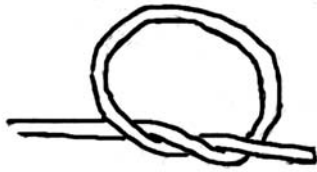
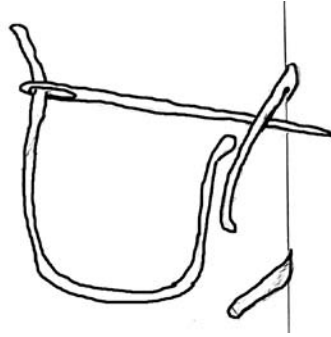


# Easy Knots and Stitches



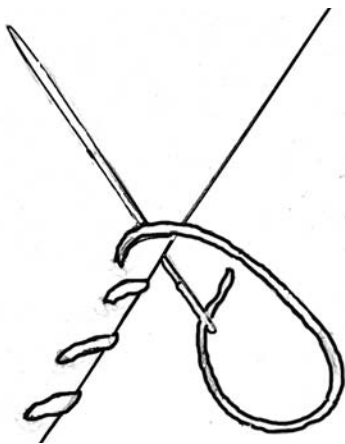
### Starting knot:

Tie a knot like your shoe-laces, but without the bow. Do one or two more knots on top of the first one.



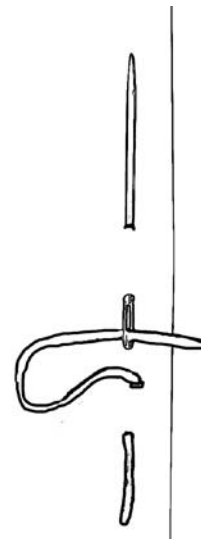
### Ending knot:

Make a whip-stitch, but before you pull it tight, stick your needle through the loop and then pull tight. Do two more knots just like it on top of the first one.



### Whip-stitch:

Always stick from the bottom up through the fabric, right along the edge. This way, the thread "whips" around the edge.



### Running-stitch:

Stick down and up through the fabric, like a dolphin jumping in and out of the water.

\* For children age 6 and up, with parental guidance.

Warning: 1. Pins and needles' mission in life is to poke, and scissors only know how to cut. You must be careful and make sure that they poke and cut only the things that you want them to! 2. None of the materials used belong in a person's mouth, so be careful when you make this while little children are around you.