



Archway Connection

The Not-for-Profit Centre for Emotional Wellness & Experiential Learning

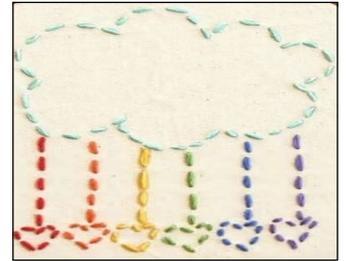
Sew What

Let's take a stab a something different and stitch together threads of creativity.

A Dream Pillow or a Positive Patch, your choice. Make one or make both. This is great to do by yourself if you are comfortable with sewing needles and scissors or ask someone for assistance.

You will Need:

- Scissors
- Sewing needle
- Embroidery thread
- A pen or marker
- An old garment you no longer wear. Jeans or cotton is best, something that doesn't stretch too much but that you can cut up.



Steps:

- Look below at the symbol meanings. Is there one or more that you connect with. Maybe you want to make a symbol that's not on here or maybe you want to combine a few. The choice is yours.
- If this is your first time sewing, keep it simple. Stick with one or two kinds of stitches. The internet is loaded with step x step how-tos if needed.
- Fold garment so that there are two layers. Draw a simple shape which will be your patch or pillow (circle, square, rectangle, triangle). Cut them out together. Leave the back piece for now if you are making a pillow or leave that piece for a second patch. Stick with a 4 inch size piece.
- Now it's time to draw your chosen symbol(s). You can choose to use markers if you do not want to embroider. After drawing is complete, you are ready to start embroidering design. Go for it.
- If you are making a pillow, once done, you can sew 3/4 of the two pieces together using a running or hem stitch. Leave a bit open so that you can stuff it. There are lots of stuffing options: use more of the garment, cut and stuff; use paper towel, cotton, etc. Here's a fun addition. If you have herbs at home or maybe some herbal tea, take a nice smelling tea bag, dry, and include it in your stuffing. That way you have a nice smelling dream pillow.
- If you are making a patch, hem the edge with a punch of colour. Now you have a patch ready when needed.

Different symbol meanings

Health, Happiness, Light, Joy, Love:

Sun, flowers, happy faces, plants, hearts, lock and key

Spirituality, Growth, New, Rebirth, Connection:

Spirals, figure 8, sprouts, knot, shells, butterflies, door

Calm, Tranquil, Peaceful, Soothing:

Gentle waves, peace sign, baby animals, moon, Om

Hope, Reaching, Aspiring:

Trees, stars or shooting stars, rockets, planets, music

Protection, courage, bravery:

Shields, lions, bears, swords, fire, hand or Hamsa

Different sewing patterns



Activity created by Michelle Pritchard of Archway Connection. March 2020.

For more explorational activities, go to the online shop @ www.ArchwayConnection.com