

Embroidered Heart



Supplies:

- Perforated wooden heart template
- Embroidery floss (multiple colors)
- Hand sewing needle
- Scissors
- Heavy cardboard, optional
- Tac, or needle tool, or toothpick or skewer, optional

Instructions:

1. Cross stitches are the basic first stitch you learn in embroidery. It is called a cross stitch because you are making an 'x' in the thread.
2. Taking the wood heart, decide what kind of design you want to stitch - do you want to cover the whole heart in pink? Or maybe make a smaller heart within the larger one? Maybe you want to do someone's initial or a border? You can even sketch the idea on a scrap of paper before you start stitching.
3. Choose your first embroidery floss color, snip off maybe a 10-14" long piece, tie a knot at the end and find your first hole for your first stitch.
4. Come up from behind, be sure not to pull the thread all the way through. If you start in the lower left of the 'x', then send your needle down the upper right. You would then come up from behind the upper left hole and then crossover and go down into the lower right hole. This would make your first 'x'. Repeat this pattern so the x's flow in the same direction.
5. Change floss color when you want to change the design, be sure to knot the other color first, in the back of the piece. Continue with your design until you are happy with the result!
6. If you do not have an embroidery heart wooden piece, you can do this project easily with heavy cardboard. Just like in the photo, take a sharp tool (WITH YOUR PARENT'S HELP) and poke your own design into the cardboard. Start cross stitching from there and you'll get to the same beautiful result!