



EduTrend Contents

W4C · CRAFTS AND HANDMADE ARTS · MIDDLE SCHOOL

Stitch and Embroidery

Learn hand stitches and design an embroidered motif

Ages 12–14

Level: Intermediate

60 minutes

Individual · up to 30

Activity 04

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 04 · AT A GLANCE

Stitch and Embroidery

Students look at embroidery from different cultures, then practise four hand stitches on a sampler. They design a simple motif inspired by nature or pattern, transfer it to fabric in a hoop and stitch it using at least three stitches.

Learning outcomes

By the end of the session students can:

- thread a needle and secure thread;
- work running, back, chain and cross stitch;
- design a motif suited to stitch;
- describe embroidery traditions.

KEY WORDS

embroidery · running stitch · backstitch · chain stitch · cross stitch · hoop · motif · appliqué

CURRICULUM LINKS

Art and design: textiles. Design and technology: fabrics and joining. History: textile heritage.

1**EXPLORE**

Look and handle

2**IMAGINE**

Generate ideas

3**PLAN**

Sketch and measure

4**MAKE**

Practise the technique

5**REFLECT**

Check and critique

6**REFINE**

Finish and share

Materials (per student)

- Cotton fabric squares and embroidery hoops
- Embroidery thread in several colours
- Embroidery needles (sharp) and needle threaders
- Fabric pencils or water-soluble pens
- Images of embroidery traditions
- Worksheets 1, 2 and 3

Before the session

- Stretch fabric in hoops.
- Pre-cut thread lengths of about 40 cm.
- Stitch a sampler to demonstrate.
- Count needles out and in.

SAFETY

Count needles out and in. Store needles in a pincushion. Carry scissors closed and point down.

ACTIVITY 04 · SESSION PLAN

Step by step

Short thread lengths prevent most tangles; long threads knot easily.

Time	What happens	Say or ask
0–10 min Hook	Show embroidery from different cultures and the back of a piece.	<i>"How was this line made?"</i>
10–30 min Sampler	Practise running, back, chain and cross stitch.	<i>"Which stitch makes the smoothest line?"</i>
30–40 min Design	Sketch a simple motif and choose stitches for each part.	<i>"Which stitch suits an outline or a fill?"</i>
40–55 min Stitch	Transfer the design and begin stitching in the hoop.	<i>"Is your tension even?"</i>
55–60 min Review	Peer review and plan to finish.	<i>"Which part is most effective?"</i>

CHALLENGE CARD (print or copy onto the board)

Design and stitch a motif using at least three different stitches, with even stitch length and tension.

ACTIVITY 04 · FACILITATOR NOTES

The craft in brief

Embroidery decorates fabric with stitches. Running stitch is a simple in-and-out line; backstitch makes a solid line; chain stitch makes linked loops; cross stitch makes small Xs, often counted on a grid. A hoop keeps fabric tight so stitches stay even.

Embroidery traditions exist worldwide. The Bayeux Tapestry is in fact an embroidery, stitched in wool on linen in the eleventh century. In Bengal, kantha embroidery uses running stitch to layer and decorate recycled cloth. Appliqué adds shapes of fabric stitched onto a background.

Common ideas to listen for

- “Longer thread saves time.” It tangles and wears out.
- “Tighter stitches are better.” Over-tight stitches pucker the fabric.
- “Embroidery is only decoration.” Stitching can also strengthen and repair.

Adapting the activity

Support

Use large-eye needles, thicker thread and fabric with a printed grid.

Stretch

Add appliqué or a filling stitch such as satin stitch.

WORKSHEET 1

Stitch sampler record

Name: _____

Class: _____ Date: _____

Draw and describe each stitch.

Stitches

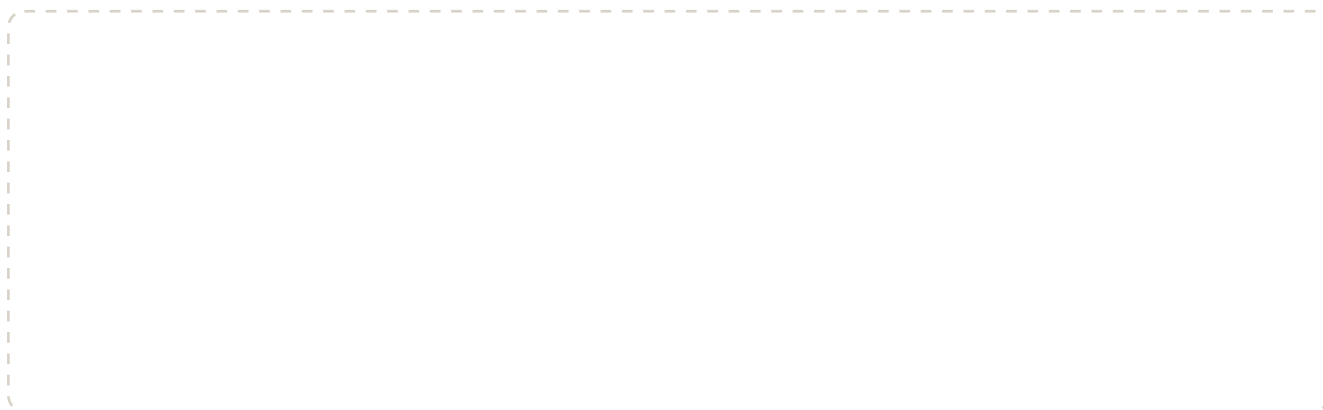
Stitch	Diagram	Best used for
Running		
Back		
Chain		
Cross		

WORKSHEET 2

Motif design

Plan your embroidery.

Design



Draw your motif. Label which stitch and colour goes where.

WORKSHEET 3

Evaluation

Evaluate your stitching.

Most successful stitch and why

An embroidery tradition I learned about

One improvement

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Works stitches accurately	Designs for stitch	Describes traditions

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Stitch and Embroidery is a sample activity from the EduTrend Contents W4C Crafts and Handmade Arts programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

© 2026 EduTrend Contents. This activity may be printed and copied for use with students in your own school, club or home. It may not be resold or published elsewhere. Photos: Elio Santos / Unsplash.