if the pieces are not as large as you would like.

Ideally, you would like to cut (2) 15" h x 12" wide pieces of sweatshirt fabric, which will overlap at back to form the pillow opening.

You will also cut (2) 15" h x 12" wide pieces of fleece to stabilize the sweatshirt fabric, and be the outer back of the pillow.

(Note: The height of 15" is the most important, so if you have one width of 10" and 1 width of 12" it will not matter so much, as long as they overlap at the back of the pillow).

And, if you don't have enough of the sweatshirt material, you could substitute cotton, or simply use 2 pieces of fleece for each back.

Pillow Back, continued.

Cutting:

- (2) 15" h x 12" wide pieces of sweatshirt fabric.
- (2) 15" h x 12" wide pieces of fleece to stabilize each.

\*\*Note: If the remaining sweat shirt fabric is not large enough to meet 15" high x 12" wide, you could vary the width slightly, (no less than 10" wide).

Even if one piece is 15" high x 12" wide, and 1 piece is 15" high by 10" wide, these will still work together, as you are creating the overlap for the back of the pillow, in which to remove the pillow.

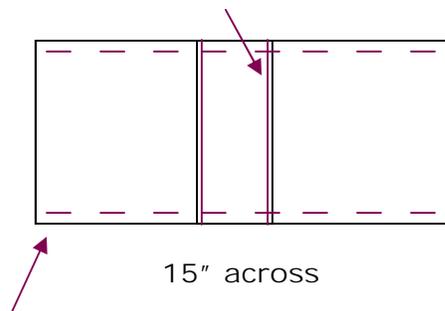
Just make sure 1. that the fleece size matches the size you have cut out for each, and 2. that the height of both pieces measures 15" .

Sewing:

After cutting out each backing piece, and fleece piece to match, you will sew the fleece to the backing pieces to stabilize, or give strength, to the fabric.

For each backing piece, lay it on top of a piece of polar fleece, wrong sides together, and use a 1/4 hem all around. Repeat for 2nd backing piece.

Then, sew a 1/4" hem down one wide side of each piece, to give a clean edge to the overlap. (The Fleece side will be the Right Side).



Now, with the Fleece (Right Side) facing you, overlap the two hems just sewn, and measure and pin across so that the entire piece is 15" wide.

Sew 1/4 hem at top and bottom of piece. (Do not sew sides).

Finishing: Lay the FRONT Pillow Piece Right Side Up on a flat surface.

Place the BACK Pillow Piece Right Side Down on top of Front Piece. Pin all around both pieces.

Now, sew completely around both pieces, with a 1/4" hem.

Note: Be sure that all thicknesses are included. To check this, just turn piece right side out through the overlap at back. You may need to redo the hem slightly.

Turn right side out and place on craft pillow. Enjoy!



Back Of Pillows