Creative How-To

#KeepingUsTogether

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

Participant Project!

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 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

nspiration

- https://colormethrifty.com/2 020/04/diy-yoyo-wreathwith-yoyo-flowers.html
- https://patchworkpottery.blo gspot.com/2016/09/hollyhoc ks.html

CLICK HERE

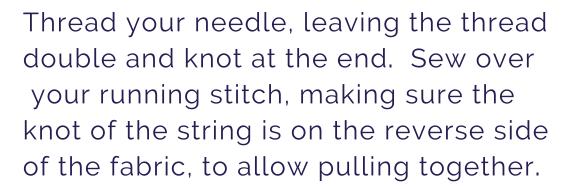




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Fabric Yoyo Flowers Step-by-step

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.



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!

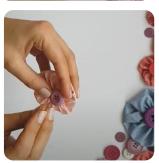










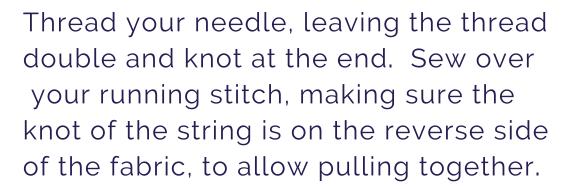




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