



# Smithsonian Associates

## Mindful Stitching

Instructor: Lauren Kingsland

### Supplies and Tools

- 4 pieces of Foundation fabrics - Linen, vintage table linens, quilt sandwich, or .other medium weight fabrics. 12" square or TBD *You will need one piece per class. They need not be the same material.*
- Assorted embroidery threads - floss, perle cotton in a variety of colors and values
- Assorted embroidery needles in sizes to accommodate different threads
- Couching threads - yarns, T-shirt yarn, *needs to be flexible to go around curves*
- Buttons - you will need 9 small buttons
- Sharp scissors
- Needle threader
- Pencil, marking tools; soap sliver for labyrinth
- Tracing paper
- Ruler
- Embroidery hoop - **optional**
- Craft size piece of lightweight Quilters Dream Batting, **optional**
- Beads or other embellishments, **optional**

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