

Patchwork Appreciation Star

You will need

Small piece(s) of cotton fabric

Matching cotton thread

Sewing needle and embroidery needle

A few pins

Scissors

A piece of ribbon, 10cm

At least 2 colours of embroidery floss (e.g. DMC or a fine thread)

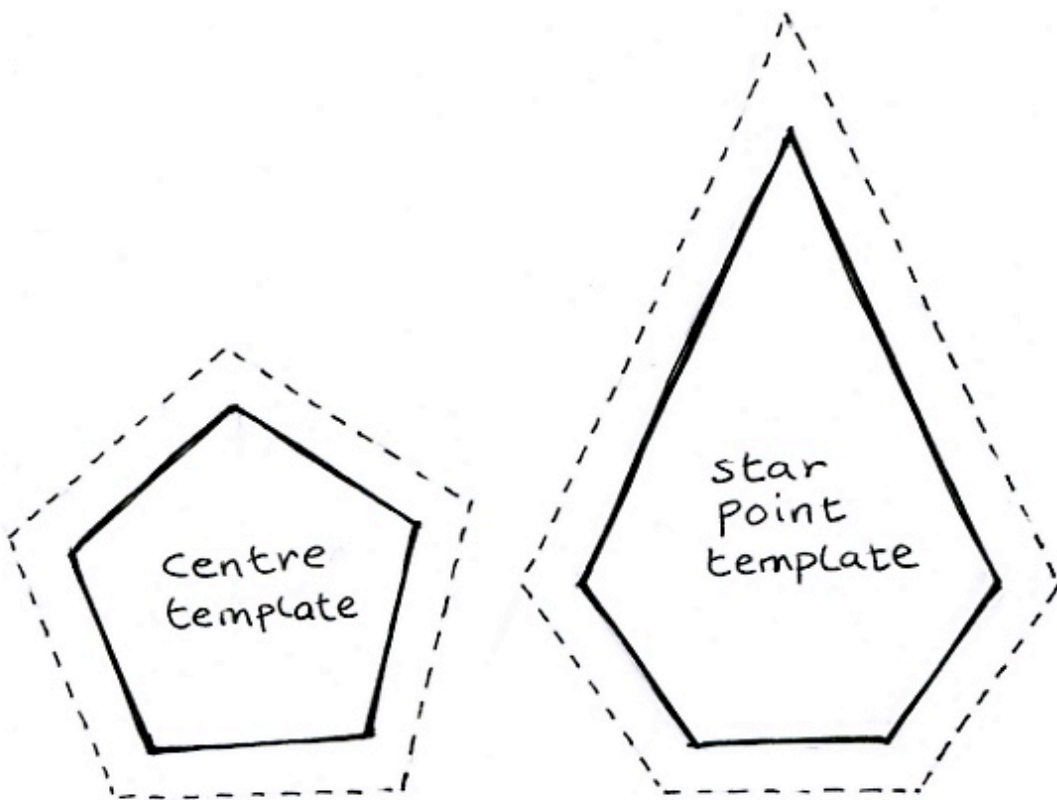
Medium size embroidery hoop (optional)

A piece of paper and card

Marking pen or pencil

Small amount of toy stuffing/ wadding

Star point and centre templates (these can be reduced or enlarged)



1. Print out the star point template and the centre template and cut around the dashed line. Then lay the pieces onto card, draw round the outside and cut out.

2. Use these card templates to cut out the fabric. Try to lay the templates on the straight grain of the fabric to avoid distortion. If using patterned fabric you might want to think about how the finished star will look.
3. For the back of the star cut 5 star points and 1 centre from the fabric.
4. The pieces forming the front of the star are easier to embroider if you don't cut the fabric and keep it in one piece. Using the card templates mark 5 star points and 1 centre on the fabric (if you are using an embroidery hoop you may want to ensure all the outlines fit inside the rim).
5. Then make another 2 card templates each with its outer edge the solid black line of the star point and centre templates. Using these inner templates draw 10 star points and 2 centres on paper and cut out.
6. For the back of the star - pin the relevant paper shape to the middle of the 'wrong' side of the pieces.
7. For the front of the star - pin the relevant paper shape to the 'right side' of each outline. Pin around the edges of each paper shape to mark the edge and then remove the paper. Keeping within the pins and using a marker pen or pencil lightly write appreciations on the star points and write the name and if you wish draw a picture of the person in the middle of the centre piece. Remove all the pins. Place the fabric in the embroidery hoop (optional).
8. Taking your embroidery floss, thread the needle and backstitch over the lines of writing and the drawing. Embroidery floss can be separated into 6 strands and you will only need to use 1 strand or 2 strands together.
9. When you have embroidered each outline, cut them out of the fabric and pin the relevant paper shape to the middle of the 'wrong' side. Fold the fabric over the paper shape and pin and tack in place as shown in Fig. 1 . Do this with all the front and back pieces. Remove all the pins.

10. Sew together the 5 points and 1 centre that form back of the star. Begin by placing the centre and a star point 'right side' together. Oversew the seam. See Fig. 2. Continue to add the star points until all 5 are in place.

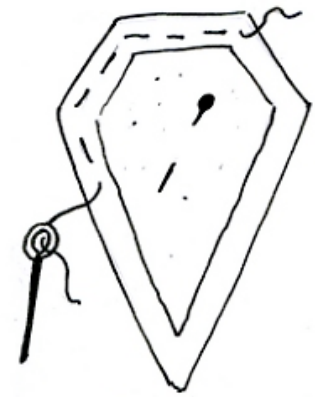


Fig. 1

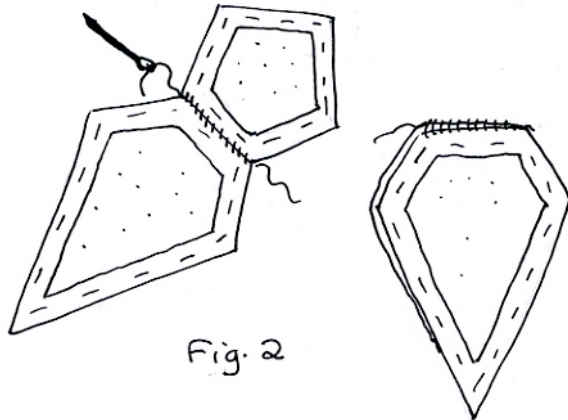


Fig. 2

11. In the same way sew together all the pieces that form the front of the star.

12. Remove the tacking and paper from the 2 centre pieces. With 'wrong sides' facing start oversewing the front and back together removing the tacking and paper from the star point you have just oversewn. See Fig 3

13. Make a loop out of ribbon and place at the top of the star between the seams. Sew in the loop as you go.
14. Oversew all the edges but leave a small gap for stuffing. Remove the last 2 pieces of paper, stuff the star lightly with wadding and sew up the seam.

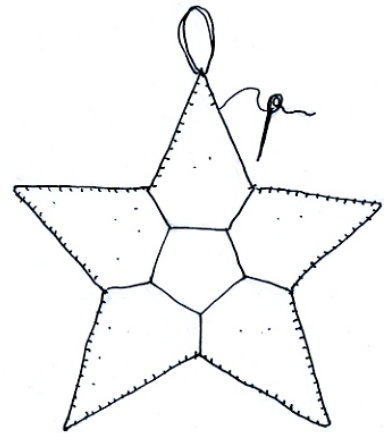


Fig. 3

Alternative ideas

- Use freehand or digital machine embroidery to embellish the patchwork pieces.
- Make the star out of handmade felt and needlefelt the appreciations.
- Use linen fabric and decorate with counted thread/cross stitch.
- Use fine point fabric marker pens or tubes of glitter glue to write the appreciations.
- Cut letters out of fabric backed with lightweight fusible webbing then iron the letters to the fabric.
- Trace the templates onto white cotton fabric and use a batik technique to apply the design and colour.
- Use image transfer film to apply photos to the fabric.
- Add fragrance to the wadding eg. pot-pourri or lavender.
- Make a large star and ask family and friends to apply the decorations (give them a materials kit to get a consistent look).