

Arc helps vulnerable adults and young people to manage their mental health by exploring what it means to live well and experience a creative journey to increased resilience, confidence and independence.



## Fabric Yoyo Flowers

## What you'll need



- Scrap fabric (ironed)
- Circle templates (bowl / side plate)
- Pencil or pen
- Needle
- Strong thread
- Scissors
- Buttons
- Fabric glue (optional)

This lovely sewing activity is from participant Nicola. Using scrap fabric and buttons, create unique flowers to decorate other items such as headbands or cushions. Follow the step by step instructions below or click above to view the video. Don't forget to share your flowers with us using #KeepingUsTogether.

### Top Tips / Take it Further

- ✿ Make several flowers and sew onto a base fabric to create a scene for a deep frame.
- ✿ Create a wreath by attaching flowers to a cardboard or mdf circular frame.
- ✿ Knitted flowers can be used instead of buttons.

### Inspiration

- ✿ <https://colormethrifty.com/2020/04/diy-yoyo-wreath-with-yoyo-flowers.html>
- ✿ <https://patchworkpottery.blogspot.com/2016/09/hollyhocks.html>



# Fabric Yoyo Flowers

## Step-by-step



On the back of your chosen fabric, draw a circle around your template, Then draw running stitches 3-4mm inside the edge. Cut the circle out.

Thread your needle, leaving the thread double and knot at the end. Sew over your running stitch, making sure the knot of the string is on the reverse side of the fabric, to allow pulling together.

Having sewn right round, cut off the needle and make a knot. Pull the two knots with your finger in the middle to create what looks like a little bag!

Use your fingers to ruffle it into a shape that you like and then tie the ends firmly to secure your shape and cut off the loose threads.

Select your button and sew or glue to the centre of your shape. Admire your flower and repeat for an arrangement!



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