Happily Ever Crafter

Embroidery and Crochet Instructions
CRAFTER’S NOTE:
Congratutations! You are about to learn the art of sewing, embroidery and crochet! Here are a few things you should know:

GETTING STARTED: Read page 4 to learn how to begin all your sewing and embroidery projects. The basic stitch you will need for all your sewing projects is the STRAIGHT STITCH on page 6.

SEWING PACK: This has everything you will need to sew and embroider. It has the embroidery hoop, floss, needles, pins, a thimble and a threader and other useful items!

DECO PACK: This has lots of stuff you can use to decorate your projects. It has buttons, beads, sequins and felt shapes. It also has some cloth you can use to practice your stitches!
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Getting Started

The Floss
The bundles of string are officially called “skeins of floss”. Each skein is actually one big loop of string that is coiled together. To work with the floss, slip off the paper wrappers, find the big knot and uncoil the loop.

Now cut open the loop on both ends. This will give you the perfect length to embroider with! You don’t want to work with floss that is too long or it will tangle easily.

Each length of floss is made up of 6 thinner strands. If you want to make a skinnier stitch, you can pull apart the strands of floss. This is helpful if you want to embroider on delicate cloth.

Threading Tips
Snip the end of your floss to make the tips even. Moisten the end and poke it through the eye of the needle.

Once your floss is on the needle, knot the end by wrapping the floss around the needle 2 or 3 times.

Pull the needle through the loop you created.

Now pull the loose knot all the way down to the end of the strand and then pull it tight. This will give you a big knot that won’t pull through your material! You can also double knot the floss to get a big knot.
MORE TIPS:

- Flip over your work from time to time to see if you are pulling your stitches all the way through.
- If you make a mistake, take your needle off the floss and pull out the stitch. Then rethread your needle and try again!

SETTING UP YOUR HOOP

The hoop keeps your material flat and straight while you stitch!

Separate the two rings and place the solid ring UNDER your material.

Place the ring with the screw ON TOP of your material.

Press the top ring down over the bottom ring to sandwich your material. Pull the edges of your fabric away from the hoop to get it smooth. Now tighten the screw to secure it all in place!

TIPS:

- For heavier materials, like denim or canvas, you do not need to use the hoop.
- Take your hoop off of your material when you are not working on it. This will prevent your material from getting distorted!

FINISHING A STITCH

No matter what the stitch, they all end in the same way!

Finish off your stitch when you have about 4” of floss left on your needle. Flip your material so that it is wrong side up.

Thread your needle under your last stitch and through the loop that this creates.

Pull until the knot is tight. You may want to repeat this step to get a double knot.

Snip the floss off close to the knot.
**STRAIGHT STITCH**

This is your basic sewing stitch.

1. Poke your needle UP through the wrong side of your material.
2. Pull the needle all the way out until you feel the knot.
3. Poke the needle DOWN through the material where you want the stitch to end.
4. Pull the needle until the stitch lies flat. Don’t pull too hard or you will cinch your material!
5. Keep going up and down along your line!

**HINT:** Don’t make your stitches too long or they will look sloppy! Don’t make them too short or else it will take you a looong time to finish!

This is a good length: —

**-QUICK TECHNIQUE-**

You can speed things up by making one stitch with a single movement.

1. Pull your needle up through the material until you feel the knot.
2. Keep your needle flat to the material and dip your needle in and back out of the cloth.
3. Pull the stitch flat!
You can also make 2, 3, or even 4 stitches at a time in the same way!

Try it and see which is the most comfortable for you!

**BACK STITCH**

1. Make a single straight stitch.

2. Poke your needle up through the material a stitch width apart from your last stitch.

3. Now poke your needle down through the end of your last stitch and back up another stitch width apart.

4. Pull the stitch flat!

This makes thin solid lines.
Whip Stitch

1 Make a row of straight stitches.
2 Use another color of string and poke your needle up next to your first straight stitch.
3 Weave your needle up and down through the straight stitches!
4 Try weaving through the stitches in different ways and with different colors!

Couching Stitch

1 Lay a piece of string on top of your material.
2 With a different colored string, secure the first string in place by stitching around it.

Try making different shapes! Your securing stitches can be long or short to give different looks.
**CROSS STITCH**  
This old-fashioned stitch looks great on checkered fabric!

1. Make a diagonal stitch from one corner of an imaginary box to the other.
2. Now complete the X by making another diagonal stitch.
3. Poke your needle into the upper right hand corner of the next “box” and keep making X’s!

**HINT:** Take your time to line up the top and bottom of your stitches so they line up neatly!

**STEM STITCH**  
This twisty stitch makes thick straight or curvy lines.

1. Make a straight stitch.
2. Now poke your needle up beside the middle of your last stitch.
3. Hold aside the end of the floss with your thumb. Poke your needle down in front of your last stitch…
   ...and up into the end of your last stitch.
4. Pull the stitch straight. Continue making stitches repeating steps 2-4!
**Split Stitch**

This is an easy way to make thick solid lines.

1. Make a single stitch.

2. Now poke your needle up through the middle of your last stitch.

**Hint:** Keep poking the tip of your needle in a little bit until you get it right in the middle of the stitch before pulling it up all the way.

3. Make another straight stitch and continue!

**Chain Stitch**

Stitch up links to make a chain!

1. Pull your needle up through the material.

2. Hold the string with your thumb as you poke your needle right next to where the string is coming out.

3. Now poke your needle out of the material in front of where you started.

4. Let go and pull the stitch straight making sure your needle is on TOP of the loop of string.

See how you caught the loop of string? You made your first link in the chain!
5 Now poke your needle in beside where you last came out and keep adding links in the same way!

6 To finish off: make one stitch to hold down the top of your last link.

You can make your chain as thick or thin as you like!

Use the chain stitch to make pretty flowers!

**LAZY DAISY**

1 Make one chain link and finish it off. You made one petal!

2 Now make more petals! Go around in a circle until your flower is complete!

**HINT:** Try making daisies with 3, 4, 5, or 6 petals.

Use different colors for the petals!
**FRENCH KNOT**

1. Poke your needle up through the material.

2. Twist the string around your needle 2 or 3 times. Keep your loop BEHIND the needle!

3. Now poke your needle down into the material close to where you came out.

4. Pull the needle down all the way until you see your knot! Hold the loose string taut with your other hand as the needle goes down.

**SATIN STITCH**

1. Make a straight stitch on the outside of your shape.

2. Start to fill in your shape by making another straight stitch right beside the first one. You shouldn’t see any space between the stitches.
3 Keep filling in your shape with stitches that are neatly lined up!

HINT: You can start by making an outline for your shape with the back or chain stitch. Then you can satin stitch inside the outline. This will give your shape a nice clean edge.

BLANKET STITCH

1 Make a stitch that falls off of your material and then pokes up right inside the edge.

2 Poke your needle up next to the top of your last stitch.

3 Now pull your needle down through the loop you just made.

4 Pull the stitch snug. See how the string wraps around the edge of your material?

5 Now poke your needle up next to your last up-and-down stitch….

6 Finish off with a straight stitch!...and back down through the loop. Keep going along your edge.

Finish off edges or use it to sew 2 pieces of material together.
SLIP KNOT
Every crochet project begins with a slip knot, so that’s your first lesson!

1. Pick up the end of the yarn with your right hand. Wrap it behind and around your left hand, across your thumb and palm. Hold the yarn end over the “working yarn,” which is coming from the ball.

2. With your left hand, take hold of the working yarn and pull it through the loop on your hand to make a new loop. Don’t let go of the end in your right hand!

3. Pull the working yarn loop until the slip knot is snug, but not too tight.

4. Now you can let go of the yarn end, and with the working yarn towards you, place your crochet hook through the loop.

5. Pull the working yarn to tighten it around the hook, but keep it just loose enough so that you can easily slide it along the hook. Practice making the slip knot until you are comfortable. You can undo the knot by just slipping the hook out and pulling both ends of the yarn.
Hold your hook like an ice cream scoop and pretend you are scooping!

Make a slip knot and place it on the crochet hook. Hold the hook in the hand you use for writing. Loop the working yarn over the pointer finger of your other hand. Hold the slip knot between your thumb and middle finger to keep it from moving while you are working. Hold the yarn loosely down your palm with your last two fingers.

Holding the hook and yarn may feel awkward at first, but as you practice it will feel natural to you!
MAKING A CHAIN

A single crochet stitch is called a chain stitch.

1. Make a slip knot and place it on your hook. Hold the hook with the tip angled towards you a little. Wrap the yarn behind the hook, over the top, to the front, and then back again, allowing the yarn to slip into the curved part of the hook.

2. Without pulling on the yarn or the slip knot, point the tip of the hook down and pull the yarn through the loop on the hook. This is your first chain!

3. The loop left on the hook should not be too tight. It should be loose enough for the hook to pass through it easily. Continue making more chains until you are comfortable. As your chain grows longer, move your thumb and middle finger closer to the hook to keep control of the chain.
FINISHING OFF

When your crochet project is done, you can finish off so it will not unravel.

1. Cut the working yarn about 8 inches from the hook. Put the yarn over the hook like you’ve been doing to make the chain (this is called a “yarn-over”) and pull the loose end all the way through the loop on the hook.

2. Pull it tight so the stitches can not unravel.

You can use your practice chains as shoelaces, or you can glue them around clean cans or jars to make a fun pencil holder!
WORKING INTO THE CHAIN

Look at the chain you have made. The front should look like a series of V’s and the back of the chain has a bump behind each stitch called the back ridge. Crochet stitches are worked into the individual chain stitches, and you have to count them starting with the stitch closest to the hook. Count toward the beginning of the chain, but don’t count the loop on the hook or the slip knot.

Front of Chain

Right-handed

Left-handed

Back of Chain

Right-handed

Left-handed
When working into the chain, crochet stitches are either worked into the back ridge (Figure 1) or under the top strand and the back ridge of each chain (Figure 2).
THE SLIP STITCH

The slip stitch is used to make a chain thicker. It can also be used to join the ends of a chain, or the ends of different yarns so you can change colors or add new yarn when you run out.

1. Make a slip knot and place it on the hook. Then chain 20 stitches. Insert the point of the hook into the second chain from the hook.

2. Yarn over (which means to bring the yarn behind the hook, over the top of the hook to the front, and then back again). (Figure 1) Pull the yarn through the chain and the loop on the hook.

You have made a slip stitch! Now one loop is still on the hook, and you can make another slip stitch by inserting the hook into the next chain and continuing. Practice the slip stitch until you have worked into all of the chains, and finish off.
BRACELETS, HEADBANDS, BELTS AND SCARVES!

Now you can make a fun projects just by crocheting rows of stitches!

1. Make a slip knot, place it on your hook, and chain until you have the width you want.

2. Chain one more, and insert your hook in the second chain from the hook. Yarn over and pull the yarn through both loops on the hook. You’ve just made a slip stitch turn so that you can build rows into your chain.

3. Continue working in the chain using slip stitches, and when you reach the end of the row, turn again.

4. Keep making rows until you have the length you need. You can make stripes by changing colors in the slip stitch at the beginning of a new row.

5. Now it’s time to embellish! See the following pages to learn how to make tassels, pom poms and daisies to decorate your projects! Or sew on buttons or sequins!
ADDING TASSELS

1. Wind some yarn around your hand, then cut one side to make lengths of yarn for your tassels.

2. Fold 1 group of yarn lengths in half and pull them though the bottom edge of the scarf, from front to back, with the crochet hook.

3. Firmly pull the ends of yarn through the loop to make the knotted tassel.

4. Make 9 tassels at each end of the scarf and trim the ends evenly.
1. Draw 2 circles 4 inches in diameter on cardboard and cut them out.

2. Put the two card-rings together and wind yarn around them evenly.

3. When the hole is full, cut around the edges of the circles through all the layers of yarn between the card rings.

4. Ease the card rings apart, and tie a double length of yarn tightly around the

Remove the cards, fluff out the pom-pom and use the long ends to sew it or tie it onto whatever you want!
CHAIN LOOP DAISY

You can make a daisy by combining the chain stitch and the slip stitch. You’ll also learn how to make a new stitch called the single crochet!

BEGINNING RING:
1. Make a slip knot and place it on your hook, then chain 6.
2. Now you’ll join the ends of the chain with a slip stitch to make a ring. Insert the hook in the sixth chain from the hook, yarn over and pull the yarn through the chain and the loop on the hook. (Figure 1)
3. Chain 1.

ROUND 1:
1. Insert the hook into the center of the ring.
2. Yarn over and pull the yarn back through the ring. (Figure 2) Now, you have 2 loops on the hook.
3. Yarn over and pull the yarn through both loops on the hook. (Figure 3)

Figure 3

Now there is still one loop on the hook. (Figure 4) You have just made a single crochet stitch!

Figure 4

Chain 8, then repeat steps 1-3 to make another single crochet. (Figure 5)

Figure 5
Continue to chain 8 followed by a single crochet in the ring until you have 7 loops on the daisy ring. Chain 8 once more, and join to the first single crochet you made with a slip stitch. To do this, insert the hook under both top loops (Figure 6), yarn over and pull the yarn through the single crochet and the loop on the hook. Finish off.

Figure 6

To weave in the yarn end, thread the yarn needle with the end. Turn the daisy over so the back of it is towards you, and insert the needle through the bottom of each crochet stitch to hold the end in place. (Figure 7) Cut the yarn close to the daisy.

Figure 7

Make a few daisies in all different colors, so you can pin or stitch them on backpacks, clothing, headbands, shoes and other things you want to decorate. You can also string the daisies onto a long chain to make a garland!