

## Materials You'll Need:

- A collection of small fabric scraps (different colors, textures, patterns are great!)
  - Embroidery floss or sewing thread in various colors
  - A needle with an eye large enough for your thread
  - Scissors (fabric scissors work best, but any will do)
  - Optional: Small buttons, beads, or other embellishments
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## What is Slow Stitching?

Imagine drawing or painting, but instead of crayons or paint, you use a needle and thread! Slow stitching isn't about making perfect stitches or following complicated patterns. It's about enjoying the feeling of the needle pulling the thread through the fabric, watching colors and textures come together, and making something unique just for fun. It's relaxing and lets your creativity shine!

## Let's Get Started!

1. **Choose Your Base:** Pick one slightly larger fabric scrap to be your background or base. It doesn't need to be huge, maybe the size of your hand.
2. **Select Your Scraps:** Look through your other scraps. Choose a few pieces that you like together. Think about colors and textures. Don't worry about matching perfectly!
3. **Arrange Your Scraps:** Place the smaller scraps onto your base fabric. You can overlap them, place them side-by-side, or arrange them however you like. There are no rules!
4. **Threading the Needle:** Ask for help if you need it! Cut a piece of thread about the length from your elbow to your fingertips. Carefully push one end through the eye of the needle. Tie a small knot at the \*other\* end of the thread.
5. **Start Stitching: The Running Stitch:** This is the simplest stitch!
  - a. Bring your needle up from the back of your fabric layers to the front.
  - b. Push the needle back down through all the layers a little bit away from where it came up.
  - c. Bring the needle back up again a little further along.
  - d. Keep going, making small 'dashes' with your thread. You can use this stitch to hold your scraps onto the base fabric. Stitch around the edges or make lines across them.
6. **Trying the Backstitch (A Stronger Stitch):**
  - a. Bring your needle up from the back to the front (Point A).
  - b. Go \*backwards\* and push the needle down a short distance behind Point A (Point B).
  - c. Bring the needle up again a short distance \*in front\* of Point A (Point C).
  - d. Push the needle back down right next to your first stitch, at Point A.
  - e. Keep going! This makes a solid line.
7. **Explore and Create:** Use your stitches to hold your fabric pieces together. Add more stitches just for decoration! Make wiggly lines, dots (French knots if you're feeling adventurous, or just tiny stitches), or straight lines. Try different thread colors. If you have buttons or beads, stitch them on!
8. **Finishing:** When you're done stitching or your thread runs short, bring the needle to the back of the fabric. Make a small stitch, tuck the needle under the stitch \*before\* pulling it tight, creating a loop. Pass the needle through the loop and pull to make a knot. Snip the extra thread.

## Think About It!

- What was your favorite part of slow stitching?
- How did it feel to just stitch without worrying about rules?
- What colors and textures did you enjoy working with?
- Show someone your creation and tell them about it!

## Clean Up Time!

Make sure your needle is stored safely (a pincushion or back in its pack is good). Put your fabric scraps and thread away neatly. Carefully put the scissors away.