



ART BRIDGES: Lesson Plans for Enrichment, Growth and Healing

Burlap Stitching

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Cheryl Trowbridge
www.teachkidsart.net



There is something very calming and soothing about stitching on fabric. The early settlers in Colonial times brought this craft from Europe to America in the form of quilting, family trees and samplers. I also like to show my students examples (mostly photos) of embroidery from China, Japan, India and Bangladesh. You can google “embroidery” along with the name of almost any culture and find interesting examples of stitching throughout history. (Visit: <http://embroidery.about.com/>)

Objectives:

The participants will

1. Be introduced to the art form of samplers
2. Use fabric and thread as the medium for creating their own art
3. Gain knowledge and experience in using needle and thread to create fabric art

Audience:

The lesson plan was developed for use with children but can be easily adapted to adults.

Supplies/Materials:

- 9“x12” burlap
- Blunt tapestry needle
- Ruler and pencil
- Yarn (variety of colors)
- White paper or card stock, 5–1/2” x 8–1/2”
- Scissors

Vocabulary:

Embroider — to decorate cloth by sewing patterns on it with thread

Class Instruction:

1. Peel away a few strands of burlap from each edge to create a solid rectangle with square corners....and fringe!
2. Lay your ruler along each edge and draw an outline about an inch inside your fringe. Go over this line a few times if necessary to make it dark enough to see.
3. Cut a piece of yarn about 4 feet long and thread your needle, making a knot at one end.

4. Do a “running stitch” over your pencil line to form a border. Try to keep your stitches equal in length and resist pulling them too tight! (Note: visit this site to learn how to make a running stitch: <http://www.instructables.com/id/sewing-how-to-running-stitch/>)



5. Now, draw a simple outline shape on your paper and cut it out. Center this template on your burlap and trace around it.



6. Finally, use a variety of stitches and colors to complete your design. (If you can't finish your project in one session, keep some yarn in your needle and weave it through your burlap to keep it from getting lost.)



The running stitch, back stitch, and satin (or straight) stitch were used on this “sampler” and are easy to learn. Visit a website like <http://www.better-cross-stitch-patterns.com/straight-stitch.html> for easy-to-follow instructions!

Please visit <http://www.teachkidsart.net/burlap-sampler-stitching-project/> to view this lesson in its entirety.

*Special thanks to **Cheryl Trowbridge** for sharing a wealth of information and resources and ideas on her excellent website www.teachkidsart.net ! Cheryl has her art education credentials and has been teaching art to kids for over 20 years. She is inspired by watching children of all ages discover their ability to be creative. Her passion is to make successful art lessons accessible to help share the joy of art with all the kids in our lives. Visit Cheryl’s on-line store <https://www.teacherspayteachers.com/Store/Teach-Kids-Art> to purchase a variety of resources for helping kids create art.*

If you have used this activity, we’d love to hear from you! Please send questions or comments through our website www.hildegardcenter.org .

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