

Difficulty rating: medium

Length of time it will take: 3 hours

# Cross-stitch Word Craft

Have some cross-stitch Crafternoon fun with friends and family with our cross-stitch template. Follow the instructions and get crafting! Remember its not about being perfect – its about having fun!

## Crafty shopping list

- Embroidery thread colours to match the template
- Aida or Binca (the material traditionally used for cross stitch - both similar but Binca has a larger weave, meaning larger letters)
- See our suggested shopping list online at [mind.org.uk/craftcupboard](http://mind.org.uk/craftcupboard)

## Crafty checklist

- Scissors
- Embroidery Needle

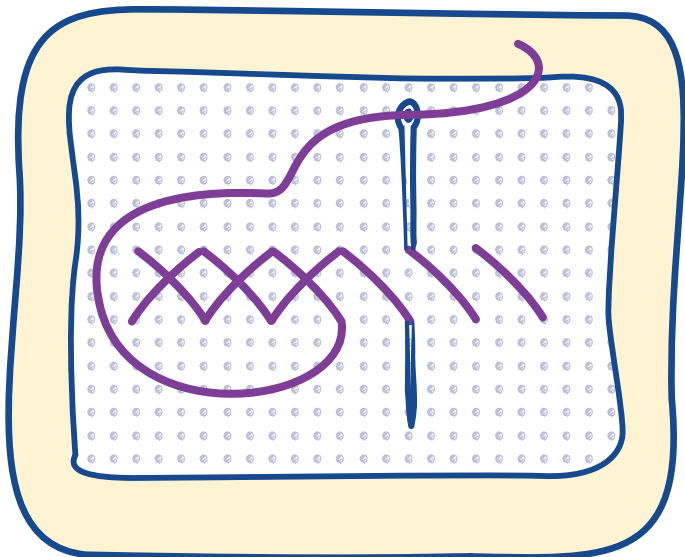


Crafternoon 

“Crafting gives me a chance to do something that is productive whilst offering me the space in my mind to think things through clearly.”

## How to make

1. This Crafternoon template is designed for cross-stitch – the most widely used embroidery stitch that forms a simple cross shape. Make the first stitch on a diagonal and then the second stitch is crossed over the top. Like the image below.



2. Follow our template with your cross-stitches. The fabric has clear holes to put your needle and form the cross stitch to make it nice and easy.
3. When you have finished admire your cross-stitch Crafternoon creation.
4. Take a photograph of your crafty creation and let us know by posting with the hashtag #crafternoon onto Twitter @MindCharity, or on Facebook.



## Crafty variations

- If you are feeling adventurous you could design your own words.
- Or experiment with different fabrics and stitch types. You can find How To stitch guides by searching on YouTube.
- Use recycled materials or scraps to do your cross-stitch on.
- Mix up your materials, use paper, leaves and different thread.
- Check out the Mind pinterest board for more crafting with words ideas.



Thank you for taking part in Crafternoon. We hope that it has been enjoyable! If you have raised money at your Crafternoon thank you. You have helped to make a difference for people with mental health problems.

If you have any feedback about your Crafternoon, what went well or ideas on how we can make it better, we'd love to hear from you.

Email: [community@mind.org.uk](mailto:community@mind.org.uk)

Telephone: 0300 999 3887