

EMBROIDERERS' GUILD OF AMERICA, INC.

TEACHING CHILDREN PROGRAM

LESSON PLAN AGES 10+

This lesson plan has been developed to assist our chapters when introducing embroidery to children. We encourage each chapter to develop programs that will best suit the group of children that they are working with.

First, decide on the cross stitch project that will be made and make it fun! It could be a bookmark, bedroom sign or greeting card insert; anything that would appeal to both a girl and a boy. Whatever project is decided should be small and simple so that the item can be finished within the allotted time of the class and also hold the children's interest not allowing for boredom. Have the cross stitch chart large enough making it easy to read and teach the children how to use it.

Cross stitch fabric such as Aida can be used. Or the cross stitch can be done on perforated paper or plastic Aida. Basic cross stitch stitches should be used. Make copies of the stitch directions so that each child will have a set. It is helpful to have as many chapter mentors as possible and limit the number of children at each table so that the mentor can give as much guidance to each child as possible. Encourage each child and offer praise often. Keep in mind that holding a needle and using it to stitch is a new experience for many of the children. Be prepared to rethread needles, untangle thread and make knots.

Provide each child with the chart, stitch directions, fabric, tapestry needle and floss. Have needle threaders and embroidery scissors available for the children to use. Teach each child how to thread the needle and hold the needle while stitching. Show the children how to insert their threaded needle into the holes in the fabric and how it relates to the chart.

After the stitching is completed, the item should be finished into the pre-determined project by a chapter mentor with help from each child (if applicable). Again, compliment each child and their project.

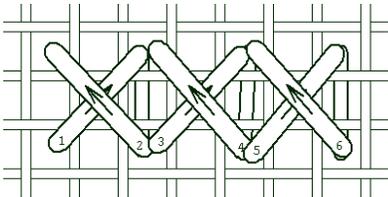
We strongly encourage our chapters to search the Internet as it is a valuable resource with educational videos, stitch guides and inspirational free patterns for teaching embroidery to children.

### **Cross Stitch Tips:**

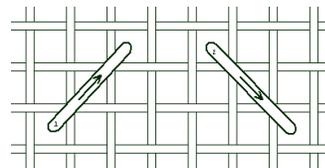
- When stitching make sure your stitches lie flat. If your thread becomes twisted while stitching, drop the needle and allow the needle to hang freely. The thread will untwist by itself.
- Make sure all your stitches are crossed in the same direction.
- Keep your tension on the stitches even while cross stitching the design.
- Work the design area first and any plain background last.
- Work the darker colors first, and the lighter colors last.
- Sometimes you'll stitch only a few stitches in an area, then jump to another area with that same color floss. Jumping can be easier than stopping and starting, but when you carry the floss along the back it can show through the fabric. Only carry thread to another area if the jump is short and the thread is a light color

### **Stitch Diagrams:**

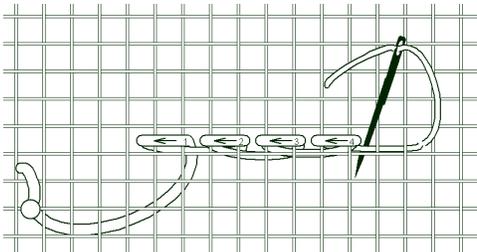
Cross stitch



Half Cross stitch



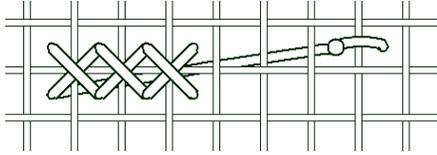
Back stitch



### Away Waste Knot/ Away waste knot in the line of stitching

- Place a knot at the end of the thread.
- Going down and leaving the knot on top of the fabric, begin the first stitch.
- Work several stitches being careful to catch the thread on the back to secure it.

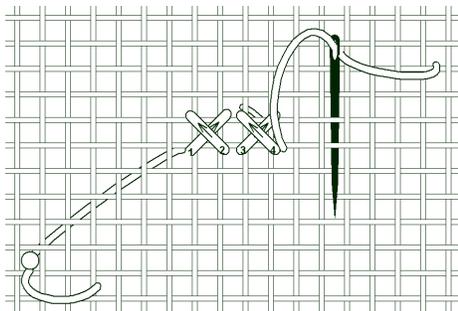
Cut the knot and excess thread off on the back when secure.



### Away Waste knot

- Same as above, but place the knot out of the way at least 4" away.

To finished simply cut off the knot and finish the tail on the back in the stitches.



### Ending a thread

- Finish the last stitch and take the needle and thread to the back.
- Slide the needle through the stitches on the back.

Cut thread off closely.

