



Cross-stitch word craft

Have some cross-stitch crafting fun with friends and family with this template. Follow the instructions and get crafting! Remember it's not about being perfect – it's about having fun.

Difficulty rating:
medium

Time to make: 3 hours



Crafty shopping list

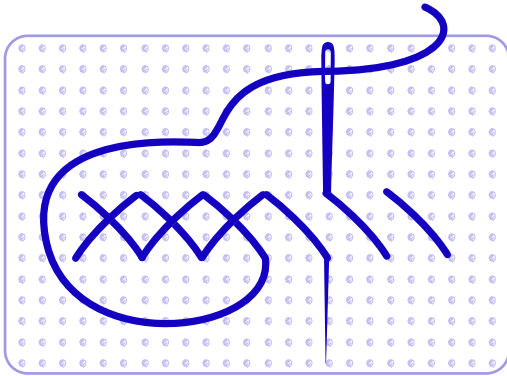
- Embroidery thread colours of your choice
- Aida or Binca (the material traditionally used for cross-stitch – both similar but Binca has a larger weave, meaning larger letters)
- Scissors
- Embroidery needle

Completed version



How to make a cross-stitch word craft

- 1 This 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 this:

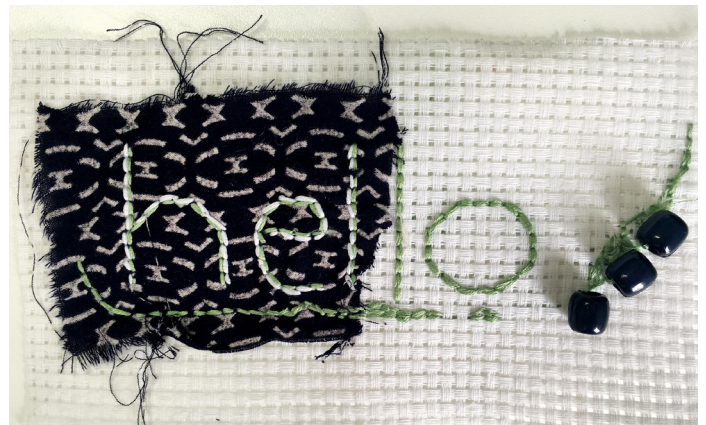


- 2 Follow our template with your cross-stitches. The fabric has clear holes to put your needle and form the cross stitch to make it nice and easy.
- 3 When you have finished, admire your cross-stitch creation!
- 4 Take a photograph of your crafty creation and let us know by posting with the hashtag #craft4Mind onto Twitter, Instagram, or Facebook @MindCharity.

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

Crafty variations

- If you are feeling adventurous you could design your own words.
- Experiment with different fabrics and stitch types. You can find ‘How to stitch guides’ on YouTube.
- Give your old clothes, bedding or tablecloths a new life by adding a cross-stitch design or use them for practice.
- Mix up your materials. Use paper, leaves and different thread.
- Check out our [pinterest board](#) for more crafting with words ideas.



Thank you for taking part in a crafting fundraiser.

You're helping make sure no one has to face a mental health problem alone. Got a question about fundraising? We'd love to hear from you. Email: community@mind.org.uk Phone: 0300 999 3887.



mind.org.uk

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