

GOODTIMES AT HOME

TACTILE TUESDAY: EMBROIDERY

Embroidery is a great craft to unwind and relax. We'll teach you the basic stitches of embroidery, how to draw your own pattern, and what stitches work best for certain designs!

Materials

- Embroidery Hoop
- Fabric (linen and cotton are good starters)
- Embroidery Floss (aka bracelet string)
- Scissors
- Needle

How to Use an Embroidery Hoop

Hoops come in all sizes and are usually plastic or wooden. If you don't have a hoop, you can watch [this video](#) to make an at home hoop out of an old container or yogurt container.

To start your project, cut out a square of your fabric that is slightly bigger than your hoop. Unscrew your embroidery hoop and set the bigger of the two hoops aside. Place your piece of fabric over the smaller, inside hoop then press the bigger, outside hoop on top closing the fabric in. Put the screw back in the top and tighten it a bit. If the fabric in the middle is loose, pull on the outside edges so that the fabric is tight throughout the whole inside hoop.



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Threading Your Needle

To thread your needle, cut about a forearm's length of thread. Tie one end of the thread as close as you can to the end of the thread with a small overhand knot to prevent it from coming through the fabric. The other end will be the thread we put through the needle. You want about 1 or 2 inches that hang out of the needle hoop so you can tie off your thread when you run out.



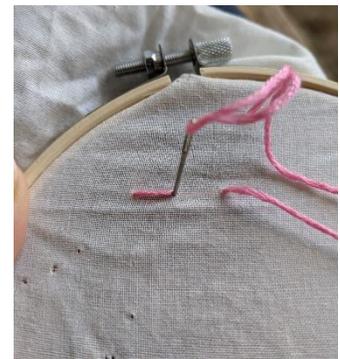
Basic Stitches

Now that your fabric is ready, let's go over some basic stitches you'll need.

Back Stitch

1. Bring your needle up from the back (A) and back down through the fabric a little bit to the right (B) of your needle coming up
2. Bring your needle back up through the fabric a little ways to the right of your other stitch (C) and back down through the hole made by the first stitch (B)

A back stitch is great for lettering, making branches or stems, or outlining



Satin Stitch

1. Starting near the middle of the object you're filling in, bring your needle up through your fabric at the top of your shape, and bring it down about $\frac{3}{4}$ of the way
2. Bring your needle up close to your first stitch, and again down near the bottom
3. We continue this way, working our way across and then back again our shape filling it in completely. Try and get as close as you can to the outline of your shape and if you miss a spot you can always go back to fill it in!

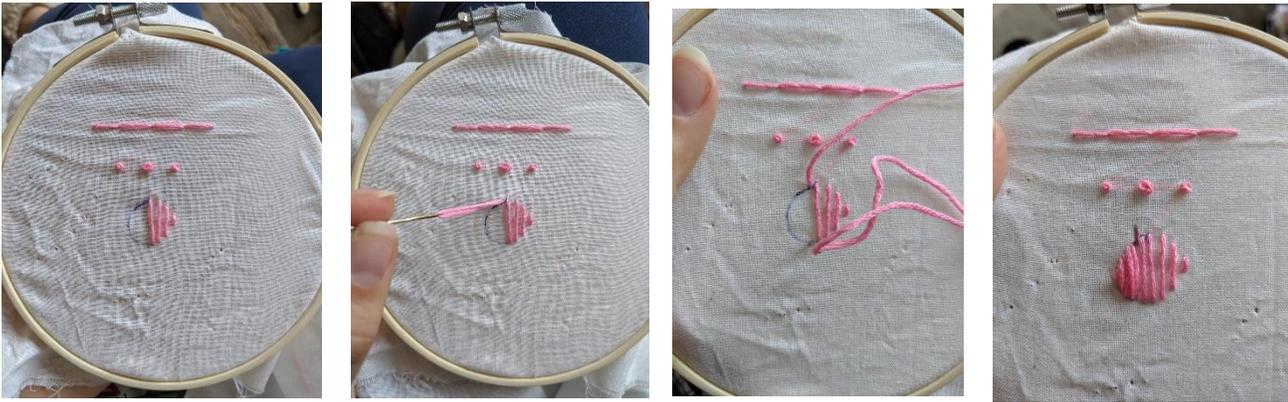


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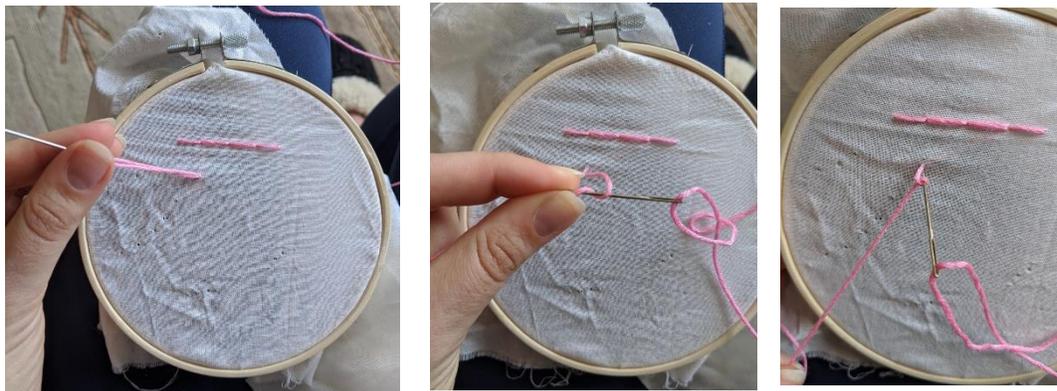
A satin stitch is used to fill in big shapes like leaves or petals.



French Knot

1. Bring your needle all the way up through the back of your fabric
2. Wrap the floss that's between your needle and the fabric around the needle two or three times (twice is a smaller knot, three times is a larger one)
3. With one hand, hold your floss tightly to the side, and with the other hand push the needle back through where you brought it up
4. Keeping holding the floss tight in your own hand as you pull the needle all the way through

A French Knot is great for the inside of flowers, polka dots, dotting i's, and eyes



Lazy Daisy

1. Bring your needle up through the back of the fabric ½ way the length of your string
2. Put your needle back down through the hole you made coming up
3. Pull the needle through until you have a little loop on the top of your fabric
4. Bring your needle up through the inside of your loop and back down through the same hole so you've secured your loop

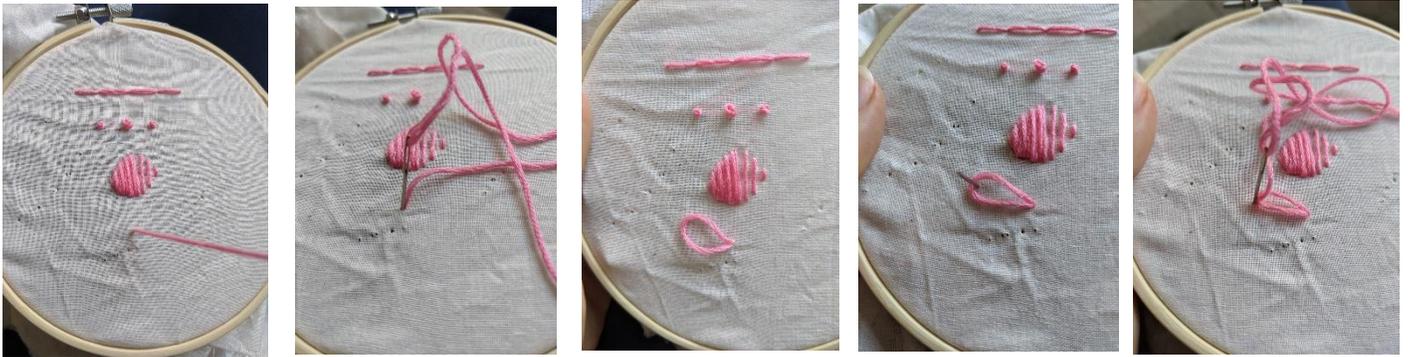


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A Lazy Daisy is a good stitch for making small little petals on flowers



Creating Your Own Pattern

Get creative! You can draw your pattern right on to your fabric with pencil or trace on to the fabric by placing your design underneath the fabric and taping it to a window so the light comes through and you can trace on to the fabric.



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