

Embroidery & Hand Stitching — Workbook

This workbook turns the course into hands-on practice you can keep. Each section maps to one course module, moving from kit setup and stitch drills through botanical design and dimensional stumpwork. Use the worksheets and templates to plan palettes, log your stitches, and finish a complete hoop you are proud of.

Setting Up: Tools, Floss, and Tension

Assemble a working kit, learn how floss strands behave, and practice hooping fabric drum-tight.

Checklist: Beginner Kit Acquisition Checklist

- Embroidery needles assorted sizes 5 to 10 acquired
- 6-inch wooden hoop with a brass tension screw acquired
- Eight to ten DMC floss colors selected and recorded by number
- Small sharp scissors with 4-inch blades acquired
- Mid-weight 100 percent cotton fabric, 150 to 200 gsm, on hand
- Water-soluble or heat-erasable marker tested on a fabric scrap
- Inner hoop ring wrapped with cotton bias tape (bound)

Exercise: Strand Separation Drill

Cut three 18-inch lengths of one floss color. Separate each into one, two, and three strands respectively, then stitch a short line of back stitch with each on a fabric scrap. Observe how line weight changes.

- Which strand count gave the finest line, and where would you use it?

- Did any length tangle or fuzz, and was it the longer or shorter piece?

- For a bold outline, how many strands will you reach for next time?

Worksheet: Hooping Tension Self-Check

Hoop a fabric scrap, then complete this record. Re-pull and re-tighten until the tap test passes before recording the final result.

Fabric type and approximate weight (gsm)

Stabilizer or muslin added (yes/no)

Tap test result (drum sound and bounce-back? yes/no)

Number of re-pulls needed to reach drum-tight

Hoop bound with bias tape (yes/no)

Notes on any slipping or puckering

The Core Stitch Vocabulary

Drill the twelve foundational stitches and record settings so you can repeat each one reliably.

Exercise: Twelve-Stitch Sampler

On a single hooped piece, stitch a labeled swatch of each core stitch. Group them as line stitches, fill stitches, and decorative stitches. Keep this sampler as a permanent reference.

- Which line stitch handled a tight curve best for you?
-
- Did your satin stitch stay inside its split-stitch outline?
-
- How many wraps and strands gave your favorite French knot?
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Worksheet: Stitch Settings Log

For each stitch you practice, record the settings that produced your best result so you can reproduce it on real projects.

Stitch name

Best strand count

Typical use (line / fill / texture)

Difficulty rating (1 to 5)

Key tip in your own words

Checklist: Satin Stitch Quality Checklist

- Shape outlined in split stitch before filling
- Stitches laid parallel at one consistent angle
- No individual stitch longer than about 1 centimeter
- Edges crisp with no fabric showing between stitches
- Switched to long-and-short for any larger area

Exercise: French Knot Troubleshooting Drill

Stitch a row of ten French knots, deliberately keeping the thread taut until the very end of each pull. If any slip through, move one fabric thread away from the exit hole and try again.

- How many of your ten knots sat cleanly on the surface?
-
- What happened when you released tension too early?
-
- How will you make a larger knot without adding wraps?
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Designing and Stitching Botanical Motifs

Transfer a design cleanly, plan a palette and stitch map, then stitch a complete botanical hoop.

Worksheet: Transfer Method Decision Sheet

Before transferring your motif, complete this sheet to choose the right method for your fabric and design.

Fabric color (light / medium / dark)

Fabric weight (thin / mid / thick)

Design detail level (simple / detailed)

Chosen transfer method and why

Marking tool tested on scrap (yes/no)

Backup method if the first fails

Exercise: Build Your Stitch Map

Number every element of your chosen botanical motif. Assign a stitch, strand count, and DMC color number to each, then wrap a sample of each floss color beside its number as a physical key.

- How many distinct colors did your palette end up with?

- Did you keep to five to seven colors for cohesion?

- Which element is your focal point, and what draws the eye to it?

Checklist: Botanical Hoop Project Checklist

- Design transferred with light, faint guide lines
- Fabric hooped drum-tight on a bound hoop
- Stems stitched first in stem stitch
- Leaves outlined and satin-stitched over split edges
- Flowers worked in long-and-short with graded color
- French knot centers and lazy daisy buds added last
- Back kept tidy with no carries longer than 1 centimeter

Dimensional Stumpwork and Professional Finishing

Add a raised stumpwork element, then finish and mount the hoop to a gallery standard.

Exercise: Wired Petal Slip

In a second hoop, stitch one wired petal: couch fine 30-gauge wire along the outline, fill it, buttonhole the edge, then cut it out and attach it to a main piece. Shape the wire with your fingers when done.

- Did the buttonhole edge stop the fabric from fraying when cut?

- How did couching the wire every few millimeters affect the edge?

- What pose did you set, cupped or open, and how does it read?

Worksheet: Stumpwork Element Planner

Plan one raised element for your piece before stitching it, recording the technique and materials.
Element type (petal / leaf / berry)

Raised technique (padded satin / detached buttonhole / wired)

Wire gauge used (if any)

Floss colors and strand counts

Attachment point on the main piece

Intended final shape

Checklist: Professional Finishing Checklist

- Water-soluble marks rinsed and piece fully dried before pressing
- Piece pressed face-down on a towel to protect stitches
- Work centered and tightened drum-tight in display hoop
- Excess fabric trimmed to about 2 centimeters
- Gathering thread cinched and laced across the back to flatten
- Felt circle glued or stitched over the back
- Back signed and dated as a maker's mark

Exercise: Display and Care Plan

Decide where and how your finished hoop will be displayed and cared for so the floss stays vibrant for years.

- Is the display spot out of direct sunlight?

- Will you add a ribbon hanger or hide the screw at the top?

- How will you dust or protect the piece over time?

Your Action Plan

1. Assemble the beginner kit and bind your 6-inch hoop
2. Complete the strand-separation drill and record your preferred strand counts
3. Stitch the twelve-stitch sampler and keep it as a reference
4. Drill French knots until at least eight of ten sit cleanly
5. Choose a botanical motif and complete a full stitch map
6. Transfer the design using the method your decision sheet selected
7. Stitch the botanical hoop from stems forward to French knot details
8. Stitch and attach one wired petal or detached buttonhole element
9. Finish the hoop with a laced back, felt backing, and maker's mark
10. Photograph the piece and note three improvements for your next project

