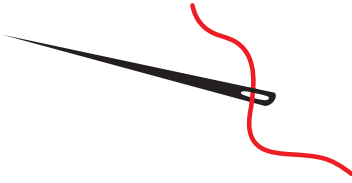


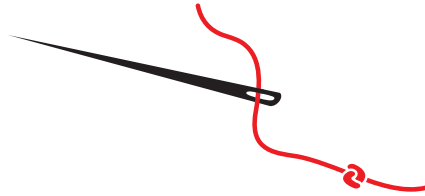
RUNNING STITCH PRACTICE SHEET

SET UP:

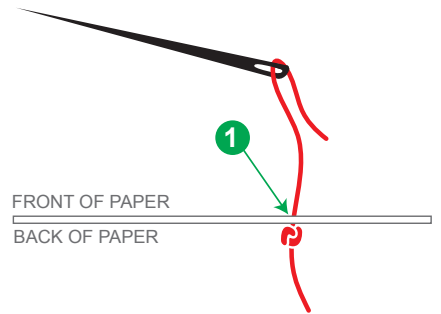
1: THREAD YOUR NEEDLE



2: TIE A KNOT AT ONE END



3: PUSH THE NEEDLE UP THROUGH THE PAPER AT 1 UNTIL THE KNOT STOPS AT THE BACK



● = PUSH NEEDLE UP THROUGH PAPER ● = PUSH NEEDLE DOWN THROUGH PAPER

START HERE



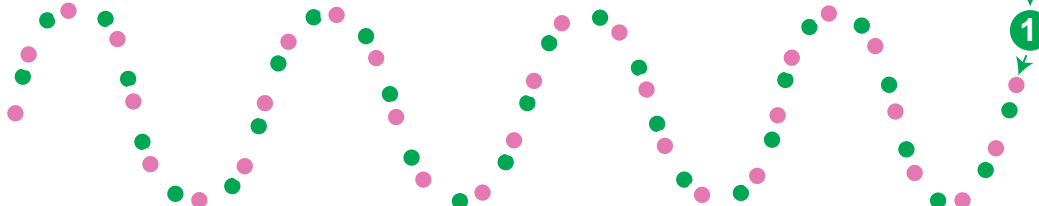
START HERE



START HERE



START HERE

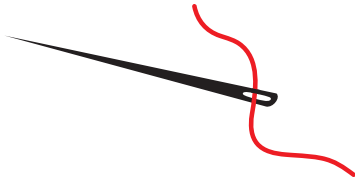


WHIP STITCH

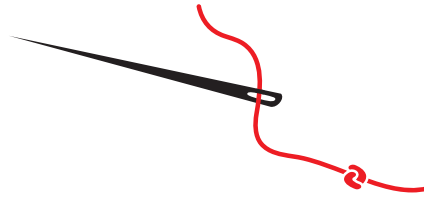
PRACTICE SHEET

SET UP:

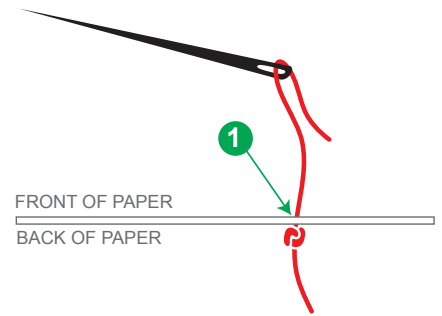
1: THREAD YOUR NEEDLE



2: TIE A KNOT AT ONE END



3: PUSH THE NEEDLE UP THROUGH THE PAPER AT 1 UNTIL THE KNOT STOPS AT THE BACK



● = PUSH NEEDLE UP THROUGH PAPER

● = PUSH NEEDLE DOWN THROUGH PAPER

↓ = THE THREAD IS ON THE FRONT

↑ = THE THREAD IS ON THE BACK

START HERE



START HERE



FOLD THE PAPER AT THE DASHED LINE AND LIGHTLY GLUE IT DOWN TOWARDS THE BACK. YOU WILL THEN STITCH THROUGH 2 LAYERS OF PAPER, WRAPPING EACH STITCH AROUND THE FOLDED EDGE

START HERE

