

FELT PORTRAITS

These Felt portraits are a fun sewing activity but are also a great way to show of who you are and your identity.

Your portraits can be of yourself or of someone who inspires you. With a self-portrait we get to show the world, in stitch form, how we see ourselves. We are often our own toughest critics and can think of ourselves in different ways based on society's perceptions, so taking time out to create something of ourselves or about ourselves is great for our wellbeing.

If you do a portrait of someone you admire or who inspires you, you get to spend time, skill and attention rendering them and to show people who and what matters to you!

You Will Need:

- Felt for backing (2 x 10x15 cm rectangles)
- Felt for the portrait (skin tone and assorted colours)
- Needle
- Embroidery thread (assorted colours including black for details)
- Sewing thread (assorted colours)
- Scissors
- Face tempate
- Pen or pencil
- Pins
- Ruler



1. Decide what colour felt you want for the background of your portrait and cut to a 10x15cm rectangle.

The first step is to cut out all the pieces for your portrait.

2. Start with the face. Using the template decide what face shape you want to use, draw round on to your selected face colour of felt and cut out. Pick the hair colour. Place the face shape onto the chosen felt and draw round for the hair. Cut this out on the outside edge, then cut the inner hair shape out, adding fringes or curls or long pieces.

3. Carry on cutting out the pieces for the portrait, including the top half of the body (the shoulders, chest and arms) think about what clothes you want, a jumper? A two piece? Don't forget to cut out a small shape for the neck.

4. Lay the pieces on to the background felt. Pin down.

5. Starting with the face and neck, sew the pinned pieces to the background felt using sewing thread in a similar colour. Use **RUNNING STITCH** to do this.

6. Next sew the hair and then the body pieces using **RUNNING STITCH** again.

7. Cut out some eye shapes from white felt and some pupils from black felt. Place them onto the felt and sew down. This can be a little fiddly!

8. To add more facial features, take some embroidery thread in your chosen colour. Split the thread in half to have three strands. Using **BACK STITCH** sew some eyebrows, a nose and a mouth*.

**you can always sew a mouth on using a piece of felt cut out, but this can be fiddly, some stitching works just as well.*

9. Cut out another 10x15cm rectangle of a colour of your choice. This will be the backing for the whole portrait.

10. Pin this to the portrait. Choose another colour of embroidery thread, cut a piece the length of your forearm and split in half to work with three strands.

11. Using **BLANKET STITCH** sew the two rectangles together. Your portrait is now ready to hang!

BACK STITCH

Back Stitch is a series of straight stitches that work along a line, straight or curved.

Come up from underneath the fabric at point 1, entering back in at point 2. Then come back underneath the fabric at point 3, entering **BACK** into point 2. The next stitch would start coming up at point 3 and entering at point 4 and so on, taking your stitches back after every one.



BLANKET STITCH

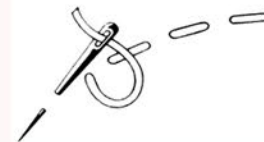
Blanket stitch is so called because it is often found on the edge of blankets to finish and stop fabric fraying. It is a series of evenly spaced interlocking stitches.

Start by over stitching on the edge of the fabric, this is point 1, bringing your needle down into the fabric at point 2, making sure the thread passes **UNDERNEATH** the needle (see point 3) and pull until the thread sits along the edge of the fabric. Repeat.



RUNNING STITCH

Running stitch is a row of straight stitches with spaces between them. To do this, you take our needle and thread up and down into the fabric in an evenly spaced, it creates a row of little dashes



FACE TEMPLATE

Cut out the face shapes
INSIDE the
line to create a big
stencil.



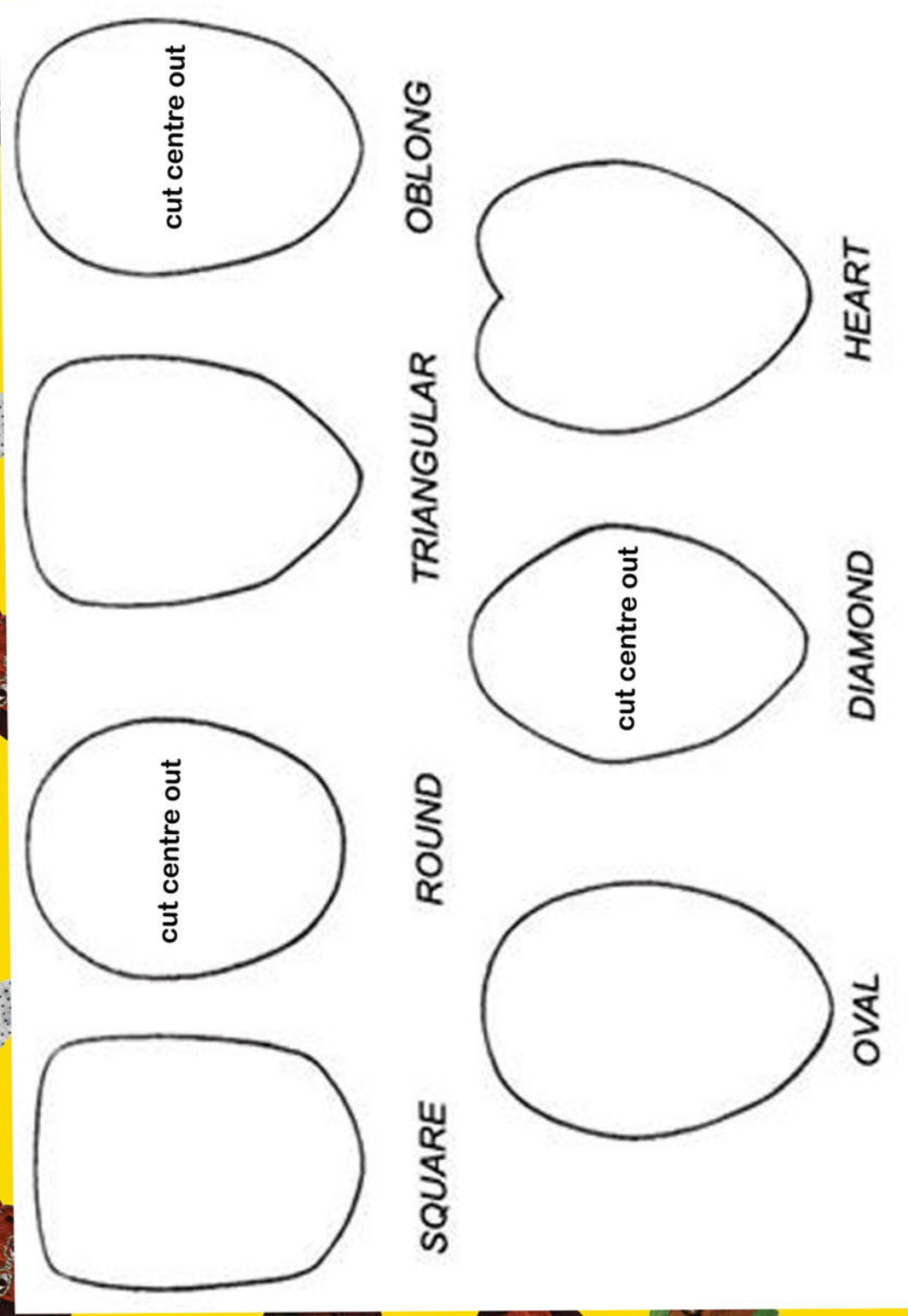
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MAKING FOR CHANGE
MAKING MY MARK

Seleena Laverne Daye



cut centre out

ROUND

cut centre out

DIAMOND

cut centre out

TRIANGULAR

cut centre out

OBLONG

cut centre out

DIAMOND

HEART

OVAL

SQUARE